

# THE SELF CARE FORUM

England & Wales · Charity number 1167500

## Details

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**Other names** SELF CARE FOUNDATION, SCF

**Status** Registered

**Legal form** CIO

**Registered** 2016-06-06

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 31 St. Albans Road  
Kingston Upon Thames  
KT2 5HQ

**Phone** 07879696960

**Email** [selfcare@selfcareforum.org](mailto:selfcare@selfcareforum.org)

**Website** [www.selfcareforum.org](http://www.selfcareforum.org)

## Activities

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**Objects:** THE OBJECTS OF THE SELF CARE FORUM ARE:THE PROMOTION OF PUBLIC HEALTH BY:A) PROMOTING SELF CARE FOR THE PUBLIC BENEFIT, BEING THE ACTIONS THAT INDIVIDUALS TAKE FOR THEMSELVES, ON BEHALF OF OR WITH OTHERS IN ORDER TO DEVELOP, PROTECT, MAINTAIN AND IMPROVE THEIR HEALTH, WELLBEING OR WELLNESSB) PROMOTING, DEVELOPING AND PROVIDING PROGRAMMES, PRACTICAL TOOLS, FORA FOR DISCUSSION AND SUPPORT FOR INDIVIDUALS AND ORGANISATIONS TO AID SELF CAREC) PROMOTING THE PRESERVATION AND PROTECTION OF THE HEALTH OF INDIVIDUALS THROUGH SELF CARE BY EDUCATION AND AWARENESS OF PROFESSIONALS, PRACTITIONERS AND THE GENERAL PUBLIC, PARTICULARLY YOUNG PEOPLE, IN ALL AREAS RELATING TO SELF CARED) PROMOTING FOR THE PUBLIC BENEFIT THE UNDERSTANDING OF HEALTH LITERACY AND SYSTEMS AND PROCESSES TO IMPROVE IT.

**Activities:** Promoting self care for the public benefit, being the actions that individuals take for themselves, on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing or wellness.Promoting, developing and providing programmes, practical tools, for a for discussion and support for individuals and organisations to aid self care, mainly in England.

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Economic/community Development/employment
- **Who:** The General Public/mankind

## Geography

- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£97,438	£66,535	-	-
2023-12-31	£42,417	£39,904	-	-
2022-12-31	£82,055	£35,278	-	-
2021-12-31	£12,409	£37,526	-	-
2020-12-31	£27,868	£48,345	-	-

## Trustees

Name	Role	Appointed
<b>Helen Donovan</b>	Chair	2018-06-13
Adeyemi Adedamola Williams		2020-04-13
Catherine Watling		2022-07-14
DR PETE SMITH		2018-06-13
Dr Austen El-Osta		2019-09-01
Dr Chee Yeen Fung		2022-06-16
Dr JOHN WILLIAM CHISHOLM		2018-06-13
Dr Michelle Louise Howarth		2019-09-01
Professor Mary Hickson		2022-07-14
Renata Drinkwater BA		2019-09-24
Rhian Last		2019-09-24
Trevor Maurice Gore		2022-07-14



**THE SELF CARE FORUM**

England & Wales - Charity number 1167500

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# Accounts

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## **Self-Care Forum: 2024 – 2025 Highlights**

### **Collaborations and Strategic Engagement**

2024 was a year of meaningful partnerships, powerful advocacy, and growing influence for the Self-Care Forum (SCF). We collaborated widely across healthcare, government, pharmacy, and the voluntary sector to amplify self-care messaging and deliver practical support and resources to the public.

In June 2025, we issued a joint statement with the Patient Information Forum (PIF), the Royal College of General Practitioners (RCGP), and Personalised Care Institute (PCI), reinforcing our shared commitment to self-care in primary care settings.

We also made key contributions at events and through media channels:

- Our President presented to Reckitt Medics (June 2025) and hosted a webinar with PIF in December 2024.
- Rhian, Michelle and Libby authored an article in the Journal of Community Nursing (November 2024).
- Our treasurer worked with pharmacy publishers CIG to promote our resources and presented to NHS England's Health and Wellbeing Champions prior to Self-Care Week.
- At the PCI Conference, we showcased our work with a dedicated poster.

Political engagement continued to grow, with our trustee Ade Williamson securing support from Stephen Kinnock MP and Darren Jones MP, helping to raise awareness of our mission in Parliament. We also submitted to the NHS 10 Year Health Plan consultation to highlight the need to include self-care strategies within the Plan to help progress self-care in the population.

In September 2024, Ade and Trev presented at the Pharmacy Show, distributing fact sheets and promoting the role of community pharmacy in self-care.

In 2024/25 our work with Imperial College London's Self-Care Academic Research Unit (SCARU) on our Self Care Living Survey was powerful, culminating in two pre-prints and strong data on attitudes and behaviours about self-care. We are seeking to have this published in a peer-reviewed journal. This research will continue to help us form our self-care messages and support the narrative for our work going forward.

We also continue to work with the Self-Care Strategy Group progressing self-care, and we benefit from the ongoing support of PAGB.

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### **Sponsorship**

We received £40,000 sponsorship from Reckitt in August 2024, enabling us to update our sore throat fact sheet and expand its reach.

Our work with NHS England and the Ministry of Justice in July 2024 led to the development of tailored health fact sheets for women in the criminal justice system, generating an additional £10,000 in funding.

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## **Self-Care Week 2024**

Self-Care Week (SCW) 2024 was marked by new resources, political engagement, and continued public support—despite reduced NHS participation in England due to the absence of the usual “Help Us Help You” campaign.

We launched the Self-Care Observatory and shared insights from the Self-Care Living Survey via an infographic showing important data from health professionals and the public about their attitudes and behaviours around self-care.

Political and institutional support was a major highlight:

- Stephen Kinnock MP, Minister for Care, publicly reinforced our message about the vital role of community pharmacy.
- In Northern Ireland, the Department of Health issued a winter wellbeing press release aligned with SCW themes.
- In Wales, we partnered with the Welsh Health Department to develop dedicated SCW resources, which were reposted by both the Chief Nursing Officer and Chief Medical Officer.

Despite a 50% drop in NHS organisation involvement, over 500 organisations and individuals took part in the campaign. Engagement remained strong:

- 2,000+ fact sheets were downloaded during the week.
- 8,000+ website views were recorded.

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## **Fact Sheets: Accessibility and Review**

Our fact sheets remain at the core of our mission to make self-care information accessible, trusted, and inclusive.

Our fact sheets are reviewed and updated every two years to ensure they reflect the most up-to-date, evidence-based information and in 2024 the updates were due on most of our resources.

