



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