

HEAL FOR LIFE FOUNDATION UK

England & Wales · Charity number 1156694

Details

Other names HEAL FOR LIFE UK

Status Registered

Legal form CIO

Registered 2014-04-15

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

Contact

Address Cumberland Court
24 Church Street
Wye
Ashford
TN25 5BJ

Phone 01233813884

Email admin@healforlife.org.uk

Website www.healforlife.org.uk

Activities

Objects: 1. TO PROMOTE AND PROTECT THE PHYSICAL AND MENTAL HEALTH OF SURVIVORS OF CHILDHOOD TRAUMA AND ABUSE IN THE UK THROUGH THE PROVISION OF SUPPORT, EDUCATION, PRACTICAL ADVICE AND FINANCIAL ASSISTANCE2. TO ADVANCE THE EDUCATION OF THE GENERAL PUBLIC IN ALL AREAS RELATING TO CHILDHOOD TRAUMA AND ABUSE

Activities: Provision of five day residential programmes for the adult survivors of childhood trauma and abuse.

Classification

- **How:** Makes Grants To Individuals, Provides Services, Provides Advocacy/advice/information
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** The General Public/mankind

Geography

- Essex
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-04-30	£12,566	£9,896	-	-
2024-04-30	£22,337	£16,322	-	-
2023-04-30	£14,994	£17,824	-	-
2022-04-30	£1,308	£4,498	-	-
2021-04-30	£754	£877	-	-

Trustees

Name	Role	Appointed
LUCY HARRIET HUNTINGTON	Chair	2014-01-07
FRANCIS PETER HETHERSETT HUNTINGTON		2014-01-07
ROBIN LEFEVER		2015-09-29
Rev RAVI HOLY		2014-01-07

HEAL FOR LIFE FOUNDATION UK

England & Wales - Charity number 1156694

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HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT

FOR THE YEAR ENDED 30TH APRIL 2025

Heal For Life Foundation UK
Registered Charity No. 1156694

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HEAL FOR LIFE FOUNDATION UK

CHARITY INFORMATION AS AT 30 APRIL 2024

Operating as a Charity registered with the Charity Commission No. 1156694

Trustees

Lucy Huntington (Chair)
The Revd Ravi Holy
Francis Huntington
Robin Lefever

Secretary

Francis Huntington

Treasurer

Lucy Huntington

Principal office

Cumberland Court
24 Church Street
Wye
Ashford
Kent
TN25 5BJ

Bankers

Lloyds TSB Bank Plc
81 High Street
Ashford
Kent
TN24 8SS

HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT AS AT 30 APRIL 2025

The trustees present their report along with the financial statements of the charity for the year ended 30 April 2025. The financial statements have been prepared on a receipts and payments basis.

Structure, governance and management

The charity became registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission on 15th April 2014.

The funds of the Heal For Life Foundation UK are derived substantially from donations from the general public, grant giving bodies, and fees from guests attending our Healing Weeks.

The Objects of the Charity are:

1. To promote and protect the physical and mental health of survivors of childhood trauma and abuse in the UK through the provision of, support, education, practical advice and financial assistance.
2. To advance the education of the general public in all areas relating to childhood trauma and abuse.

Trustee body

The Trustees who served during the year were as follows:

The Revd Ravi Holy
Lucy Huntington
Francis Huntington
Robin Lefever

The trustees aim to meet two times a year at which meetings the trustees agree the broad strategy and areas of activity for the charity. Extra meetings of the trustees are called for any extraordinary expenditure or urgent decisions.

