

**HEAL FOR LIFE FOUNDATION UK**

**TRUSTEES REPORT**

**FOR THE YEAR ENDED 30<sup>TH</sup> APRIL 2025**

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# HEAL FOR LIFE FOUNDATION UK

## CHARITY INFORMATION AS AT 30 APRIL 2024

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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

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## **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 15<sup>th</sup> 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

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## STATEMENT OF FINANCIAL ACTIVITY FOR THE YEAR ENDING 30 APRIL 2025

	y/e 30/04/2025	y/e 30/04/2024
<b>Income</b>		<b>£</b>
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
<b>Total Income</b>	<b>12,565.83</b>	<b>22,337.50</b>
<b>Expenditure</b>		
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	
<b>Expenditure</b>	<b>9,896.07</b>	<b>16,322.82</b>
<b>Surplus(deficit) Income over Expenditure</b>	<b>2,669.76</b>	<b>6,014.68</b>

Lucy Huntington. Chair

Ravi Holy. Trustee

Independently Examined:  
by Karen Mitcalfe  
Signed:

# HEAL FOR LIFE FOUNDATION UK

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## 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

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**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 30<sup>th</sup> 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 30<sup>th</sup> 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.