

SELF-CARE MATTERS

England & Wales · Charity number 1190228

Details

Status Registered

Legal form CIO

Registered 2020-07-02

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

Contact

Address 1 Windsor Close
Poynton
Stockport
SK12 1JL

Phone 07780602662

Email selfcarematters1@gmail.com

Website www.selfcarematters.org

Activities

Objects: FOR THE PUBLIC BENEFIT TO RELIEVE THE NEEDS OF WOMEN EXPERIENCING PERINATAL MENTAL ILLNESS AND ADMITTED TO NHS PSYCHIATRIC MOTHER AND BABY UNITS BY PROVIDING FOR DISTRIBUTION IN THOSE MOTHER AND BABY UNITS FREE SELF-CARE BOXES CONTAINING ESSENTIAL HYGIENE PRODUCTS AND OTHER COMFORT ITEMS NOT NORMALLY PROVIDED BY THE STATUTORY AUTHORITIES.

Activities: Our primary charitable purpose is to provide free self-care boxes/ hospital packs to women experiencing severe perinatal mental illness, admitted to NHS Mother and Baby Units across the UK.

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Other Defined Groups

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-05	£0	£0	-	-
2024-04-05	£350	£455	-	-
2023-04-05	£1,250	£1,115	-	-
2022-04-05	£1,240	£1,696	-	-
2021-04-05	£746	£583	-	-

Trustees

Name	Role	Appointed
Alison Barrott	Chair	2020-07-02
Joanne Hood		2020-07-02
Joy Stevenson		2020-07-02

SELF-CARE MATTERS

England & Wales - Charity number 1190228

Accounts

Self-care matters (charity number 1190228) was inactive during this reporting year.

SELF-CARE MATTERS

England & Wales - Charity number 1190228

Accounts



ANNUAL REPORT

SELF-CARE MATTERS

Registered charity number: 1190228

*Including Receipts and Payments Accounts for the Period of
April 6th 2023 to April 5th 2024*

Self-care matters is a small registered charity that aims to support women experiencing severe perinatal mental illness who require inpatient treatment in hospital. Our primary charitable purpose is to provide free self-care boxes/ hospital packs to women in the 22 NHS Mother and Baby Units (MBU's) across the UK.

Receiving a box is also intended to be a transparent gesture of compassion, connection and hope. Our Chair was inspired to set up the charity after her own lived experience of inpatient treatment in two MBU's. We are run by 3 Trustees and all of us are volunteers who run the charity in our spare time.



This year turned out to mainly be a pause- and has been about reflection of the charity so far and what direction to take it in in the future. An opportunity arose for our Founder and Chair to work directly on two MBU's for a much larger national perinatal mental health charity, this work is still ongoing. This direct experience has led her to completely re-evaluate the need, logistics, practicalities, costs, overlaps, etc of continuing to donate free self-care boxes. These thoughts about future direction are still ongoing. She would like to continue with 'Self-Care Matters' but feels it is definitely time to tweak the focus and direction.

Notable highlights this year include being donated handmade Easter bunnies for the self-care boxes, more knitted hearts, and networking with local pregnancy and new parent events.

Self-care boxes were freely donated to our local MBU for Easter and Christmas.

Contents and products were either donated by manufacturers or purchased at vastly reduced cost, allowing quality boxes to be donated with minimal funds.

The main focus of the coming year will be to decide as trustees how best to move the charity forwards, whilst also keeping to our original charitable purpose and objectives.

Financial Review

During this financial period our income was £350 and our expenditure was £455. Our Receipts and Payments Accounts are included with this report.

Trustee Information

Name: Alison Barrott

Address: 1 Windsor Close, Poynton, Stockport, Cheshire. SK12 1JL.

Position: Chair and Trustee

Name: Joy Stevenson

Address: 8 Balmoral Drive, Poynton, Stockport, Cheshire. SK12 1JN.

Position: Trustee

Name: Joanne Hood

Address: 3 Brookfield Avenue, Poynton, Stockport, Cheshire. SK12 1HZ.

Position: Trustee



 CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name Self-Care Matters		No (if any) 1190228		CC16a
	Receipts and payments accounts				
	For the period from	Period start date 06/04/2023	To	Period end date 05/04/2024	

Section A Receipts and payments					
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & Fundraising Events	350	-	-	350	1,250
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	350	-	-	350	1,250
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	350	-	-	350	1,250
A3 Payments					
Products, packaging & postage	455	-	-	455	1,115
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	455	-	-	455	1,115
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	455	-	-	455	1,115
Net of receipts/(payments)	350	-	-	350	1,250
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	105	-	-	105	135
Cash funds this year end	105	-	-	-105	135

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash At Bank		-	-
		-	-	-
		-	-	-
	Total cash funds	- 105	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	A.Barrott	Alison Barrott	02/02/2025	

SELF-CARE MATTERS

England & Wales - Charity number 1190228

Accounts



ANNUAL REPORT

SELF-CARE MATTERS

Registered charity number: 1190228

*Including Receipts and Payments Accounts for the Period of
April 6th 2022 to April 5th 2023*

SECTION 1: The Charity

Self-care matters is a registered charity that aims to support women experiencing severe perinatal mental illness who require inpatient treatment in hospital. Our primary charitable purpose is to provide free self-care boxes/ hospital packs to women in the 22 NHS Mother and Baby Units (MBU's) across the UK.