HEAL FOR LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDING 30 APRIL 2025

	y/e 30/04/2025	y/e 30/04/2024
Income		£
Guest Fees	7,450.00	10,250.00
Donations	5,115.83	9,036.50
'Gift Aid' recovery from HMRC	-	-
Grants	-	-
Recovery of Bellropes breakage deposit	-	3,000.00
Book Sales	-	50.00
Misc	-	1.00
Total Income	12,565.83	22,337.50
Expenditure		
Venue Rent	4,940.00	11,664.85
'Healing Week' direct costs	1,378.27	1,222.23
Fee refunds	2,400.00	400.00
Transport	100.00	2,121.30
Supervision	-	130.00
Printing, postage & stationery	-	41.00
Telephone & web	315.60	
Insurance	505.84	505.84
Training & Conference costs	156.50	-
Equipment purchases	-	-
Misc	99.86	
Expenditure	9,896.07	16,322.82
Surplus(deficit) Income over Expenditure	2,669.76	6,014.68

Lucy Huntington. Chair

Ravi Holy. Trustee

Independently Examined:
by Karen Mitcalfe
Signed:

HEAL FOR LIFE FOUNDATION UK

BALANCE SHEET FOR THE YEAR ENDING 30 APRIL 2025

	y/e 30/04/2025	y/e 30/04/2024
	£	£
Opening balance at Lloyd Bank	13,916.55	7,901.87
Income for year	12,565.83	22,337.50
Expenditure for year	(9,896.07)	(16,322.82)
Surplus / (Deficit) for year	2,669.76	6,014.68
Closing balance at Lloyds Bank	16,586.31	13,916.55

Signed:

Lucy Huntington Chair

Ravi Holy Trustee

Date:

Independently Examined:
by Karen Mitcalfe

Date:

TRUSTEES REPORT (continued)

HEAL FOR LIFE FOUNDATION UK

AS AT 30 APRIL 2025

Application of income

The trustees shall first defray out of the income of the charity all proper costs, charges and expenses of, and incidental to, the administration and management of the charity. Subject to the payments aforesaid, the trustees shall apply the excess income of the charity in furthering the objects of the charity.

Objects and activities of the charity for the public benefit

In accordance with the stated charity objects, the activities are currently:

1. Dissemination of the existence of the charity and its intended work.
2. Fundraising in support of the work of the charity.
3. Setting up the resources to deliver the 'Heal for Life' five day residential programmes for the adult survivors of childhood trauma and abuse.
4. Recruiting 'guests' to attend the programmes
5. Delivering the five-day residential programme
6. The training of volunteers

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, and in planning future activities.

Investment policy and performance

The funds of the charity are all currently held in a current account with Lloyds Bank. At such times as funds have risen to a level where they exceed the day to day running costs of the charity they will be invested in accordance with the Trustee Act 2000.

As at 30th April 2025 the total net assets of the charity were £16,586.31

Reserves policy

The charity aims to maintain reserves sufficient to cover the costs of delivering the planned programmes during the next twelve months.

Achievements and performance

During the year ending 30th April 2025, the charity was able to deliver one 'five-day' programme with one programme cancelled due to a lack of bookings. Plans to deliver two programmes during the financial year 2025/2026 have been made. At the financial year end the charity has sufficient funds to deliver the planned 2025 'weeks' and to pay for the current running costs of the charity.

Approved by the Trustees and signed on behalf of the Trustees

.....
Lucy Huntington - Chair of Trustees

Date: 2025

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2025

1. Accounting policies

1.1 Basis of preparation

The accounts have been prepared on a receipts and payments basis

1.2 Fund accounting

The funds held by the charity are available at the discretion of the trustees in furtherance of the general objects of the charity and which have not been designated for any other purpose.

1.3 Income

All incoming resources are included in the statement of account and the amount can be quantified with reasonable accuracy.

1.4 Expenditure

Expenses are provided on an actual expenditure basis. Expenditure includes VAT, which cannot be recovered and is therefore reported as part of the expenditure to which it relates.

1.5 Gifted assets

Gifted assets are included at valuation, if material.

1.6 Investments

In this year the charity did not hold any investments

2. Trustees' emoluments

No trustees received any remuneration. Travel expenses were reimbursed during the year.