By October 2024, 24 fact sheets had been fully updated by 10 of our trustees and self-care champions who are qualified to do so. The updates were added to a new colourful design which reviewers, who were some of our self-care champions, felt were more visually accessible.

We also began to introduce short audio/visual MP4 files to support accessibility.

Four new fact sheets were introduced, tailored for women in the criminal justice system, in partnership with NHS England and the Ministry of Justice.

Our reach continues to grow, with over 59,000 fact sheet downloads in 2024 alone.

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## **PIF Tick Accreditation**

Following a comprehensive application and review process, the Self-Care Forum is now officially **PIF Ticked**, meeting the Patient Information Forum's high standards for trustworthy health information.

As part of this achievement:

- We reviewed and updated our internal procedures.
- Relevant documentation was published on our website to ensure transparency.
- The **PIF Tick logo** is now proudly displayed on our website and materials as a mark of quality and credibility.

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### **Self-Care Awards 2024**

This year's Self-Care Awards highlighted extraordinary efforts to support and empower people through self-care.

A rigorous two-phase judging process was carried out with the support of our trustees, NHS England, and the International Self-Care Foundation (ISF).

We were proud to present the award to Circus for Survivors, recognising their innovative and compassionate work in supporting survivors. A £1,500 prize was sponsored by the International Self-Care Foundation and was shared amongst the winner and highly commended entries. The top 8 entries were added to the Self-Care Forum website to share best practice and help others implement self-care interventions.

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Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2024

# The Self Care Forum

1167500

## Trustees' Report

The trustees present their report and accounts for the year ended 31 December 2024.

### Status and Principal Objects

The Self Care Forum became a registered charity on 6 June 2016.

Its objects are the promotion of public health by:

- a) Promoting self care for the public benefit, being the actions that individuals take for themselves, on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing and wellness;
- b) Promoting, developing and providing programmes, practical tools for discussion and support for both individuals and organisations to aid self care;
- c) Promoting the preservation and protection of individuals' health through self care by education and awareness of professionals, practitioners and the general public, particularly young people, in all areas; and
- d) Promoting for the public benefit, the understanding of health literacy inclusive of both systems and processes to improve it.

### Trustees Report

Please note the following 3 pages also form part of the Trustees Report.

### Trustees

The following persons served as trustees during the year:

John Chisholm  
Helen Donovan (Chair)  
Renata Drinkwater  
Austen El-Osta  
Chee Yeen Fung  
Rhian Last  
Michelle Howarth  
Peter Smith  
Ade Williams  
Mary Hickson  
Trevor Gore  
Catherine Watling

This report was approved by the board on 24 September 2025 and signed by its order.



Helen Donovan  
Helen Donovan  
Chair

**The Self Care Forum**  
**Independent Examiner's Report for the year ended 31 December 2024**

1

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. The report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

'- to keep accounting records in accordance with section 130 of the 2011 Act; and

'- to prepare accounts which accord with the accounting records and comply with the

accounting requirement of the 2011 Act,

have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kate Brown  
Chartered Accountants  
The Annexe, Rectory Farm  
Cranford Road  
Great Addington  
Northants  
NN14 4BQ

24 September 2025

**The Self Care Forum  
Profit and Loss Account  
for the year ended 31 December 2024**

	<b>2024</b>	<b>2023</b>
	£	£
<b>Income</b>	97,438	42,417
Charitable Expenditure	(66,535)	(39,904)
<b>Net Income</b>	<u>30,903</u>	<u>2,513</u>
Funds at beginning of the year	51,796	49,283
Funds at end of the year	<u>82,699</u>	<u>51,796</u>

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2024**

1167500

	Notes	2024 £	2023 £
<b>Current assets</b>			
Cash at bank and in hand		82,899	51,976
<b>Creditors: amounts falling due within one year</b>	4	(200)	(180)
<b>Net current assets</b>		<u>82,699</u>	<u>51,796</u>
<b>Net assets</b>		<u>82,699</u>	<u>51,796</u>
<b>Charitable Funds</b>			
Net Funds		82,699	51,796
<b>Charitable funds</b>		<u>82,699</u>	<u>51,796</u>

The accounts were approved by the Trustees and signed on its behalf by:



Helen Donovan  
 Chair  
 Approved by the board on 24 September 2025

**The Self Care Forum  
Notes to the Accounts  
for the year ended 31 December 2024**

**2 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

**3 Employees**

	<b>2024 Number</b>	<b>2023 Number</b>
Average number of persons employed by the company	-	-

**4 Creditors: amounts falling due within one year**

	<b>2024 £</b>	<b>2023 £</b>
Other creditors	200	180

**5 Other information**

The Self Care Forum is a charity and is incorporated in England. Its principal place of business is:

31 St Albans Road  
Kingston Upon Thames  
Surrey  
KT2 5HQ

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2024**

*This schedule does not form part of the statutory accounts*

	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	97,438	42,417
Charitable Expenditure	(66,535)	(39,904)
<b>Net income</b>	<u>30,903</u>	<u>2,513</u>
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**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2024**

*This schedule does not form part of the statutory accounts*

	<b>2024</b>	<b>2023</b>
	£	£
<b>Sales</b>		
Commissions	448	127
Grants	96,990	42,290
	<u>97,438</u>	<u>42,417</u>
<b>Administrative expenses</b>		
Charitable Expenditure		
Self Care Week	1,400	850
Secretariat	38,342	34,241
Pfizer Project	25,733	3,546
Bank Charges	72	66
Professional Services	200	190
	<u>65,747</u>	<u>38,893</u>
General administrative expenses:		
Insurance	742	741
Website / Software	46	270
	<u>788</u>	<u>1,011</u>
	<u>66,535</u>	<u>39,904</u>

**THE SELF CARE FORUM**

England & Wales - Charity number 1167500

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# Accounts

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## 2023 Annual President's report to Trustees

*The Self Care Forum goes from strength to strength to the hard work of the whole team including trustees, advisers and management.*

### Personnel

- **Departing trustee**
  - Rhian Last stood down. We thank her for all her excellent support and wish her well.
  - We are grateful to Rob Darracott for his assistance with the handover to Trevor Gore.
- **New trustees:**
  - Farhana Hawthorn (PAGB)
  - Emma Hyde (Personalised Care institute)
  - Anne Majumdar (Imperial College)
- Lost and gained a treasurer - Trevor Gore – thank you for agreeing.

Today we are looking to increase constitutional numbers to allow all to become trustees and to allow a larger membership group to include adviser and others.

- **Self-Care Champions**
  - Our network of champions has increased to 102.