Boxes are designed to contain useful items for a hospital stay as well as evidence-based items designed to provide comfort, distraction and promote emotional well-being- often through engaging the 5 senses.

Receiving a box is also intended to be a transparent gesture of compassion, connection and hope. Our Chair was inspired to set up the charity after her own lived experience of inpatient treatment in two MBU's. We are run by 3 Trustees and all of us are volunteers who run the charity in our spare time.



SECTION 2: Activities, Objectives and the Public Benefit from the Past Year

We sent free self-care boxes to every MBU bed in the UK for Spring, Summer and Christmas. An estimated 600 boxes were sent in total.

We received a large amount of brand new donated products for the boxes, which meant our actual financial running costs could be kept low. Local businesses and shops agreed to collect these for us using our collection bins. We were also able to purchase products from financial donations and fundraising resources. We received a £500 donation from a local business towards our Christmas boxes.

A unique item in our boxes is the inclusion of a handmade heart- we call these mental health hearts. Hearts are sewn, knitted or crocheted and donated by members of the public who want to contribute to the charity. We have very gratefully been donated a large amount of hearts this year to include in our boxes.

SECTION 3: Our Impact and Feedback

Feedback this year has again been overwhelmingly positive from both MBU patients, staff and the wider perinatal mental health community.

- “Thank you for turning my day around”.

MBU patient

- “As a mum, experiencing severe postnatal depression I just wanted to say thank you from the bottom of my heart”.

MBU patient

- “It is really appreciated that you are doing something so inspiring”

MBU Staff Nurse

SECTION 4: Objectives for the Next Year

1. Continue to grow organically, by spreading awareness of the charity and what we do and hope to achieve.
2. Re-look at our overall direction- whether to continue to send boxes to all MBU's or to start focusing more specifically on our local Units, as we have more overall engagement with them.
3. Continue to start looking at small grant opportunities from organisations and businesses, similar to the £500 we received from a local business charity pot.
4. Review that our self-care products are useful, evidence-based and relevant.
5. Continue to update website, blog and social media posts, keeping content fresh and relevant, and review how to balance presenting self-care information with the sending of the free boxes.
6. Continue to think about our direction, plans and objectives for the future.

SECTION 5: Financial Review

During the first financial period our income was £1,250 and our expenditure was £1,115. Our Receipts and Payments Accounts are included with this report.

SECTION 6: Trustee Information

Name: Alison Barrott

Address: 1 Windsor Close, Poynton, Stockport, Cheshire. SK12 1JL.

Position: Chair and Trustee

Name: Joy Stevenson

Address: 8 Balmoral Drive, Poynton, Stockport, Cheshire. SK12 1JN.

Position: Trustee

Name: Joanne Hood

Address: 3 Brookfield Avenue, Poynton, Stockport, Cheshire. SK12 1HZ.

Position: Trustee



EXAMPLE ITEMS:
shower gel, soap, shampoo & conditioner, lip balm, toothbrush & toothpaste, nappies, wipes, cotton wool, baby toiletries, puzzles; sudoku, word search, crosswords, adult colouring books, notepads, small chocolates, snack bars.



self-care matters



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Self Care Matters

No (if any)
1190228

Receipts and payments accounts

CC16a

For the period from 06/04/2022 To 05/04/2023

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
Donations & Fundraising Events	1,250	-	-	1,250	1,240
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,250	-	-	1,250	1,240
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,250	-	-	1,250	1,240
A3 Payments					
Products, packaging & postage	1,115	-	-	1,115	1,240
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,115	-	-	1,115	1,240
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,115	-	-	1,115	1,240
Net of receipts/(payments)	135	-	-	135	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	135	-	-	135	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash At Bank		-	-
		-	-	-
		-	-	-

Total cash funds		135	-	-
(agree balances with receipts and payments account(s))		OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees		Signature	Print Name	Date of approval
		A.Barrott	Alison Barrott	04/02/2024

SELF-CARE MATTERS

England & Wales - Charity number 1190228

Accounts



ANNUAL REPORT

SELF-CARE MATTERS

Registered charity number: 1190228

*Including Receipts and Payments Accounts for the Period of
April 6th 2021 to April 5th 2022*

Self-care matters is a registered charity that aims to support women experiencing severe perinatal mental illness who require inpatient treatment in hospital. Our primary charitable purpose is to provide free self-care boxes/ hospital packs to women in the 22 NHS Mother and Baby Units (MBU's) across the UK.