None of the trustees or other persons related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

HEAL FOR LIFE FOUNDATION UK

England & Wales - Charity number 1156694

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TRUSTEES REPORT

FOR THE YEAR ENDED 30TH APRIL 2024

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HEAL FOR LIFE FOUNDATION UK

CHARITY INFORMATION AS AT 30 APRIL 2024

Operating as a Charity registered with the Charity Commission No. 1156694

Trustees

Lucy Huntington (Chair)
The Revd Ravi Holy
Francis Huntington
Robin Lefever

Secretary

Francis Huntington

Treasurer

Lucy Huntington

Principal office

Cumberland Court
24 Church Street
Wye
Ashford
Kent
TN25 5BJ

Bankers

Lloyds TSB Bank Plc
81 High Street
Ashford
Kent
TN24 8SS

HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT AS AT 30 APRIL 2024

The trustees present their report along with the financial statements of the charity for the year ended 30 April 2024. The financial statements have been prepared on a receipts and payments basis.

Structure, governance and management

The charity became registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission on 15th April 2014.

The funds of the Heal For Life Foundation UK are derived substantially from donations from the general public, and by grant giving bodies.

The Objects of the Charity are:

1. To promote and protect the physical and mental health of survivors of childhood trauma and abuse in the UK through the provision of, support, education, practical advice and financial assistance.
2. To advance the education of the general public in all areas relating to childhood trauma and abuse.

Trustee body

The Trustees who served during the year were as follows:

The Revd Ravi Holy
Lucy Huntington
Francis Huntington
Robin Lefever

The trustees aim to meet two times a year at which meetings the trustees agree the broad strategy and areas of activity for the charity. Extra meetings of the trustees are called for any extraordinary expenditure or urgent decisions.

HEAL FOR LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDING 30 APRIL 2024

	y/e 30/04/2024	y/e 30/04/2023
Income		£
Guest Fees	10,250.00	6,400.00
Donations	9,036.50	8,594.60
'Gift Aid' recovery from HMRC	-	-
Grants	-	-
Recovery of Bellropes breakage deposit	3,000.00	-
Book Sales	50.00	-
Misc	1.00	-
Total Income	22,337.50	14,994.60
Expenditure		
Venue Rent	11,664.85	12,843.00
'Healing Week' direct costs	1,222.23	1,296.99
Fee refunds	400.00	500.00
Travel	2,121.30	1,435.39
Supervision	130.00	-
Printing, postage & stationery	41.00	59.35
Telephone & web	237.60	237.60
Insurance	505.84	500.84
Training & Conference costs	-	904.04
Equipment purchases	-	46.98
Total expenditure	16,322.82	17,824.19
Surplus(deficit) Income over Expenditure	6,014.68	(2,829.59)

Lucy Huntington. Chair

Ravi Holy. Trustee

Independently Examined:
by Karen Mitcalfe
Signed:

HEAL FOR LIFE FOUNDATION UK

BALANCE SHEET FOR THE YEAR ENDING 30 APRIL 2024

	y/e 30/04/2024 £	y/e 30/04/2023 £
Opening balance at Lloyd Bank	7,901.87	10,731.46
Income for year	22,337.50	14,994.60
Expenditure for year	16,322.82	(17,824.19)
Surplus / (Deficit) for year	6,014.68	(2,829.59)
Closing balance at Lloyds Bank	13,916.55	7,901.87

Signed:

Lucy Huntington Chair

Ravi Holy Trustee

Date:

Independently Examined:
by Karen Mitcalfe

Date:

TRUSTEES REPORT (continued) AS AT 30 APRIL 2024

Application of income

The trustees shall first defray out of the income of the charity all proper costs, charges and expenses of, and incidental to, the administration and management of the charity. Subject to the payments aforesaid, the trustees shall apply the excess income of the charity in furthering the objects of the charity.

Objects and activities of the charity for the public benefit

In accordance with the stated charity objects, the activities are currently:

1. Dissemination of the existence of the charity and its intended work.
2. Fundraising in support of the work of the charity.
3. Setting up the resources to deliver the 'Heal For Life' five day residential programmes for the adult survivors of childhood trauma and abuse.
4. Recruiting 'guests' to attend the programmes
5. Delivering the five-day residential programme
6. The training of volunteers

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, and in planning future activities.

