

Registered Charity Number
1167500

The Self Care Forum
Report and Unaudited Accounts
31 December 2021

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.

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.

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.

A handwritten signature in dark ink, appearing to read 'Helen Donovan', with a long horizontal flourish extending to the right.

Helen Donovan
Chair

The Self Care Forum

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

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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

	2021 £	2020 £
Income	12,409	27,868
Charitable Expenditure	(37,526)	(48,345)
Net Income	<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 £
Current assets			
Cash at bank and in hand	2,636	27,748	
Creditors: amounts falling due within one year	3 (130)	(125)	
Net current assets		2,506	27,623
Net assets		<u>2,506</u>	<u>27,623</u>
Charitable Funds			
Net Funds		2,506	27,623
Charitable funds		<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).

3 Creditors: amounts falling due within one year	2021	2020
	£	£
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

	2021 £	2020 £
Income	12,409	27,868
Charitable Expenditure	(37,526)	(48,345)
Net income	<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
Detailed profit and loss account
for the year ended 31 December 2021

This schedule does not form part of the statutory accounts

	2021	2020
	£	£
Sales		
Commissions	919	868
Grants	11,490	27,000
	<u>12,409</u>	<u>27,868</u>
Administrative expenses		
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>