### Website and Online

Website continues to receive large numbers of hits. Thank you to Libby for making it happen.

We are also gaining increasing numbers of likes and attention on LinkedIn.

Thanks to Libby for achieving this.

Looking to increase social media presence and we are now on 4 platforms (LinkedIn, X, FB and Instagram) – all help gratefully received in increasing our reach. A comms group is planned.

### Self-Care Week

- New icon designed by award winning designer, Mark Osborn.)
- Representatives of all 4 UK countries took part in the launch (on X)
- We worked with Department of Health in Wales to produce Welsh SCW assets with icon
- 100 schools across Northern Ireland participated in SCW learning about pharmacy awareness and safe use of medicines
- 3,673 fact sheets were downloaded during the Week
- Approx 1000 organisations and individuals took part across all 4 countries
- Mental wellbeing is the most popular message promoted during SCW

### Self Care Innovation Awards

- Funding gratefully received from ISF

- Judges from NHS England, ISF, and SCF trustees
- Winner was Care Forum, a charity with a wide-ranging social prescription and information programme in Bristol + S Gloucestershire

## Fact sheets

- **Fact Sheets**
  - Fundamental offering – focus of interest
  - Begun process of reviewing fact sheets and changing them to a new improved template (recent feedback has been very positive).
  - Fact sheets total 30, 10 of which have been translated into Urdu and 4 were commissioned by the Criminal Justice System especially to support the health of women prisoners.

## Funding collaborations

- **NHS Women’s Health directorate – Criminal justice system**
  - Produced 4 women’s health fact sheets – lived experience
- **1<sup>st</sup> Pfizer Project**
  - Produced 2 new fact sheets (winter wellness and winter health)
  - Translated 10 into Urdu
  - Ran 2 successful webinars
  - Collaborated with Education for Health
  - Completed final report in April 2024
- **2<sup>nd</sup> Pfizer Project**
  - Secured funding for research project including a modular repeatable research survey of public and professional attitudes to self-care jointly with SCARU
- **Reckitt** (Thanks to Trevor for securing this project)
  - Update sore throat fs and use of logo for agreed funding.

**This work ensures appropriate reserves and viability.**

## Collaborations

- **PIF (Patient Information Forum)**
  - Suggested by partners PIF to become PIF ticked (work still in progress)
- **PAGB / Self-Care Strategy Group**
  - Letter to new Secretary of State for Health
  - “Taking stock of the Government’s delivery plan for recovering primary care: One-year-on” review report
- **Learn with Nurses**
  - Self-Care for Summer (secured by Helen)

- **Pharmacy**
  - Pete and Ade did a webinar for RPS
  - Trev and Ade presented at the pharmacy show

## Research

### **International Self-Care Observatory**

- Arose from an Imperial SC Symposium last year
- For the first time, building on the SCF President's obsession =challenged to produce a repository of all major self-care research under one roof
- People said it couldn't be done so we did it
- People said it would be too expensive, so we did it for £250.
- Wix website – curated by UK and international leaders in self-care research
- 20 different subjects, each curated by a different self-care expert
- Has been circulated to last year's attendees and will go live within the next month or so

## 5 Year Strategy

- We have developed and completed a 5 Year strategy.
- Thank you particularly to Mary for creating the excellent plan on a page (a SCF first). This will help us define detailed goals and specific work streams to achieve them.
- Thank you to Chee Yeen Fung for the suggestion of creating delegation and to Steven for helping define how these committees can work within our constitution.

## Name change

- Agreed to add hyphen and change the name of the charity from The Self Care Forum to The Self-Care Forum in keeping with current usage. This required a quorate vote by 75% of attendees at the AGM which was achieved.

**Thank you for your hard work - we look forward to another successful year.**

Dr Peter Smith OBE MBChB

President, The Self Care Forum

16 July 2024

Registered Charity Number  
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The Self Care Forum  
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## The Self Care Forum

1167500

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Catherine Watling

This report was approved by the board on 18 July 2024 and signed by its order.



Helen Donovan  
Helen Donovan  
Chair

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**The Self Care Forum**  
**Independent Examiner's Report for the year ended 31 December 2023**

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Kate Brown  
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Cranford Road  
Great Addington  
Northants  
NN14 4BQ

1 August 2024

**The Self Care Forum  
Profit and Loss Account  
for the year ended 31 December 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	42,417	82,055
Charitable Expenditure	(39,904)	(35,278)
<b>Net Income</b>	<u>2,513</u>	<u>46,777</u>
Funds at beginning of the year	49,283	2,506
Funds at end of the year	<u>51,796</u>	<u>49,283</u>

- **Pharmacy**
  - Pete and Ade did a webinar for RPS
  - Trev and Ade presented at the pharmacy show

## Research

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**Thank you for your hard work - we look forward to another successful year.**

Dr Peter Smith OBE MBChB

President, The Self Care Forum

16 July 2024

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2023**

1167500

	Notes	2023 £	2022 £
<b>Current assets</b>			
Debtors	4	-	100
Cash at bank and in hand		51,976	49,313
		<u>51,976</u>	<u>49,413</u>
<b>Creditors: amounts falling due within one year</b>			
	5	(180)	(130)
<b>Net current assets</b>		<u>51,796</u>	<u>49,283</u>
<b>Net assets</b>		<u>51,796</u>	<u>49,283</u>
<b>Charitable Funds</b>			
Net Funds		51,796	49,283
<b>Charitable funds</b>		<u>51,796</u>	<u>49,283</u>

The accounts were approved by the Trustees and signed on its behalf by:



Helen Donovan  
 Chair  
 Approved by the board on 1 August 2024

**The Self Care Forum**  
**Notes to the Accounts**  
**for the year ended 31 December 2023**

**2 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

<b>3 Employees</b>	<b>2023 Number</b>	<b>2022 Number</b>
Average number of persons employed by the company	-	-

<b>4 Debtors</b>	<b>2023 £</b>	<b>2022 £</b>
Other debtors	-	100

<b>5 Creditors: amounts falling due within one year</b>	<b>2023 £</b>	<b>2022 £</b>
Other creditors	180	130

**6 Other information**

The Self Care Forum is a charity and is incorporated in England. Its principal place of business is:

31 St Albans Road  
Kingston Upon Thames  
Surrey  
KT2 5HQ

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2023**

*This schedule does not form part of the statutory accounts*

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	42,417	82,055
Charitable Expenditure	(39,904)	(35,278)
<b>Net income</b>	<u>2,513</u>	<u>46,777</u>
Funds at beginning of the year	49,283	2,506
<b>Funds at end of the year</b>	<u>51,796</u>	<u>49,283</u>

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2023**

*This schedule does not form part of the statutory accounts*

	<b>2023</b>	<b>2022</b>
	£	£
<b>Sales</b>		
Commissions	127	250
Grants	42,290	81,805
	<u>42,417</u>	<u>82,055</u>
<b>Administrative expenses</b>		
Charitable Expenditure		
Self Care Week	850	9,708
Self Care Best Practice	-	1,466
Grant Applications	-	7,126
Public Communications	-	8,710
Secretariat	34,241	7,243
Pfizer Project	3,546	-
Bank Charges	66	88
Professional Services	190	130
	<u>38,893</u>	<u>34,471</u>
General administrative expenses:		
Insurance	741	707
Website / Software	270	100
	<u>1,011</u>	<u>807</u>
	<u>39,904</u>	<u>35,278</u>

Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2023

## The Self Care Forum

1167500

### Trustees' Report

The trustees present their report and accounts for the year ended 31 December 2023.