Investment policy and performance

The funds of the charity are all currently held in a current account with Lloyds Bank. At such times as funds have risen to a level where they exceed the day to day running costs of the charity they will be invested in accordance with the Trustee Act 2000.

As at 30th April 2024 the total net assets of the charity were £13,916.55

Reserves policy

The charity aims to maintain reserves sufficient to cover the costs of delivering the planned programmes during the next twelve months.

Achievements and performance

During the year ending 30th April 2024, the charity was able to deliver three 'five-day' programmes. Plans to deliver two programmes during the financial year 2024/2025 have been made. There has been a substantial increase in the rental charge made by the venue used for the 'weeks'. In order to cover these increased costs a number of private individuals were approached during 2023/2024 to increase the donor funding. At the financial year end the charity has sufficient funds to deliver the planned 2024 'weeks' and to pay for the current running costs of the charity.

Approved by the Trustees and signed on behalf of the Trustees

.....
Lucy Huntington - Chair of Trustees

Date: 2024

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2024

1. Accounting policies

1.1 Basis of preparation

The accounts have been prepared on a receipts and payments basis

1.2 Fund accounting

The funds held by the charity are available at the discretion of the trustees in furtherance of the general objects of the charity and which have not been designated for any other purpose.

1.3 Income

All incoming resources are included in the statement of account and the amount can be quantified with reasonable accuracy.

1.4 Expenditure

Expenses are provided on an actual expenditure basis. Expenditure includes VAT, which cannot be recovered and is therefore reported as part of the expenditure to which it relates.

1.5 Gifted assets

Gifted assets are included at valuation if material.

1.6 Investments

In this year the charity did not hold any investments

2. Trustees' emoluments

No trustees received any remuneration. Travel expenses were reimbursed during the year.

None of the trustees or other persons related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

HEAL FOR LIFE FOUNDATION UK

England & Wales - Charity number 1156694

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CHARITY INFORMATION AS AT 30 APRIL 2023

Operating as a Charity registered with the Charity Commission No. 1156694

Trustees

Lucy Huntington (Chair)
The Revd Ravi Holy
Francis Huntington
Hereward Harrison (resigned 3rd November 2022)
Robin Lefever

Secretary

Francis Huntington

Treasurer

Lucy Huntington

Principal office

Cumberland Court
24 Church Street
Wye
Ashford
Kent
TN25 5BJ

Bankers

Lloyds TSB Bank Plc
81 High Street
Ashford
Kent
TN24 8SS

HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT AS AT 30 APRIL 2023

The trustees present their report along with the financial statements of the charity for the year ended 30 April 2023. The financial statements have been prepared on a receipts and payments basis.

Structure, governance and management

The charity became registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission on 15th April 2014.

The funds of the Heal For Life Foundation UK are derived substantially from donations from the general public, and by grant giving bodies.

The Objects of the Charity are:

1. To promote and protect the physical and mental health of survivors of childhood trauma and abuse in the UK through the provision of, support, education, practical advice and financial assistance.
2. To advance the education of the general public in all areas relating to childhood trauma and abuse.

Trustee body

The Trustees who served during the year were as follows:

The Revd Ravi Holy
Lucy Huntington
Francis Huntington
Hereward Harrison (resigned 3rd November 2022)
Robin Lefever

The trustees aim to meet two times a year at which meetings the trustees agree the broad strategy and areas of activity for the charity. Extra meetings of the trustees are called for any extraordinary expenditure or urgent decisions.

HEAL FOR LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDING 30 APRIL 2023

	y/e 30/04/2023
Income	£
Guest Fees	6,400.00
Donations	8,594.60
'Gift Aid' recovery from HMRC	-
Grants	-
Total Income	14,994.60
Expenditure	
Venue Rent	12,843.00
'Healing Week' direct costs	1,296.99
Fee refunds	500.00
Travel	1,435.39
Supervision	-
Printing, postage & stationery	59.35
Telephone & web	237.60
Insurance	500.84
Training & Conference costs	904.04
Equipment purchases	46.98
Total expenditure	17,824.19
Surplus(deficit) Income over Expenditure	(2,829.59)

