



Trustees' Annual Report for the period

| From | Period start date | To | Period end date |
|------|-------------------|----|-----------------|
| | 01 Sept 2022 | | 31 Aug 2023 |

Section A

Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

Charity's principal address

Postcode

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 | | | | |
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| 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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| |
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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 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.

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

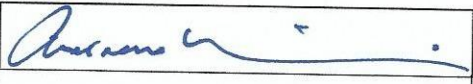

Other optional information

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 DOWLING |
| Position (eg Secretary, Chair, etc) | CHAIR | TREASURER |
| Date | 24/06/2024 | |



CHARITY COMMISSION
FOR ENGLAND AND WALES

Respect Yourself

1161527

Receipts and payments accounts

CC16a

For the period
from

01/09/2022

To


31/08/2023

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 |
| PayPal Donation | 287 | - | - | 287 | 327 |
| Just Giving | - | - | - | - | 114 |
| Amazon Smil/Easy Fundraising | 19 | - | - | 19 | 10 |
| Event Income | - | - | - | - | 14 |
| Volunteer Award | - | - | - | - | - |
| Payrol Giving | 240 | - | - | 240 | 240 |
| Interest | - | - | - | - | - |
| Sub total (Gross income for AR) | 546 | - | - | 546 | 1,105 |
| A2 Asset and investment sales, (see table). | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total receipts | 546 | - | - | 546 | 1,105 |
| A3 Payments | | | | | |
| Website Costs | - | - | - | - | - |
| Registered Address | 144 | - | - | 144 | 144 |
| Insurance | 1,005 | - | - | 1,005 | 1,580 |
| Subscriptions | - | - | - | - | - |
| Training | - | - | - | - | - |
| DBS Checks | - | - | - | - | - |
| Professional Fees | - | - | - | - | - |
| Sundries | 9 | - | - | 9 | 30 |
| Networking | - | - | - | - | - |
| Sub total | 1,158 | - | - | 1,158 | 1,754 |
| A4 Asset and investment purchases, (see table) | | | | | |
| | - | - | - | - | - |
| | - | - | - | - | - |
| Sub total | - | - | - | - | - |
| Total payments | 1,158 | - | - | 1,158 | 1,754 |
| Net of receipts/(payments) | - 612 | - | - | - 612 | - 649 |
| A5 Transfers between funds | - | - | - | - | - |
| A6 Cash funds last year end | - | - | - | - | - |
| Cash funds this year end | - 612 | - | - | - 612 | - 649 |

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)) | Agreement Error | OK | OK |
| | | Unrestricted funds to nearest £ | Restricted funds to nearest £ | Endowment funds to nearest £ |
| B2 Other monetary assets | Bank Account | 4,241 | - | 5,509 |
| | Bank Account | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| | | - | - | - |
| B3 Investment assets | | | | |
| | | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B4 Assets retained for the charity's own use | | | | |
| | | Fund to which asset belongs | Cost (optional) | Current value (optional) |
| | Fundraising equipment, tables, gazebo and containers | 462 | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| | | | - | - |
| B5 Liabilities | | | | |
| | | Fund to which liability relates | Amount due (optional) | When due (optional) |
| | Creditors | 0 | - | |
| | Unspent grants | 0 | - | |
| | | | - | |
| | | | - | |
| | | | - | |
| | | | - | |

| Signed by one or two trustees on behalf of all the trustees | Signature | Print Name | Date of approval |
|---|---|-------------------|------------------|
| |  | Andrew Richardson | 24/06/2024 |
| | ROBERTA DOWLING | Roberta Dowling | 24/06/2024 |