#### Status and Principal Objects

The Self Care Forum became a registered charity on 6 June 2016.

Its objects are the promotion of public health by:

- a) Promoting self care for the public benefit, being the actions that individuals take for themselves, on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing and wellness;
- b) Promoting, developing and providing programmes, practical tools for discussion and support for both individuals and organisations to aid self care;
- c) Promoting the preservation and protection of individuals' health through self care by education and awareness of professionals, practitioners and the general public, particularly young people, in all areas; and
- d) Promoting for the public benefit, the understanding of health literacy inclusive of both systems and processes to improve it.

#### Trustees Report

Please note the following 3 pages also form part of the Trustees Report.

#### Trustees

The following persons served as trustees during the year:

John Chisholm  
Helen Donovan (Chair)  
Renata Drinkwater  
Austen El-Osta  
Chee Yeen Fung  
Rhian Last  
Michelle Howarth  
Peter Smith  
Ade Williams  
Mary Hickson  
Trevor Gore  
Catherine Watling

This report was approved by the board on 18 July 2024 and signed by its order.



Helen Donovan  
Helen Donovan  
Chair

## 2023 Annual President's report to Trustees

*The Self Care Forum goes from strength to strength to the hard work of the whole team including trustees, advisers and management.*

### Personnel

- **Departing trustee**
  - Rhian Last stood down. We thank her for all her excellent support and wish her well.
  - We are grateful to Rob Darracott for his assistance with the handover to Trevor Gore.
- **New trustees:**
  - Farhana Hawthorn (PAGB)
  - Emma Hyde (Personalised Care institute)
  - Anne Majumdar (Imperial College)
- Lost and gained a treasurer - Trevor Gore – thank you for agreeing.

Today we are looking to increase constitutional numbers to allow all to become trustees and to allow a larger membership group to include adviser and others.

- **Self-Care Champions**
  - Our network of champions has increased to 102.

### Website and Online

Website continues to receive large numbers of hits. Thank you to Libby for making it happen.

We are also gaining increasing numbers of likes and attention on LinkedIn.

Thanks to Libby for achieving this.

Looking to increase social media presence and we are now on 4 platforms (LinkedIn, X, FB and Instagram) – all help gratefully received in increasing our reach. A comms group is planned.

### Self-Care Week

- New icon designed by award winning designer, Mark Osborn.)
- Representatives of all 4 UK countries took part in the launch (on X)
- We worked with Department of Health in Wales to produce Welsh SCW assets with icon
- 100 schools across Northern Ireland participated in SCW learning about pharmacy awareness and safe use of medicines
- 3,673 fact sheets were downloaded during the Week
- Approx 1000 organisations and individuals took part across all 4 countries
- Mental wellbeing is the most popular message promoted during SCW

### Self Care Innovation Awards

- Funding gratefully received from ISF

- Judges from NHS England, ISF, and SCF trustees
- Winner was Care Forum, a charity with a wide-ranging social prescription and information programme in Bristol + S Gloucestershire

## Fact sheets

- **Fact Sheets**
  - Fundamental offering – focus of interest
  - Begun process of reviewing fact sheets and changing them to a new improved template (recent feedback has been very positive).
  - Fact sheets total 30, 10 of which have been translated into Urdu and 4 were commissioned by the Criminal Justice System especially to support the health of women prisoners.

## Funding collaborations

- **NHS Women’s Health directorate – Criminal justice system**
  - Produced 4 women’s health fact sheets – lived experience
- **1<sup>st</sup> Pfizer Project**
  - Produced 2 new fact sheets (winter wellness and winter health)
  - Translated 10 into Urdu
  - Ran 2 successful webinars
  - Collaborated with Education for Health
  - Completed final report in April 2024
- **2<sup>nd</sup> Pfizer Project**
  - Secured funding for research project including a modular repeatable research survey of public and professional attitudes to self-care jointly with SCARU
- **Reckitt** (Thanks to Trevor for securing this project)
  - Update sore throat fs and use of logo for agreed funding.

**This work ensures appropriate reserves and viability.**

## Collaborations

- **PIF (Patient Information Forum)**
  - Suggested by partners PIF to become PIF ticked (work still in progress)
- **PAGB / Self-Care Strategy Group**
  - Letter to new Secretary of State for Health
  - “Taking stock of the Government’s delivery plan for recovering primary care: One-year-on” review report
- **Learn with Nurses**
  - Self-Care for Summer (secured by Helen)

**The Self Care Forum**  
**Independent Examiner's Report for the year ended 31 December 2023**

1

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. The report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
  - '- to keep accounting records in accordance with section 130 of the 2011 Act; and
  - '- to prepare accounts which accord with the accounting records and comply with the accounting requirement of the 2011 Act,have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kate Brown  
Chartered Accountants  
The Annexe, Rectory Farm  
Cranford Road  
Great Addington  
Northants  
NN14 4BQ

1 August 2024

**The Self Care Forum  
Profit and Loss Account  
for the year ended 31 December 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	42,417	82,055
Charitable Expenditure	(39,904)	(35,278)
<b>Net Income</b>	<u>2,513</u>	<u>46,777</u>
Funds at beginning of the year	49,283	2,506
Funds at end of the year	<u>51,796</u>	<u>49,283</u>

- **Pharmacy**
  - Pete and Ade did a webinar for RPS
  - Trev and Ade presented at the pharmacy show

## Research

### **International Self-Care Observatory**

- Arose from an Imperial SC Symposium last year
- For the first time, building on the SCF President's obsession =challenged to produce a repository of all major self-care research under one roof
- People said it couldn't be done so we did it
- People said it would be too expensive, so we did it for £250.
- Wix website – curated by UK and international leaders in self-care research
- 20 different subjects, each curated by a different self-care expert
- Has been circulated to last year's attendees and will go live within the next month or so

## 5 Year Strategy

- We have developed and completed a 5 Year strategy.
- Thank you particularly to Mary for creating the excellent plan on a page (a SCF first). This will help us define detailed goals and specific work streams to achieve them.
- Thank you to Chee Yeen Fung for the suggestion of creating delegation and to Steven for helping define how these committees can work within our constitution.