Independently Examined:
by Karen Mitcalfe
Signed:

Lucy Huntington. Chair

Ravi Holy. Trustee

HEAL FOR LIFE FOUNDATION UK

BALANCE SHEET FOR THE YEAR ENDING 30 APRIL 2023

	y/e 30/04/2023	y/e 30/04/2022
	£	£
Opening balance at Lloyd Bank	10,731.46	13,922.01
Income for year	14,994.60	1,308.00
Expenditure for year	(17,824.19)	(4,498.55)
Surplus / (Deficit) for year	(2,829.59)	(3,190.55)
Closing balance at Lloyds Bank	7,901.87	10,731.46

Independently Examined:
By Karen Mitcalfe

Date:

Signed:

Lucy Huntington

Chair

Ravi Holy

Trustee

Date:

TRUSTEES REPORT (continued) AS AT 30 APRIL 2023

Application of income

The trustees shall first defray out of the income of the charity all proper costs, charges and expenses of, and incidental to, the administration and management of the charity. Subject to the payments aforesaid, the trustees shall apply the excess income of the charity in furthering the objects of the charity.

Objects and activities of the charity for the public benefit

In accordance with the stated charity objects, the activities are currently:

1. Dissemination of the existence of the charity and its intended work.
2. Fundraising in support of the work of the charity.
3. Setting up the resources to deliver the 'Heal For Life' five day residential programmes for the adult survivors of childhood trauma and abuse.
4. Recruiting 'guests' to attend the programmes
5. Delivering the five-day residential programme
6. The training of volunteers

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, and in planning future activities.

Investment policy and performance

The funds of the charity are all currently held in a current account with Lloyds TSB. At such times as funds have risen to a level where they exceed the day to day running costs of the charity they will be invested in accordance with the Trustee Act 2000.

As at 30th April 2023 the total net assets of the charity were £7,901.87

Reserves policy

The charity aims to maintain reserves sufficient to cover the costs of delivering the planned programmes during the next twelve months.

Achievements and performance

During the year ending 30th April 2023, the charity was able to deliver two 'five-day' programmes. Plans to deliver three programmes during the financial year 2023/2024 have been made. There has been a substantial increase in the rental charge made by the venue used for the 'weeks'. In order to cover these increased costs a number of private individuals are to be approached to increase the donor funding. At the financial year end the charity has sufficient funds to deliver the three planned 2023 'weeks' and to pay for the current running costs of the charity.

Approved by the Trustees and signed on behalf of the Trustees

.....
Lucy Huntington - Chair of Trustees

Date: 2023

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2023

1. Accounting policies

1.1 Basis of preparation

The accounts have been prepared on a receipts and payments basis

1.2 Fund accounting

The funds held by the charity are available at the discretion of the trustees in furtherance of the general objects of the charity and which have not been designated for any other purpose.

1.3 Income

All incoming resources are included in the statement of account and the amount can be quantified with reasonable accuracy.

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Expenses are provided on an actual expenditure basis. Expenditure includes VAT, which cannot be recovered and is therefore reported as part of the expenditure to which it relates.

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Gifted assets are included at valuation if material.

1.6 Investments

In this year the charity did not hold any investments

2. Trustees' emoluments

No trustees received any remuneration. Travel expenses were reimbursed during the year.

None of the trustees or other persons related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

HEAL FOR LIFE FOUNDATION UK

England & Wales - Charity number 1156694

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HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT

FOR THE YEAR ENDED 30TH APRIL 2022

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HEAL FOR LIFE FOUNDATION UK

CHARITY INFORMATION AS AT 30 APRIL 2022

Operating as a Charity registered with the Charity Commission No. 1156694

Trustees

Lucy Huntington (Chair)
The Revd Ravi Holy
Francis Huntington
Hereward Harrison
Robin Lefever

Secretary

Francis Huntington

Principal office

Cumberland Court
24 Church Street
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Bankers

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HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT AS AT 30 APRIL 2022

The trustees present their report along with the financial statements of the charity for the year ended 30 April 2022. The financial statements have been prepared on a receipts and payments basis.

