

**HEAL FOR LIFE FOUNDATION UK**

**TRUSTEES REPORT**

**FOR THE YEAR ENDED 30<sup>TH</sup> APRIL 2021**

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# HEAL FOR LIFE FOUNDATION UK

## CHARITY INFORMATION AS AT 30 APRIL 2021

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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

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

Independently Examined:  
By Karen Mitcalfe

Date:

Signed:

Lucy Huntington

Chair

Date

Ravi Holy

Trustee

# HEAL FOR LIFE FOUNDATION UK

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## 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 30<sup>th</sup> 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, 30<sup>th</sup> 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

.....  
Lucy Huntington - Chair of Trustees

Date: ..... 2022

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 APRIL 2021

### 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 2021 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.