Receiving a box is also intended to be a transparent gesture of compassion, connection and hope. Our Chair was inspired to set up the charity after her own lived experience of inpatient treatment in two MBU's. We are run by 3 Trustees and are proud to say we are 100% volunteer-run.



SECTION 2: Activities, Objectives and the Public Benefit from the Past Year

In July 2021 we were very proud to receive an award from the British Prime Minister for exceptional volunteering and became an official UK 'Point of Light'.

We sent free self-care boxes to every MBU bed in the UK for Mother's Day, Summer and Christmas. An estimated 600 boxes were sent in total.

We received a large amount of brand new donated products for the boxes, which meant our actual financial running costs could be kept low. Local businesses and shops agreed to collect these for us using our new collection bins. We were also able to purchase products from financial donations and fundraising resources.

A unique item in our boxes is the inclusion of a handmade heart- we call these mental health hearts. Hearts are sewn, knitted or crocheted and donated by members of the public who want to contribute to the charity. Receiving a heart is intended to be a small keepsake of care, compassion and kindness. We have very gratefully been donated a large amount of hearts this year to include in our boxes.

We designed and bought some charity cash collection boxes and so far 8 local shops and businesses have agreed to display them by their tills.

We self-funded some promotional activities, for example on World Mental Health Day 2021 we left mini self-care packages hidden around our local town for people to find. This attracted a lot of positive feedback and raised awareness of our cause.

The charity has continued to be very active on social media, which generates a lot of interest and messages. These interactions have also enabled us to connect with the wider perinatal mental health community, as well as mental health professionals.

We have continued to develop our website, providing new resources for anyone interested in, or affected by maternal mental health issues.

We have had several teenagers volunteer with us as part of their Duke of Edinburgh Awards. They have been a great help and have completed tasks such as organising products, packing self-care boxes, designing posters and making cakes to sell.

SECTION 3: Our Impact and Feedback

Feedback this year has again been overwhelmingly positive from both MBU patients, staff and the wider perinatal mental health community.

- “I received my box this morning. Thank you for giving me a smile today. It felt like I was being hugged by love and was SO appreciated”.

MBU patient

- “As a mum, battling through postpartum psychosis, I just wanted to say thank you for this lovely gift. It really is lovely. Thank you”.

MBU patient

- “It is wonderful that you have been able to use your experience to do something so positive”

MBU Manager

- “Thank you so much for the boxes of self-care items that we received today- they have been given to the women staying here and have been really appreciated. The overall comments were about how valued they felt- knowing that people cared about them at this difficult time”

MBU Occupational Therapist

- “The Mums were so touched by the kindness and the story behind self-care matters”

MBU Charge Nurse



SECTION 4: Objectives for the Next Year

1. Continue to grow organically, by spreading awareness of the charity and what we do and hope to achieve
2. Continue to raise funds through local events, but also start looking at small grant opportunities from organisations and businesses
3. Continue to promote and collect donations of mental health hearts and self-care products
4. Keep liaising with Mother and Baby Unit managers and staff to ensure contents are appropriate and relevant.
5. Formulate a clearer structure and schedule of when and how many boxes are going to be sent over the calendar year
6. Put some more focus on the self-care element of the charity in terms of relevant articles and pieces on the website blog and social media posts

SECTION 5: Financial Review

During the first financial period our income was £1,240 and our expenditure was £1,696. Our Receipts and Payments Accounts are included with this report.

SECTION 6: Trustee Information

Name: Alison Barrott

Address: 1 Windsor Close, Poynton, Stockport, Cheshire. SK12 1JL.

Position: Chair and Trustee

Name: Joy Stevenson

Address: 8 Balmoral Drive, Poynton, Stockport, Cheshire. SK12 1JN.

Position: Trustee

Name: Joanne Hood

Address: 3 Brookfield Avenue, Poynton, Stockport, Cheshire. SK12 1HZ.