## Name change

- Agreed to add hyphen and change the name of the charity from The Self Care Forum to The Self-Care Forum in keeping with current usage. This required a quorate vote by 75% of attendees at the AGM which was achieved.

**Thank you for your hard work - we look forward to another successful year.**

Dr Peter Smith OBE MBChB

President, The Self Care Forum

16 July 2024

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2023**

1167500

	Notes	2023 £	2022 £
<b>Current assets</b>			
Debtors	4	-	100
Cash at bank and in hand		51,976	49,313
		<u>51,976</u>	<u>49,413</u>
<b>Creditors: amounts falling due within one year</b>			
	5	(180)	(130)
<b>Net current assets</b>		<u>51,796</u>	<u>49,283</u>
<b>Net assets</b>		<u>51,796</u>	<u>49,283</u>
<b>Charitable Funds</b>			
Net Funds		51,796	49,283
<b>Charitable funds</b>		<u>51,796</u>	<u>49,283</u>

The accounts were approved by the Trustees and signed on its behalf by:



Helen Donovan  
 Chair  
 Approved by the board on 1 August 2024

**The Self Care Forum**  
**Notes to the Accounts**  
**for the year ended 31 December 2023**

**2 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

<b>3 Employees</b>	<b>2023 Number</b>	<b>2022 Number</b>
Average number of persons employed by the company	-	-

<b>4 Debtors</b>	<b>2023 £</b>	<b>2022 £</b>
Other debtors	-	100

<b>5 Creditors: amounts falling due within one year</b>	<b>2023 £</b>	<b>2022 £</b>
Other creditors	180	130

**6 Other information**

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Kingston Upon Thames  
Surrey  
KT2 5HQ

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2023**

*This schedule does not form part of the statutory accounts*

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
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**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2023**

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Secretariat	34,241	7,243
Pfizer Project	3,546	-
Bank Charges	66	88
Professional Services	190	130
	<u>38,893</u>	<u>34,471</u>
General administrative expenses:		
Insurance	741	707
Website / Software	270	100
	<u>1,011</u>	<u>807</u>
	<u>39,904</u>	<u>35,278</u>

**THE SELF CARE FORUM**

England & Wales - Charity number 1167500

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# Accounts

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Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2022

## **The Self Care Forum**

**1167500**

### **Trustees' Report**

The trustees present their report and accounts for the year ended 31 December 2022.

#### **Status and Principal Objects**

The Self Care Forum became a registered charity on 6 June 2016.

Its objects are the promotion of public health by:

- a) Promoting self care for the public benefit, being the actions that individuals take for themselves, on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing and wellness;
- b) Promoting, developing and providing programmes, practical tools for discussion and support for both individuals and organisations to aid self care;
- c) Promoting the preservation and protection of individuals' health through self care by education and awareness of professionals, practitioners and the general public, particularly young people, in all areas; and
- d) Promoting for the public benefit, the understanding of health literacy inclusive of both systems and processes to improve it.

#### **Self Care Week**

The Forum has been organising Self Care Week since 2011. The Week – which took place in 2022 from 14-20 November on the theme 'Exercise Self Care for Life' – reached millions of people via the active participation of more than 800 organisations and individuals.

Historically, Self Care Week has been England-centric, but for the second year there was encouraging growth in participation in the other three countries in what is intended to be a UK-wide awareness campaign. More than 350 NHS organisations, with a UK-wide reach of over 35 million, were involved in 2022; there were 80 national and international partners, including organisations in Europe, North America, Africa and Australia. 'Exercise' was the most popular self care message used during the Week, followed by 'nutrition' and 'mental wellbeing'.

Overall, the campaign achieved more than 100 items of local news coverage, including broadcast media, while our online programme achieved 116,000 impressions and more than 50,000 page views; both of these figures represent a fall on the previous year's campaign record highs.

Our new Menopause Fact Sheet was highlighted during the week, while the most downloaded Fact Sheet was 'The Power of Self Care'. This Fact Sheet is proving particularly popular with social prescribers and link workers as a resource for use when opening conversations with people about their wellbeing.

#### **Self Care Innovation Awards**

The Forum recognises excellence in support for self care through its Awards, which are supported by the International Self Care Foundation. Eight entries made the 2022 shortlist, announced during Self Care Week. The overall winner, South Northants, North Oxfordshire and Cherwell District Council's Citizen Advice 'Healthy Groups' clinics supporting complex long term conditions.

#### **Website**

The Forum's website, which was extensively updated in 2021, contains almost a quarter of a million backlinks, demonstrating its reach as a credible source of information on self care. Further work continued on the website pages during 2022 to make them more user friendly and improve accessibility.

#### **Fact Sheets**

Our Fact Sheets remain an important element of the Forum's public benefit work. Fact Sheets, which are all available on the Forum's website for downloading and use by health professionals during self care aware consultations.

## **The Self Care Forum**

**1167500**

### **Trustees' Report**

Development grants allowed the Forum to produce two new Fact Sheets during the year, bringing the total number to 23. Conjunctivitis was produced in collaboration with the Royal Pharmaceutical Society; the Menopause Fact Sheet with the NHS National Menopause Clinical Reference Group. The Menopause Fact Sheet was featured in the Government's response to the report *Menopause and the Workplace*.

The Forum continues to be grateful from the input of its multidisciplinary Board of Trustees for their diligence in producing and regularly reviewing these resources for professionals and patients. The majority of the Fact Sheets were updated by clinicians on our Board prior to Self Care Week in November, when the focus prompts a sharp increase in downloads.

Cognitant added our Fact Sheets to its platform, which is used by 3,000 GPs covering 29 million UK patients in the UK, in 2022, furthering their reach.

#### **Other work**

The Forum, via Trustees Pete Smith and Ade Williams, delivered a number of Fact Sheet based online teaching sessions to pharmacists in support of the roll out of the NHS Community Pharmacy Consultation Service.

The Forum received a major grant for evidence-based educational resources towards the end of the year which will be the subject of a programme of activity during 2023.

Collaboration with commercial and representative organisations enables the Forum to organise and run Self Care Week and maintain an administrative function in support of our patient and public-facing and professional work.

