

Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2022

### **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.

**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**

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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

13 July 2023

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

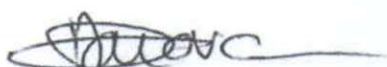
	<b>2022</b> <b>£</b>	<b>2021</b> <b>£</b>
<b>Income</b>	82,055	12,409
Charitable Expenditure	(35,278)	(37,526)
<b>Net Income</b>	<u>46,777</u>	<u>(25,117)</u>
Funds at beginning of the year	2,506	27,623
Funds at end of the year	<u>49,283</u>	<u>2,506</u>

**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).

**3 Debtors**

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Other debtors	<u>100</u>	<u>-</u>

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

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Other creditors	<u>130</u>	<u>130</u>

**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>£</b>	<b>2021</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
<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>