Structure, governance and management

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The Objects of the Charity are:

1. To promote and protect the physical and mental health of survivors of childhood trauma and abuse in the UK through the provision of, support, education, practical advice and financial assistance.
2. To advance the education of the general public in all areas relating to childhood trauma and abuse.

Trustee body

The Trustees who served during the year were as follows:

The Revd Ravi Holy
Lucy Huntington
Francis Huntington
Hereward Harrison
Robin Lefever

The trustees aim to meet two times a year at which meetings the trustees agree the broad strategy and areas of activity for the charity. Due to the Covid19 restrictions the trustees only met once during the year. Extra meetings of the trustees are called for any extraordinary expenditure or urgent decisions.

HEAL FOR LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDING 30 APRIL 2022

	y/e 30/04/2022	y/e 30/04/2021
Income	£	
Guest Fee	400.00	-
Donations (Bursary Fund)	884.00	504.00
Donations (unrestricted)	-	250.00
'Gift Aid' recovery from HMRC	-	-
Grants	-	-
Miscellaneous	24.00	-
Total income	1,308.00	754.00
Expenditure		
Venue Rent	3,150.00	-
'Healing Week' direct costs	12.50	-
Fee refunds	00.00	200.00
Travel	124.00	-
Supervision	-	-
Hospitality	258.19	-
Office costs	-	-
Printing, postage & stationery	15.42	-
Telephone and web	237.60	189.60
Insurance	500.84	487.84
TIH Workshops costs	-	-
Subscriptions	-	-
Training and Conference costs	-	-
Equipment purchases	-	-
Advertising	-	-
Misc.	-	-
Total expenditure	4,498.55	877.44
Surplus/(Deficit) of Income over Expenses	(3,190.55)	(123.44)

Independently Examined:

By Karen Mitcalfe

Signed:

Lucy Huntington

Chair

Date

Ravi Holy

Trustee

HEAL FOR LIFE FOUNDATION UK

BALANCE SHEET FOR THE YEAR ENDING 30 APRIL 2022

	y/e 30/04/2022	y/e 30/04/2021
	£	£
Opening balance at Lloyd Bank	13,922.01	14,045.45
Income for year	1,308.00	754.00
Expenditure for year	(4,498.55)	(877.44)
Surplus / (Deficit) for year	(3,190.55)	(123.44)
Closing balance at Lloyds Bank	10,731.46*	13,922.01*

*Represented by:

General Fund (Unrestricted)	£6,453.09	£10,527.64
Bursary Fund (Restricted)	£4,278.37	£3,394.37

Independently Examined:
By Karen Mitcalfe

Date:

Signed:

Lucy Huntington Chair

Ravi Holy Trustee

Date:

TRUSTEES REPORT (continued) AS AT 30 APRIL 2022

Application of income

The trustees shall first defray out of the income of the charity all proper costs, charges and expenses of, and incidental to, the administration and management of the charity. Subject to the payments aforesaid, the trustees shall apply the excess income of the charity in furthering the objects of the charity.

Objects and activities of the charity for the public benefit

In accordance with the stated charity objects, the activities are currently:

1. Dissemination of the existence of the charity and its intended work.
2. Fundraising in support of the work of the charity.
3. Setting up the resources to deliver the 'Heal For Life' five day residential programmes for the adult survivors of childhood trauma and abuse.
4. Recruiting 'guests' to attend the programmes
5. Delivering the five-day residential programme
6. The training of volunteers

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, and in planning future activities.

Restriction

The Bursary Fund (the Fund) derives from donations made by members of the public who wish to sponsor places for guests who would otherwise not be able to afford the fees. At the start of the year the total in the Fund was £3,394.37, additions to the Fund during the year totalled £884.00. No five day programmes were run during this financial year, therefore, there were no withdrawals from the Fund to sponsor guest's fees. The balance in the Fund at the year-end was £4,278.37.

Investment policy and performance

The funds of the charity are all currently held in a current account with Lloyds TSB. At such times as funds have risen to a level where they exceed the day to day running costs of the charity they will be invested in accordance with the Trustee Act 2000.