The Self Care Forum appointed three new Trustees as well as three special advisors during the year. As a result, the Forum has a more diverse range of knowledge, skills and experience to help further the reach of self care and support individual's health and wellbeing.


**Trustees' Report**

**Trustees**

The following persons served as trustees during the year:

John Chisholm  
Robert Darracott (resigned 14 July)  
Helen Donovan (Chair)  
Renata Drinkwater  
Austen El-Osta  
Chee Yeen Fung  
Dominic Horne (resigned 14 March)  
Rhian Last  
Michelle Howarth  
Peter Smith  
Ade Williams  
Mary Hickson (appointed 14 July)  
Trevor Gore (appointed 14 July)  
Catherine Watling (appointed 14 July)

This report was approved by the board on 13 July 2023 and signed by its order.



Helen Donovan  
Helen Donovan  
Chair

**The Self Care Forum**  
**Independent Examiner's Report for the year ended 31 December 2022**

1

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. The report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
  - ' - to keep accounting records in accordance with section 130 of the 2011 Act; and
  - ' - to prepare accounts which accord with the accounting records and comply with the accounting requirement of the 2011 Act,have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kate Brown  
Chartered Accountants  
The Annexe, Rectory Farm  
Cranford Road  
Great Addington  
Northants  
NN14 4BQ

13 July 2023

**The Self Care Forum**  
**Profit and Loss Account**  
**for the year ended 31 December 2022**

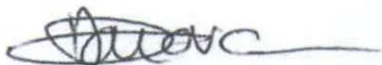
	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	82,055	12,409
Charitable Expenditure	(35,278)	(37,526)
<b>Net Income</b>	<u>46,777</u>	<u>(25,117)</u>
Funds at beginning of the year	2,506	27,623
Funds at end of the year	<u>49,283</u>	<u>2,506</u>

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2022**

1167500

	Notes	2022 £	2021 £
<b>Current assets</b>			
Debtors	3	100	-
Cash at bank and in hand		49,313	2,636
		<u>49,413</u>	<u>2,636</u>
<b>Creditors: amounts falling due within one year</b>	4	(130)	(130)
<b>Net current assets</b>		<u>49,283</u>	<u>2,506</u>
<b>Net assets</b>		<u>49,283</u>	<u>2,506</u>
<b>Charitable Funds</b>			
Net Funds		49,283	2,506
<b>Charitable funds</b>		<u>49,283</u>	<u>2,506</u>

The accounts were approved by the Trustees and signed on its behalf by:



Helen Donovan  
Chair  
Approved by the board on 13 July 2023

**The Self Care Forum  
Notes to the Accounts  
for the year ended 31 December 2022**

**2 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

<b>3 Debtors</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Other debtors	100	-
	<hr/>	<hr/>
<b>4 Creditors: amounts falling due within one year</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Other creditors	130	130
	<hr/>	<hr/>

**5 Other information**

The Self Care Forum is a charity and is incorporated in England. Its principal place of business is:

31 St Albans Road  
Kingston Upon Thames  
Surrey  
KT2 5HQ

**The Self Care Forum**

**Detailed profit and loss account**

**for the year ended 31 December 2022**

*This schedule does not form part of the statutory accounts*

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
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<b>Funds at end of the year</b>	<u>49,283</u>	<u>2,506</u>

**The Self Care Forum**

**Detailed profit and loss account**

**for the year ended 31 December 2022**

*This schedule does not form part of the statutory accounts*

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>		
Commissions	250	919
Grants	81,805	11,490
	<u>82,055</u>	<u>12,409</u>
<b>Administrative expenses</b>		
Charitable Expenditure		
Self Care Week	9,708	9,999
Self Care Best Practice	1,466	2,003
Secretariat	23,079	24,071
Bank Charges	88	102
Professional Services	130	130
Miscellaneous	-	366
	<u>34,471</u>	<u>36,671</u>
General administrative expenses:		
Insurance	707	-
Website	100	855
	<u>807</u>	<u>855</u>
	<u>35,278</u>	<u>37,526</u>

**THE SELF CARE FORUM**

England & Wales - Charity number 1167500

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# Accounts

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Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2021

## **The Self Care Forum**

**1167500**

### **Trustees' Report**

The trustees present their report and accounts for the year ended 31 December 2021.

#### **Status and Principal Objects**

The Self Care Forum became a registered charity on 6 June 2016.

Its objects are the promotion of public health by:

- a) Promoting self care for the public benefit, being the actions that individuals take for themselves, on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing and wellness;
- b) Promoting, developing and providing programmes, practical tools for discussion and support for both individuals and organisations to aid self care;
- c) Promoting the preservation and protection of individuals' health through self care by education and awareness of professionals, practitioners and the general public, particularly young people, in all areas; and
- d) Promoting for the public benefit, the understanding of health literacy inclusive of both systems and processes to improve it.

#### **Self Care Week**

This has been another good year for the Self Care Forum, despite the pandemic continuing to limit personal contact and the necessity for us to continue working and meeting remotely.

The jewel in the Forum's crown remains Self Care Week, which has become an established public health initiative, raising the benefits of self care.

Despite the continuing challenges of the pandemic, SCW took place this year between 15-21 November on the theme 'Practise Self Care for Life, with more than 800 individuals and organisations taking part. While the total number of participants was down slightly on last year, it was encouraging to see greater participation by organisations in Northern Ireland, Scotland and Wales than in previous years. More than 30 international organisations took part, from Canada, Australia, the USA and Africa.

More than 400 NHS organisations, with a UK-wide reach of approximately 35 million, got involved in 2021; in total, SCW 2021 had 56 national partner organisations. And while national Covid-19 restrictions were more relaxed than in 2020, local organisations were still reticent in holding the kind of full scale events we saw pre-pandemic.

Given the challenges of the last two years, it was unsurprising that mental wellbeing was again the top self care message being promoted during the week. Overall, the campaign achieved more than 110 items of local news coverage, including broadcast media, while the Forum's online programme achieved 195,000 impressions and more than 100,000 page views.

Activity during the week once again highlighted that the Forum's organisation of SCW often goes unappreciated; given the health and care engagement, many believe the Week is organised by the NHS. The vital contribution and support of sponsors HARTMANN and the International Self Care Foundation is therefore recognised and appreciated.

#### **Self Care Innovation Awards**

Running as part of the work that culminates in Self Care Week, the Forum continues to recognise excellence in support for self care with its annual Awards programme.