Position: Trustee



EXAMPLE ITEMS:
shower gel, soap, shampoo & conditioner, lip balm, toothbrush & toothpaste, nappies, wipes, cotton wool, baby toiletries, puzzles; sudoku, word search, crosswords, adult colouring books, notepads, small chocolates, snack bars.



self-care matters

 CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name Self Care Matters		No (if any) 1190228		CC16a
	Receipts and payments accounts				
	For the period from	Period start date 02/07/2020	To	Period end date 05/04/2021	

Section A Receipts and payments					
	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & Fundraising Events	1,240	-	-	1,240	746
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,240	-	-	1,240	746
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,240	-	-	1,240	746
A3 Payments					
Products, packaging & postage	1,696	-	-	1,696	583
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,696	-	-	1,696	583
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,696	-	-	1,696	583
Net of receipts/(payments)	- 456	-	-	- 456	163
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	68	-	-	68	163

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash At Bank	68	-	-
		-	-	-
		-	-	-
	Total cash funds	68	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Details			
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	A.Barrott	Alison Barrott	13/01/2023	
	J.Hood	Jo Hood	13/01/2023	

SELF-CARE MATTERS

England & Wales - Charity number 1190228

Accounts

SELF-CARE MATTERS

CIO registration number:

1190228

ANNUAL REPORT



July 2020 - February 2022

Section 1: The Charity

Self-care matters is a registered CIO that aims to support women experiencing severe perinatal mental illness at the latter stage of pregnancy or in the postpartum period. Our primary charitable purpose is to provide free self-care boxes to the 22 NHS Mother and Baby Units (MBU's) across the UK.

Boxes are designed to contain essential items for a hospital stay as well as evidence-based items that provide emotional relief and promote psychological well-being.

We are run by 3 trustees, all of whom have either experienced perinatal mental health problems or have a strong interest in women's mental health issues.



SECTION 2: Activities, objectives and the public benefit from the past year

We became a registered CIO on 2nd July 2020. Unfortunately as this was in the middle of the pandemic our activities were very much affected by Covid-19 restrictions and rules around what could be sent into hospitals. However we still managed to send multiple self-care boxes to every single Mother and Baby Unit bed in the UK. Feedback has been overwhelmingly positive.

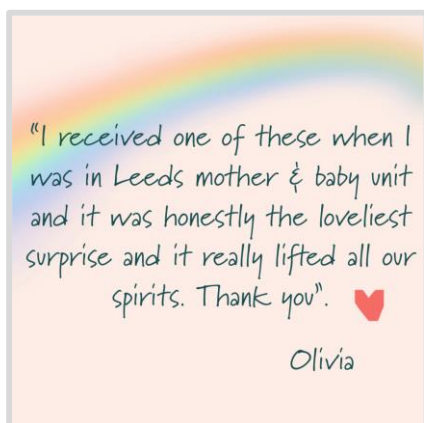
Fundraising was greatly affected as running events, fairs and fun days and other potential sources of fundraising were cancelled across the country. We still raised several hundred pounds which enabled us to provide the number of boxes we did. We also received a good amount of donated products for the boxes, which meant our financial running costs could be kept low.

The charity has grown on social media, with over 1400 followers on Facebook, 1100 followers on Twitter, and 850 followers on Instagram.

We have also worked hard to develop our website, providing new resources for anyone interested in, or affected by maternal mental health issues.

We have had 3 teenagers volunteer with us as part of their Duke of Edinburgh Awards.

In July 2021 we received an award from the British Prime Minister for exceptional volunteering, and became a 'Point of Light'.





SECTION 3: Objectives for the next year

1. Continue to promote the charity and become more well known.
2. Provide enough self-care boxes for every woman who is admitted to a Mother and Baby Unit to receive one.
3. Keep liaising with Mother and Baby Unit managers and staff to ensure contents are appropriate and relevant.
4. Set out a clear fundraising plan.

SECTION 4: Financial review

During the first financial period our income was 746 and our expenditure was 582. We expect this to rise significantly as normal fundraising activities are resumed after the pandemic.

Due to the generosity of donated products we have received approximately £5000 worth of products this year.



SECTION 5: Trustee information

Name: Alison Barrott

Address: 1 Windsor Close, Poynton, Stockport, Cheshire. SK12 1JL.

Position: Chair and trustee

Name: Joy Stevenson

Address: 8 Balmoral Drive, Poynton, Stockport, Cheshire. SK12 1JN.

Position: Trustee

Name: Joanne Hood

Address: 3 Brookfield Avenue, Poynton, Stockport, Cheshire. SK12 1HZ.

Position: Trustee





CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
Self Care Matters

No (if any)
1190228

CC16a

Receipts and payments accounts

For the period from	Period start date 02/07/2020	To	Period end date 05/04/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations & Fundraising Events	746	-	-	746	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	746	-	-	746	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	746	-	-	746	-
A3 Payments					
Products, packaging & postage	583	-	-	583	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	583	-	-	583	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	583	-	-	583	-
Net of receipts/(payments)	163	-	-	163	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	163	-	-	163	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	Cash At Bank	163	-	-
		-	-	-
		-	-	-
	Total cash funds	163	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
			-	
			-	
			-	
			-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
	A.Barrott	Alison Barrott	07/02/2022	