



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	01	Sept	2023		31	Aug	2024

Section A

Reference and administration details

Charity name

Respect Yourself

Other names charity is known by

None

Registered charity number (if any)

1161527

Charity's principal address

44 Ringland Road

Taverham

Norwich, Norfolk

Postcode

NR8 6HY

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 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 D.J. RICHARDSON	ROBERTA DOWLING
Position (eg Secretary, Chair, etc)	CHAIR	SECRETARY / TREASURER
Date	22/04/2025	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Respect Yourself

1161527

Receipts and payments accounts

CC16a

For the period
from

01/09/2023

To

31/08/2024

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		-	-	-	-
PayPal Donation	298	-	-	298	287
Just Givign		-	-	-	-
Amazon Smil/Easy Fundraising		-	-	-	19
Event Income		-	-	-	-
Volunteer Award		-	-	-	-
Payrol Giving	240	-	-	240	240
Interest	-	-	-	-	-
Sub total (Gross income for AR)	538	-	-	538	546
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	538	-	-	538	546
A3 Payments					
Website Costs	-	-	-	-	-
Registered Address	147	-	-	147	144
Insurance	1,097	-	-	1,097	1,005
Subscriptions	-	-	-	-	-
Training	-	-	-	-	-
DBS Checks	-	-	-	-	-
Professional Fees	-	-	-	-	-
Sundries	10	-	-	10	9
Networking	-	-	-	-	-
Sub total	1,253	-	-	1,253	1,158
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,253	-	-	1,253	1,158
Net of receipts/(payments)	- 715	-	-	- 715	- 612
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	- 715	-	-	- 715	- 612

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		- 715	-	
		-	-	-
		-	-	-
	Total cash funds	- 715	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK



	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Bank Account	3,576	-	-
	Bank Account	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	Fundraising equipment, tables and containers	412	-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
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	22/04/2025
	Roberta Dowling	22/04/2025