The Awards were renamed in 2021, and the Overall Winner and the four Highly Commended entries were announced during SCW. The judges, including representatives from the World Health Organization and NHS England, decided that Orthopaedic Research UK's ESCAPE-pain campaign was a worthy winner. The top eight entries were showcased as part of the promotions during Self Care Week.

## **The Self Care Forum**

**1167500**

### **Trustees' Report**

#### **Website**

We began 2021 with a complete revision of our antiquated, but important website. The website, which hosts the Forum's collection of self care best practice examples as well as its Fact Sheets, receives more than a quarter of a million hits a year. As a resource it is unique in the area of self care, and is linked to other sites across the NHS and beyond.

Working with developers Buzzbox, the website has upgraded security and functions on all platforms, including mobile phones. It is notable that all previous links, so vital for a resource website, were retained in the revamp. The process would not have been achieved for the relatively modest amount it cost without the work of the President and the Secretary, assisted by other Trustees.

#### **Fact Sheets**

The Fact Sheets remain an important element of our work and the one which is most directly patient and public facing. Fact Sheets on a wide range of self care subjects are available on the SCF website for downloading and use by health professionals as part of self care aware consultations. The Forum continues to be grateful from the input of its multidisciplinary Board of Trustees for their diligence in producing these resources for professionals and patients.

During 2021, the development and publication of two new Fact Sheets have cemented the Self Care Forum's reputation in the field. For the Fact Sheet on Long Covid, the Forum worked with the national Long Covid Group. In The Power of Self Care on Wellbeing, the Forum pulled together all the major national self care programmes into one digestible source.

As a result of publicity generated from this activity in 2021, we are now producing two further factsheets - on Conjunctivitis and the Menopause – supported by development grants.

#### **National TV exposure**

The Forum's work was the subject of national breakfast television coverage, with praise for its work from TV doctor Dr Nighat Arif, who subsequently agreed to become a patron of the charity.

#### **Funding our work**

Day to day funding for the work of the Self Care Forum continues to occupy the Board of Trustees on a regular basis. Collaboration with commercial and representative organisations has resulted in sufficient income to keep the Forum going, run a successful Self Care Week, and continue to maintain and office function which supports our patient and public-facing and professional work.

We are grateful to HARTMANN, mDigital and the International Self Care Federation for their support. We continue to work with the Royal Pharmaceutical Society, for whom we have arranged teaching sessions based on the Fact Sheets for the Community Pharmacy Consultation Service. This work, which will support the development of the Conjunctivitis Fact Sheet in particular, will continue in 2022. A Fact Sheet on the Menopause is currently in preparation at the request of the NHS National Menopause Group.

In the meantime, we are exploring alternative methods of receiving funding. While the approaches so far are relatively modest, it is an important part of our strategy to survive and grow the work of the Forum that we use every opportunity to solicit donations, including from individuals, through donate buttons of our website, Amazon Smile and Don't Send me a Card.

**The Self Care Forum**

**1167500**

**Trustees' Report**

**Trustees**

The following persons served as trustees during the year:

John Chisholm  
Robert Darracott  
Helen Donovan (Chair)  
Renata Drinkwater  
Austen El-Osta  
Chee Yeen Fung  
Dominic Horne  
Rhian Last  
Michelle Howarth  
Peter Smith  
John Smith (resigned March 21)  
Ade Williams

This report was approved by the board on 12 May 2022 and signed on its behalf.



Helen Donovan  
Chair

## **The Self Care Forum**

### **Independent Examiner's Report for the year ended 31 December 2021**

1

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

#### Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. The report is limited to those matters set out in the statement below.

#### Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:
  - '- to keep accounting records in accordance with section 130 of the 2011 Act; and
  - '- to prepare accounts which accord with the accounting records and comply with the accounting requirement of the 2011 Act,have not been met; or
- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kate Brown  
Chartered Accountants  
The Annexe, Rectory Farm  
Cranford Road  
Great Addington  
Northants  
NN14 4BQ

12 May 2022

**The Self Care Forum  
Profit and Loss Account  
for the year ended 31 December 2021**

	<b>2021</b> £	<b>2020</b> £
<b>Income</b>	12,409	27,868
Charitable Expenditure	(37,526)	(48,345)
<b>Net Income</b>	<u>(25,117)</u>	<u>(20,477)</u>
Funds at beginning of the year	27,623	48,100
Funds at end of the year	<u>2,506</u>	<u>27,623</u>

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2021**

1167500

	Notes	2021 £	2020 £
<b>Current assets</b>			
Cash at bank and in hand		2,636	27,748
<b>Creditors: amounts falling due within one year</b>	3	(130)	(125)
<b>Net current assets</b>		<u>2,506</u>	<u>27,623</u>
<b>Net assets</b>		<u>2,506</u>	<u>27,623</u>
<b>Charitable Funds</b>			
Net Funds		2,506	27,623
<b>Charitable funds</b>		<u>2,506</u>	<u>27,623</u>

The accounts were approved by the Trustees and signed on its behalf by:



Helen Donovan  
Chair  
Approved by the board on 12 May 2022

**The Self Care Forum**  
**Notes to the Accounts**  
**for the year ended 31 December 2021**

**2 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

<b>3 Creditors: amounts falling due within one year</b>	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Other creditors	<u>130</u>	<u>125</u>

**4 Other information**

The Self Care Forum is a charity and is incorporated in England. Its principal place of business is:

31 St Albans Road  
Kingston Upon Thames  
Surrey  
KT2 5HQ

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2021**

*This schedule does not form part of the statutory accounts*

	<b>2021</b> £	<b>2020</b> £
<b>Income</b>	12,409	27,868
Charitable Expenditure	(37,526)	(48,345)
<b>Net income</b>	<u>(25,117)</u>	<u>(20,477)</u>
Funds at beginning of the year	27,623	48,100
<b>Funds at end of the year</b>	<u>2,506</u>	<u>27,623</u>

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2021**

*This schedule does not form part of the statutory accounts*

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>		
Commissions	919	868
Grants	11,490	27,000
	<u>12,409</u>	<u>27,868</u>
<b>Administrative expenses</b>		
Charitable Expenditure		
Self Care Week	9,999	31,686
Self Care Best Practice	2,003	4,376
Secretariat	24,071	8,751
Bank Charges	102	60
Professional Services	130	125
Miscellaneous	366	700
	<u>36,671</u>	<u>45,698</u>
Premises costs:		
Rent	-	120
	<u>-</u>	<u>120</u>
General administrative expenses:		
Website	855	2,527
	<u>855</u>	<u>2,527</u>
	<u>37,526</u>	<u>48,345</u>

**THE SELF CARE FORUM**

England & Wales - Charity number 1167500

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# Accounts

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Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2020

## **The Self Care Forum**

**1167500**

### **Trustees' Report**

The trustees present their report and accounts for the year ended 31 December 2020.

