

HAPPINESS FOUNDATION

England & Wales · Charity number 1197966

Details

Other names HAPPINESS INSTITUTE

Status Registered

Legal form CIO

Registered 2022-02-17

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

Contact

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Oxford
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Activities

Objects: THE HAPPINESS FOUNDATION'S OBJECTS ARE THE ADVANCEMENT OF HEALTH AND THE ADVANCEMENT OF EDUCATION IN THE SCIENCE OF HAPPINESS, FOR THE PUBLIC BENEFIT, IN PARTICULAR BUT NOT EXCLUSIVELY BY CARRYING OUT OR PROMOTING RESEARCH AND ADDING TO COLLECTIVE KNOWLEDGE AND UNDERSTANDING OF HAPPINESS THROUGH SPECIFIC AREAS OF STUDY AND DISSEMINATED THROUGH OUR ONLINE MEDIA CHANNEL, NEWSLETTER AND RELATED EVENTS AND SEMINARS

Classification

- **How:** Sponsors Or Undertakes Research
- **What:** General Charitable Purposes, Education/training
- **Who:** The General Public/mankind

Geography

- Throughout England

Finances

Period end	Income	Expenditure	Assets	Employees
2025-05-01	£16,110	£293	-	-
2024-05-01	£35,440	£34,594	-	-
2023-05-01	£4,000	£20	-	-

Trustees

Name	Role	Appointed
Dr Keyun Ruan	Chair	
Dr Avi Roy		

Accounts

Trustee Annual Report

1. Reference and Administrative Details

- Charity Name: HAPPINESS FOUNDATION
- Charity Number: 1197966
- Financial Year: 2 May 2024 to 1 May 2025

2. Structure, Governance and Management

- The Charity is a Charitable Incorporated Organisation (CIO).
- Governance Note: The Board continues to work toward meeting the minimum requirement of three trustees as stipulated in the governing document. Active recruitment is underway to ensure robust governance and oversight.

3. Objectives and Activities

- Charitable Objects: To advance the science of happiness and wellbeing for the public benefit of humanity at large.
- Main Activities: The Foundation focuses on research and thought leadership in the intersection of happiness and technology that equip the public with tools and guidance for mental and physical wellbeing.

4. Achievements and Performance

- Fundraising: The Foundation successfully secured £16,110.00 in new donations through corporate giving platforms (CG Benevity), demonstrating sustained support for its mission.
- Operational Stability: The charity has focused this year on building a sustainable cash reserve to fund future large-scale projects.

5. Financial Review

- **Reserves Policy:** The Trustees aim to maintain reserves sufficient to cover at least three months of operating costs. As of 1 May 2025, the charity holds £16,483.30 in cash funds, which exceeds this requirement and provides a strong foundation for upcoming charitable initiatives.
- **Public Benefit:** The Trustees have complied with their duty to have due regard to the Commission's public benefit guidance. Benefit is provided through the free dissemination of wellbeing science to the public.

Accounts

Category	Item	Unrestricted Funds (£)
Receipts	Donations (via CG Benevity)	£16,110.00
Payments	Charitable Activities (Content/Software)	£223.60
	Governance (Bank Charges & Fees)	£68.96
Total Payments		£292.56
Net Movement		+£15,817.44
Cash Funds	Start of Period (1 May 2024)	£665.86

	End of Period (1 May 2025)	£16,483.30
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Accounts

Filing FYE 01 May 2024

HAPPINESS FOUNDATION: Trustees' Annual Report

Reporting Period:	02 May 2023 to 01 May 2024
Charity Name:	HAPPINESS FOUNDATION
Charity Number:	1197966
Governing Document:	CIO Foundation Constitution
Principal Address:	49 Carrara Tower, 1 Bollinder Place, London, EC1V 2AD

Reference and Administrative Details

- **Trustees Serving During the Period:** Miss Keyun Ruan (Chair), Mr Avi Roy.
- **Trustees Resigned/Removed:** None during this period (previous resignations noted in prior year's report).
- **Other Names Used:** HAPPINESS INSTITUTE, HAPPINESS FESTIVAL.

Structure, Governance and Management

- **Minimum Trustee Requirement:** The governing document stipulates a minimum of 3 trustees.
- **Governance Note: The Charity continues to operate with only two trustees, which is below the minimum stipulated by the governing document.** The Trustees are actively pursuing recruitment to restore the board to the required number. This is a potential governance risk the board is managing.

Objectives and Activities

- **Charitable Objects:** The principal object remains to **advance the science of happiness and wellbeing** for the public benefit of humanity at large.
- **Main Activities:** The focus theme of **creation and distribution of audiovisual content** was progressed. Activities included:
 - Securing significant new donations to support scaling up operations.

- Incurring costs for production software and services (e.g., CHATGPT SUBSCRIPTI) to enhance content creation and administration.
 - Repaying loans used for initial setup and operations.
- **Public Benefit Statement:** The Trustees have paid due regard to the Charity Commission's guidance on public benefit. The benefit is delivered by advancing happiness and mental/physical wellbeing through free online content, thereby equipping the public with practical tools.

