



## **Chair's Report for the year 2021 - 2022**

I don't need to tell any of you what a year 2021 was, as we were all affected and impacted by the restrictions that were imposed on us all. For us who run HiVitality we were constrained in when we were able to hold retreats, due to the ever-changing rules on meeting up. We were prevented from running a retreat in the first part of the year.

Finally with slight lifting of restrictions, as they applied to 'vulnerable people' which all of us fall into that category, we were able with the aid of a restricted grant which we gained from the National Lottery, to run three fully funded retreats. Because we were required to spend that allocated fund within 12 months, but had been prevented from doing anything for a number of months, so needed to run three retreats in quick succession.

These happened in May, June and July in 2021. For the May retreat, which was held at Shallowford House near Stafford, we also took the opportunity to follow through on a request from you the membership in making it a dog friendly retreat, so that those who have one were able to bring theirs. This proved to be beneficial and provided a calming influence on all, such that we decided to run a dog friendly retreat at least once a year. The June retreat saw us return to The Nightingale Centre in the Derbyshire Dales, where we were not able to go to during 2020, and then for the July retreat we returned to Shallowford House.

Although we were heavily constrained in many ways, particularly in the numbers that we could have attend, it was acutely clear during and confirmed afterwards in the feedback responses that they were very much needed due to the increased isolation that so many of us endured.

September saw us in Shallowford once again, with a further lifting of restrictions and we were able to have many of our group sessions, including the raffle, outdoors into the evenings as the weather was simply glorious. The AGM for the year 2020 - 21 was held during the retreat, where Julie Willis and Winnie Nsaja were voted onto the Board of Trustees.

At the December retreat we were permitted to increase capacity allowing 29 members to attend where previously we were constrained to one person per bedroom. We are delighted that whilst numbers at our retreats prior to the national lockdown had greatly diminished to the extent that as few as 10 were in attendance, now we are reaching capacity within two or three days of bookings being opened. It was during the December retreat that we were informed that one of our long-term members decided to share their good fortune in making a major donation to our funds, of which you'll see more in the treasurer's report and the annual accounts.

Unfortunately, we were unable to use Shallowford House for the usual March (2022) retreat due to a rush of bookings as many groups and organisations were scrambling to get away following the general relaxation of restrictions, so this was postponed until April.

For two of the sessions covered in this report, a researcher at the Open University ran a series of group sessions where she facilitated work around the perhaps provocative idea of 'My Beautiful HIV' seeking to explore ideas around our own attitudes to our status and the self-imposed stigma that can come with it. This project ran into the current year, and we are expecting the final report to be ready for the 2023 AGM.

From August 2021 we have been working with the Cranfield Trust, who provide free Management Consultancy in seeking to assist the board in firming up many of our processes and procedures so that HiVitality are in a stronger position to serve what seems to be an ever-growing appetite for the very unique service that the charity provides.

The above is a brief overview of the activities of HiVitality during the period April 2021 – March 2022.

Regards

Tremaine Cornish  
HiVitality – Chair

**Summary of Accounts 1st April 2021 - 31st March 2022**

	<b>2021/22</b>	<b>2020/21</b>
<b>Opening Balance at 1st April</b>	£23,240.59	£13,575.30
Current Account	£23,240.59	£13,575.30
Cash	£0.00	£0.00
<b>Total</b>	<b>£23,240.59</b>	<b>£13,575.30</b>

**Income**

Grants	£17,328.00	£9,800.00
Donations & Fees	£15,365.57	£380.52
Virgin Money / Invest my Community	£425.20	£196.60
Amazon Smile	£84.19	£49.40
Sundry	£549.00	£30.00
<b>Total Income</b>	<b>£33,751.96</b>	<b>£10,456.52</b>

**Expenditure**

Accommodation	£22,810.13	£500.00
Facilitators' & Therapists' Expenses	£2,288.15	£0.00
Members' Travel	£2,733.24	£0.00
Admin	£267.73	£127.40
Sundry	£291.21	£0.00
<b>Sub-Total</b>	<b>£28,390.46</b>	<b>£627.40</b>
Phone	£55.00	£68.80
Subscriptions	£0.00	£0.00
<b>Sub-Total</b>	<b>£55.00</b>	<b>£68.80</b>
Trustee Costs	£0.00	£59.99
Professional Fees	£0.00	£0.00
Fund Raising Materials	£0.00	£35.04
<b>Sub-Total</b>	<b>£0.00</b>	<b>£95.03</b>
<b>Total Expenditure</b>	<b>£28,445.46</b>	<b>£791.23</b>

Balance	£28,547.09	£23,240.59
Cash Funds from Last Year	£23,240.59	£13,575.30
<b>Cash Change at Year End</b>	<b>£5,306.50</b>	<b>£9,665.29</b>
Hivitality Current Account	£28,547.09	£23,240.59
<b>Cash Funds This Year End</b>	<b>£28,547.09</b>	<b>£23,240.59</b>



## **Independent Examiner's Report on the Accounts**

Report to the Trustees of HiVitality

Registered Charity 1160307

On the Accounts for the Year ending 31<sup>st</sup> March 2022

### **Respective Responsibilities of Trustees and examiner**

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 43(2) of the Charities Act 1993 (the Act) and that an Independent Examiner is needed.

It is my responsibility to:

- Examine the accounts (under section 43(3)(a) of the Act)
- Follow the procedure laid down in the general Directions given by the Charities Commission (under section 43(7)(b) of the Act); and
- State whether particular matters have come to my attention.

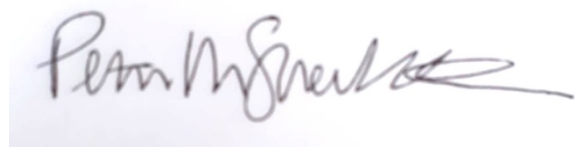
### **Basis for Independent Examiner's statement**

I carried out the examination of the accounts with General Directions given by the Charities Commissioners, including a review of the accounting records kept by the charity and comparing them with those records, including a consideration of any unusual items or disclosures in the said accounts and seeking explanation from the trustees on such matters. Those procedures do not provide all the evidence that would be required in an audit and in consequence I do not declare an audit opinion on the said accounts.

### **Independent Examiner's Statement**

Regarding my examination, nothing has come to my attention which:

1. Gives reasonable cause to believe that there in any material respect the requirements:
  - a. To keep accounting records in accordance with section 41 of the 1993 Act; and
  - b. To prepare accounts which accord with the accounting records and comply with the accounting requirements of the ActHave not been met; or
2. To which, in my opinion, attention should be drawn to enable a proper understanding of the accounts to be reached.



Peter Sherlock – August 2022  
24 Alfred Road, Oxtou, Wirral, CH43 4TX