#### **Status and Principal Objects**

The Self Care Forum became a registered charity on 6 June 2016.

Its objects are the promotion of public health by:

- a) Promoting self care for the public benefit, being the actions that individuals take for themselves, on behalf of or with others in order to develop, protect, maintain and improve their health, wellbeing and wellness;
- b) Promoting, developing and providing programmes, practical tools for discussion and support for both individuals and organisations to aid self care;
- c) Promoting the preservation and protection of individuals' health through self care by education and awareness of professionals, practitioners and the general public, particularly young people, in all areas; and
- d) Promoting for the public benefit, the understanding of health literacy inclusive of both systems and processes to improve it.

#### **Principal activities**

The Forum's main annual activity - Self Care Week - took place between November 16 - 22, under the theme "Live Self Care for Life".

The final number of individual and participating organisations - still more than 900 - was down slightly on 2019, but this was not unexpected given the national restrictions in place. Perhaps unsurprisingly, the top self care message for the week was about "mental wellbeing"; this was supported by a new SCF "Boosting your mood" factsheet.

For the first time, the activities of Self Care Week benefitted from sponsorship grants from four organisations; as the charity is now fully independent and reliant on contributions from external parties to support its charitable activities and messaging, this is a welcome development and one the Trustees intend to build on in future years.

The Forum also responded to the coronavirus with two new factsheets, and two rewrites of existing factsheets to take account of the particular circumstances of Covid. The Forum's 19 factsheets continue to be available free for download via the Forum's website.

The year also saw the charity establish its own administrative functions, replacing those previously provided as a benefit in kind by the Proprietary Association of Great Britain (PAGB). The Forum remains grateful to the PAGB for its considerable support over many years; and will continue to benefit from the provision of ad hoc office space when required in the future.

#### **Trustees**

The following persons served as trustees during the year:

John Chisholm  
Robert Darracott  
Helen Donovan (Chair)  
Renata Drinkwater  
Austen El-Osta  
Chee Yeen Fung (appointed July 2020)  
Dominic Horne  
Rhian Last  
Michelle Howarth  
Peter Smith  
John Smith  
Ade Williams (appointed April 2020)

**The Self Care Forum**

**1167500**

**Trustees' Report**

This report was approved by the board on 25 May 2021 and signed on its behalf.

A handwritten signature in black ink, appearing to read 'Helen Donovan', followed by a long horizontal line extending to the right.

Helen Donovan  
Chair

**The Self Care Forum**  
**Independent Examiner's Report for the year ended 31 December 2020**

1

The Charity's trustees are responsible for the preparation of the accounts. The Charity's trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

Basis of Independent Examiner's Report

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items of disclosures in the accounts, and the seeking of explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view'. The report is limited to those matters set out in the statement below.

Independent Examiner's Statement

In connection with my examination, no matter has come to my attention:

- which gives me reasonable cause to believe that, in any material respect, the requirements:

- '- to keep accounting records in accordance with section 130 of the 2011 Act; and

- '- to prepare accounts which accord with the accounting records and comply with the

accounting requirement of the 2011 Act,

have not been met; or

- to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Kate Brown  
Chartered Accountants  
The Annexe, Rectory Farm  
Cranford Road  
Great Addington  
Northants  
NN14 4BQ

25 May 2021

**The Self Care Forum  
Profit and Loss Account  
for the year ended 31 December 2020**

	<b>2020</b>	<b>2019</b>
	£	£
<b>Income</b>	27,868	66,750
Charitable Expenditure	(48,345)	(43,062)
<b>Net Income</b>	<u>(20,477)</u>	<u>23,688</u>
Funds at beginning of the year	48,100	24,412
Funds at end of the year	<u>27,623</u>	<u>48,100</u>

**The Self Care Forum**  
**Registered number:**  
**Balance Sheet**  
**as at 31 December 2020**

1167500

	Notes	2020 £	2019 £
<b>Current assets</b>			
Cash at bank and in hand		27,748	48,340
<b>Creditors: amounts falling due within one year</b>	4	(125)	(240)
<b>Net current assets</b>		<u>27,623</u>	<u>48,100</u>
<b>Net assets</b>		<u>27,623</u>	<u>48,100</u>
<b>Charitable Funds</b>			
Net Funds		27,623	48,100
<b>Charitable funds</b>		<u>27,623</u>	<u>48,100</u>

The accounts were approved by the Trustees and signed on its behalf by:



Helen Donovan  
 Chair  
 Approved by the board on 25 May 2021

**The Self Care Forum  
Notes to the Accounts  
for the year ended 31 December 2020**

**2 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

**3 Employees**

	<b>2020 Number</b>	<b>2019 Number</b>
Average number of persons employed by the company	-	-

**4 Creditors: amounts falling due within one year**

	<b>2020 £</b>	<b>2019 £</b>
Other creditors	125	240

**5 Other information**

The Self Care Forum is a charity and is incorporated in England. Its principal place of business is:

31 St Albans Road  
Kingston Upon Thames  
Surrey  
KT2 5HQ

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2020**

*This schedule does not form part of the statutory accounts*

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
<b>Income</b>	27,868	66,750
Charitable Expenditure	(48,345)	(43,062)
<b>Net income</b>	<u>(20,477)</u>	<u>23,688</u>
Funds at beginning of the year	48,100	24,412
<b>Funds at end of the year</b>	<u>27,623</u>	<u>48,100</u>

**The Self Care Forum**  
**Detailed profit and loss account**  
**for the year ended 31 December 2020**

*This schedule does not form part of the statutory accounts*

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
<b>Sales</b>		
Commissions	868	17,250
Grants	<u>27,000</u>	<u>49,500</u>
	<u>27,868</u>	<u>66,750</u>
<b>Administrative expenses</b>		
Charitable Expenditure		
Self Care Week	31,686	2,140
Self Care Best Practice	4,376	16,009
Self Care Policy Development	-	895
Self Care Education & Training	-	20,410
Secretariat Expenses	8,751	-
Travel and Subsistence	-	2,585
Bank Charges	60	60
Professional Services	125	820
Miscellaneous	<u>700</u>	<u>143</u>
	<u>45,698</u>	<u>43,062</u>
Premises costs:		
Rent	<u>120</u>	-
	<u>120</u>	-
General administrative expenses:		
Website	<u>2,527</u>	-
	<u>2,527</u>	-
	<u>48,345</u>	<u>43,062</u>