Registered Charity Number
1167500

The Self Care Forum

Report and Unaudited Accounts

31 December 2025

The Self Care Forum

1167500

Trustees' Report

The trustees present their report and accounts for the year ended 31 December 2025.

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 2 June 2026 and signed by its order.



Helen Donovan
Helen Donovan
Chair

The Self Care Forum
Independent Examiner's Report for the year ended 31 December 2025

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 of 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

2 June 2026

The Self Care Forum
Profit and Loss Account
for the year ended 31 December 2025

	2025 £	2024 £
Income	9,761	97,438
Charitable Expenditure	(43,306)	(66,535)
Net Income	(33,545)	30,903
Funds at beginning of the year	82,699	51,796
Funds at end of the year	49,154	82,699

The Self Care Forum
Registered number: 1167500
Balance Sheet
as at 31 December 2025

	Notes		2025		2024
			£		£
Current assets					
Cash at bank and in hand		49,554		82,899	
Creditors: amounts falling due within one year	4	(400)		(200)	
Net current assets			49,154		82,699
Net assets			49,154		82,699
Charitable Funds					
Net Funds			49,154		82,699
Charitable funds			49,154		82,699

The accounts were approved by the Trustees and signed on its behalf by:



Helen Donovan
Chair
Approved by the board on 2 June 2026

The Self Care Forum
Notes to the Accounts
for the year ended 31 December 2025

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).

3 Employees

	2025 Number	2024 Number
Average number of persons employed by the company	-	-

4 Creditors: amounts falling due within one year

	2025 £	2024 £
Other creditors	400	200

5 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 2025
This schedule does not form part of the statutory accounts

	2025 £	2024 £
Income	9,761	97,438
Charitable Expenditure	(43,306)	(66,535)
Net income	(33,545)	30,903
Funds at beginning of the year	82,699	51,796
Funds at end of the year	49,154	82,699

The Self Care Forum
Detailed profit and loss account
for the year ended 31 December 2025
This schedule does not form part of the statutory accounts

	2025 £	2024 £
Sales		
Commissions	131	448
Grants	9,630	96,990
	9,761	97,438
Administrative expenses		
Charitable Expenditure		
Self Care Week	-	1,400
Self Care Awards	100	-
Secretariat	35,875	38,342
Pfizer Project	2,713	25,733
Bank Charges	66	72
Professional Services	200	200
Miscellaneous	516	-
	39,470	65,747
General administrative expenses:		
Insurance	742	742
Website / Software	3,094	46
	3,836	788
	43,306	66,535

Profit and Loss 2025

	Jan-25	Feb-25	Mar-25	Apr-25	May-25	Jun-25	Jul-25	Aug-25	Sep-25	Oct-25	Nov-25	Dec-25	**Year Total**
Income													
Evidence-based educational resources													0.00
Educational grant									8140.00				8140.00
Consultancy													0.00
International Self Care Foundation (Awards)												1490.00	1490.00
Interest			38.79			34.96			30.07			27.33	131.15
Giving (website, Paypal, Amazon)													0.00
Total Income	**0.00**	**0.00**	38.79	0.00	**0.00**	**34.96**	**0.00**	**0.00**	**8170.07**	0.00	**0.00**	**1517.13**	**9761.15**
Expenditure													
Secretariat	3687.50		5375.00	2812.50		5687.50	2968.75	3125.00	2843.75	3125		6250.00	35875.00
Pfizer project										2713.00			2713.00
Self Care Week													0.00
Self Care Awards	100.00												100.00
Observatory Costs	515.64												515.64
Insurance								742.00					742.00
Fundraising													0.00
Software				100.00									100.00
Domains									1200.00	1794.00			2994.00
Accounting													
Bank charges	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	5.00	11.00	66.00
Total Expenditure	4308.14	5.00	5380.00	2917.50	**5.00**	5692.50	**2973.75**	**3872.00**	4048.75	**7637.00**	**5.00**	**6261.00**	**43105.64**
Net income(Expenditure)	**-4308.14**	**-5.00**	**5341.21**	**2917.50**	**-5.00**	**-5657.54**	**-2973.75**	**-3872.00**	**4121.32**	**7637.00**	**5.00**	**4743.97**	***-33344.49***

Year end 2024 Accounts	*82898.75*
Net income (Expenditure)	***-33344.49***
2023 Year End Accruals (outstanding)	
Current Position	*49554.26*
Bank as at 31/12/2025 2025	**49554.26**