



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	