



Trustees' Annual Report for the period

		Period start date		Period end date	
From	01	Sept	2021	To	31 Aug 2022

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrew Richardson	Chair	Whole Year	
2	Yemmi Agbebi	Vice Chair	Whole Year	
3	Roberta Dowling	Secretary/Treasurer	Whole Year	
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year
N/A	

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association Constitution - CIO
Trustee selection methods (eg. appointed by, elected by)	Elected by Committee

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To act as a resource for young people between the ages of 13-25 by providing information and assistance as a means of advancing in life, helping young people and developing their skills, capacities and capabilities to enable them to participate in society as independent, mature and responsible individuals

Daily inspirational and educational messages published to young people through a number of digital channels, including social media.

Charity trustees have had regard to the commission's public benefit guidance when exercising and powers of duties to which the guidance is relevant.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

700 unique daily messages published to young people, giving guidance on better mental health within themselves and in supporting others.

Section E**Financial review****Brief statement of the charity's policy on reserves**

Respect Yourself's policy on reserves is if our charity folded for any reason the reserves would belong to the charity and not to any or all of the Trustees

Details of any funds materially in deficit

No funds materially in deficit

Further financial review details (Optional information)

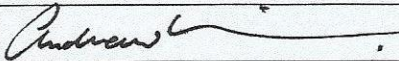

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F**Other optional information****Section G****Declaration**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Andrew Richardson	Roberta Ann Dowling
Position (eg Secretary, Chair, etc)	Chair	Secretary/Treasurer
Date	10/03/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Respect Yourself

1161527

Receipts and payments accounts

CC16a

For the period
from

01/09/2021

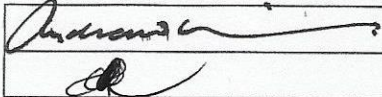

To

31/08/2022

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	400	-	-	400	11
PayPal Donation	327	-	-	327	330
Just Giving	114	-	-	114	-
Amazon Smil/Easy Fundraising	10	-	-	10	-
Event Income	14	-	-	14	-
Volunteer Award	-	-	-	-	-
Payrol Giving	240	-	-	240	240
Interest	-	-	-	-	-
Sub total (Gross income for AR)	1,105	-	-	1,105	581
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,105	-	-	1,105	581
A3 Payments					
Website Costs	-	-	-	-	8
Registered Address	144	-	-	144	168
Insurance	1,580	-	-	1,580	974
Subscriptions	-	-	-	-	-
Training	-	-	-	-	-
DBS Checks	-	-	-	-	-
Professional Fees	30	-	-	30	50
Sundries	-	-	-	-	2
Networking	-	-	-	-	-
Sub total	1,754	-	-	1,754	1,202
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,754	-	-	1,754	1,202
Net of receipts/(payments)	- 649	-	-	- 649	- 621
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 649	-	-	- 649	- 621

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds				
		- 649	-	-
		-	-	-
		-	-	-
	Total cash funds	- 649	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Bank Account	4,854	-	5,509
	Bank Account	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets				
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use				
	Fundraising equipment, tables, gazebo and containers	462	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities				
	Creditors	6	-	
	Unspent grants	0	-	
			-	
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Andrew Richardson	10/03/2023	
		Roberta Dowling	10/03/2023	