

HEAL FOR LIFE FOUNDATION UK

TRUSTEES REPORT

FOR THE YEAR ENDED 30TH APRIL 2023

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HEAL FOR LIFE FOUNDATION UK

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.

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.