



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	