

## 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.

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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

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  - 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
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  - 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

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  - Suggested by partners PIF to become PIF ticked (work still in progress)
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- People said it couldn't be done so we did it
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- 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

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- 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.
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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

Registered Charity Number  
1167500

The Self Care Forum  
Report and Unaudited Accounts  
31 December 2023

**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

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## **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>

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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*

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<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>
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