As at 30th April 2022 the total net assets of the charity were £10,731.46

Reserves policy

The charity aims to maintain reserves in unrestricted funds to cover the costs of running the next three 'programmes' and to hold in the restricted Bursary Fund sufficient to cover those 'guests' requesting sponsorship.

Achievements and performance

During the year end, 30th April 2022, the charity was unable to deliver any 'five-day' programmes due to the pandemic restrictions. Plans to deliver two programmes during the financial year 2022/2023 have been made but will depend upon the extent of the Covid 19 restrictions at the time. If it is possible to proceed, the charity has sufficient funds to deliver these and to pay for the current running costs of the charity.

Approved by the Trustees and signed on behalf of the trustees

.....
Lucy Huntington - Chair of Trustees

Date: 2022

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2022

1. Accounting policies

1.1 Basis of preparation

The accounts have been prepared on a receipts and payments basis

1.2 Fund accounting

The funds held in the General Fund at 30 April 2022 are un-restricted, which are available for use at the discretion of the trustees in furtherance of the general objects of the charity and which have not been designated for any other purpose.

The funds held on the Bursary Fund are restricted to the sponsorship of individual 'guests' on a programme.

1.3 Income

All incoming resources are included in the statement of account and the amount can be quantified with reasonable accuracy.

1.4 Expenditure

Expenses are provided on an actual expenditure basis. Expenditure includes VAT, which cannot be recovered and is therefore reported as part of the expenditure to which it relates.

1.5 Gifted assets

Gifted assets are included at valuation if material.

1.6 Investments

In this year the charity did not hold any investments

2. Trustees' emoluments

No trustees received any remuneration. Travel expenses were reimbursed during the year.

None of the trustees or other persons related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

HEAL FOR LIFE FOUNDATION UK

England & Wales - Charity number 1156694

Accounts

HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT

FOR THE YEAR ENDED 30TH APRIL 2021

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Statement of financial activities	3
Balance sheet	4
Trustees report (cont'd)	5
Notes to the financial statements	6

HEAL FOR LIFE FOUNDATION UK

CHARITY INFORMATION AS AT 30 APRIL 2021

Operating as a Charity registered with the Charity Commission No. 1156694

Trustees

The Revd Ravi Holy
Lucy Huntington
Francis Huntington
Hereward Harrison
Robin Lefever

Secretary

Mr Francis Huntington

Principal office

Cumberland Court
24 Church Street
Wye
Ashford
Kent
TN25 5BJ

Bankers

Lloyds TSB Bank Plc
81 High Street
Ashford
Kent
TN24 8SS

HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT AS AT 30 APRIL 2021

The trustees present their report along with the financial statements of the charity for the year ended 30 April 2021. The financial statements have been prepared on a receipts and payments basis.

Structure, governance and management

The charity became registered as a Charitable Incorporated Organisation (CIO) with the Charity Commission on 15th April 2014.

The funds of the Heal For Life Foundation UK are derived substantially from donations from the general public, and by grant giving bodies.

The Objects of the Charity are:

1. To promote and protect the physical and mental health of survivors of childhood trauma and abuse in the UK through the provision of, support, education, practical advice and financial assistance.
2. To advance the education of the general public in all areas relating to childhood trauma and abuse.

Trustee body

The Trustees who served during the year were as follows:

The Revd Ravi Holy
Lucy Huntington
Francis Huntington
Hereward Harrison
Robin Lefever

The trustees aim to meet two times a year at which meetings the trustees agree the broad strategy and areas of activity for the charity. Due to the Covid19 restrictions the trustees only met once during the year, meeting remotely, using the 'Zoom' platform. Extra meetings of the trustees are called for any extraordinary expenditure or urgent decisions.

HEAL FOR LIFE FOUNDATION UK

STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDING 30 APRIL 2021

	y/e 30/04/2021	y/e 30/04/2020
Income	£	
Guest Fee	-	6,730.00
Donations (Bursary Fund)	504.00	785.48
Donations (unrestricted)	250.00	633.30
'Gift Aid' recovery from HMRC	-	-
Grants	-	-
Sales of merchandise	-	460.00
Miscellaneous	-	-
TIH Workshops	-	4,300.00
Total income	754.00	12,908.78
Expenditure		
Venue Rent	-	4,125.00
'Healing Week' direct costs	-	1,543.94
Fee refunds	200.00	2,150.00
Travel	-	903.53
Supervision	-	350.00
Hospitality	-	-
Office costs	-	-
Printing, postage & stationery	-	260.87
Telephone and web	189.60	165.60
Insurance	487.84	-
TIH Workshops costs	-	4,288.16
Subscriptions	-	-
Training and Conference costs	-	1,146.34
Equipment purchases	-	-
Advertising	-	-
Misc.	-	1,000.00
Total expenditure	877.44	15,973.44
Surplus/(Deficit) of Income over Expenses	(123.44)	(3,064.66)

Independently Examined:
By Karen Mitcalfe

Date:

Signed:

Lucy Huntington Chair

Date

Ravi Holy Trustee

HEAL FOR LIFE FOUNDATION UK

BALANCE SHEET FOR THE YEAR ENDING 30 APRIL 2021

	y/e 30/04/2021 £	y/e 30/04/2020 £
Opening balance at Lloyd Bank	14,045.45	17,110.11
Income for year	754.00	12,908.78
Expenditure for year	(877.44)	(15,973.44)
Surplus / (Deficit) for year	(123.44)	(3,065.66)
Closing balance at Lloyds Bank	13,922.01*	14,045.45*

*Represented by:

General Fund (Unrestricted)	£10,527.64	£11,155.08
Bursary Fund (Restricted)	£3,394.37	£2,890.37

Independently Examined:
By Karen Mitcalfe

Date:

Signed:

Lucy Huntington Chair

Ravi Holy Trustee

Date:

TRUSTEES REPORT (continued) AS AT 30 APRIL 2021

Application of income

The trustees shall first defray out of the income of the charity all proper costs, charges and expenses of, and incidental to, the administration and management of the charity. Subject to the payments aforesaid, the trustees shall apply the excess income of the charity in furthering the objects of the charity.

Objects and activities of the charity for the public benefit

In accordance with the stated charity objects, the activities are currently:

1. Dissemination of the existence of the charity and its intended work.
2. Fundraising in support of the work of the charity.
3. Setting up the resources to deliver the 'Heal For Life' five day residential programmes for the adult survivors of childhood trauma and abuse.
4. Recruiting 'guests' to attend the programmes
5. Delivering the five-day residential programme
6. The training of volunteers

The trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's aims and objectives, and in planning future activities.

Restriction

The Bursary Fund (the Fund) derives from donations made by members of the public who wish to sponsor places for guests who would otherwise not be able to afford the fees. At the start of the year the total in the Fund was £2890.37, additions to the Fund during the year totalled £504.00 including 'Gift Aid' recovered from HMRC and no grants were withdrawn from the Fund to sponsor guest's fees. The balance in the Fund at the year-end was £3,394.37

Investment policy and performance

The funds of the charity are all currently held in a current account with Lloyds TSB. At such times as funds have risen to a level where they exceed the day to day running costs of the charity they will be invested in accordance with the Trustee Act 2000.

As at 30th April 2021 the total net assets of the charity were £13,922.01

Reserves policy

The charity aims to maintain reserves in unrestricted funds to cover the administrative costs of running the next three 'programmes' and to hold in the restricted Bursary Fund sufficient to cover those 'guests' requesting sponsorship.

Achievements and performance

During the year end, 30th April 2021, the charity was unable to deliver any 'five-day' programmes due to the pandemic restrictions. Plans to deliver two programmes during the financial year 2021/2022 have been made but will depend upon the extent of the Covid19 restrictions at the time. If it is possible to proceed, the charity has sufficient funds to deliver these and to pay for the current running costs of the charity.

Approved by the Trustees and signed on behalf of the trustees

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Lucy Huntington - Chair of Trustees

Date: 2022

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