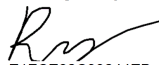
Achievements and Performance

- **Financial Growth:** The charity successfully secured **£35,440.00** in new funding, primarily through charitable giving. This represents significant growth in funding compared to the previous, shorter financial period.
- **Operational Maturity:** Funds were used to invest in essential technology (subscriptions) and to repay prior funding/loans, marking a move from the initial start-up phase toward more sustained operations.

Financial Review

- **Review of Financial Position:** Total incoming resources for the period were **£35,440.00**, and total cash expenditure was **£38,604.28**, resulting in a planned net deficit of **£3,164.28**. This deficit was anticipated as the charity prioritised repaying initial setup expenses.
- **Material Transactions and Related Party Disclosure:**
 - During the year, the charity received significant funds, including **£15,960.00** from **CG BENEVITY** and other charitable giving.
 - The largest outgoing transactions totalled **£34,500.00** paid to Trustee **Keyun Ruan** for **Loan Repayment**.
- **Explanation of Loan Repayment:** Before the HSBC charitable bank account (A/C 33984893) was officially approved and operational, essential charitable expenses and initial setup costs were incurred and paid by the Trustee, Keyun Ruan, using personal or other accounts. The payments totalling **£34,500.00** represent the full or partial reimbursement of these previously paid expenses. **The detailed records and evidence supporting these underlying charitable expenses will be retained and provided separately.**
- **Reserves Policy:** The Trustees aim to maintain reserves sufficient to cover three months of estimated operating costs. The closing cash balance of **£665.86** is lower than the opening balance but is considered sufficient for short-term administrative costs. The Trustees will prioritize rebuilding reserves in the next financial period.
- **Going Concern:** The Trustees are satisfied that the charity is a going concern, relying on the continuation of charitable giving and planned future event income.

Signed on behalf of the Trustees:

DocuSigned by:

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Date: 24 Oct 2025

Part 3: Accounts Content: Receipts and Payments (FYE 01 May 2024)

Charity Name:	HAPPINESS FOUNDATION	Charity Number:	1197966
Period Start:	02/05/2023	Period End:	01/05/2024
Currency:	GBP (£)		

Section A: Statement of Receipts and Payments	Unrestricted Funds (£)	Restricted Funds (£)	Total Funds (£)	Last Year (£)
A1: RECEIPTS (Income)				
Charitable Giving (incl. CG Benevity)	35,440.00	0.00	35,440.00	3,864.61
Sub Total Receipts (Gross Income)	35,440.00	0.00	35,440.00	3,864.61
A2: PAYMENTS (Expenditure)				

Charitable Activities:				
Content Subscriptions (e.g., ChatGPT)	38.76	0.00	38.76	0.00
Cost of Raising Funds & Governance:				
Bank Charges and Fees	55.00	0.00	55.00	15.20
Trustee Loan Repayment (K. Ruan)	34,500.00	0.00	34,500.00	0.00
Sub Total Payments	34,593.76	0.00	34,593.76	15.20
Net of Receipts/(Payments)	846.24	0.00	846.24	3,849.41
Cash Funds at Start of Period	3,849.41	0.00	3,849.41	0.00
Cash Funds at End of Period	4,695.65	0.00	4,695.65	3,849.41

Section B: Statement of Assets and Liabilities at End of Period (01/05/2024)	Unrestricted Funds (£)	Restricted Funds (£)	Endowment Funds (£)
B1: Cash Funds			
Cash at HSBC Bank (A/C 33984893)	665.86	0.00	0.00
Total Cash Funds (Must match A)	665.86	0.00	0.00
B2: Other Monetary Assets	0.00	0.00	0.00
B5: Liabilities	0.00	0.00	0.00

Accounts

Year 1 Filing (17 Feb 2022 – 01 May 2023)

Part 1: Trustees' Annual Report (TAR) Content

HAPPINESS FOUNDATION: Trustees' Annual Report

Reporting Period:	23 December 2022 to 01 May 2023
Charity Name:	HAPPINESS FOUNDATION
Charity Number:	1197966
Governing Document:	CIO Foundation Constitution
Principal Address:	54 Horse Shoe Court, 11 Brewhouse Yard, London, EC1V 4JU

Reference and Administrative Details

- **Trustees Serving During the Period:** Miss Keyun Ruan (Chair) , Mr Avi Roy .
- **Other Names Used:** HAPPINESS INSTITUTE , HAPPINESS FESTIVAL.

Structure, Governance and Management

- **Type of Governing Document:** CIO Foundation Constitution.
- **Minimum Trustee Requirement:** The CIO's governing document states a minimum of 3 trustees.
- **Governance Note:** The Charity is currently operating with only two trustees, which is below the minimum stipulated by the governing document. The Trustees are actively working to recruit a replacement trustee to meet the minimum requirement as soon as possible. The minimum number is 3.

Objectives and Activities

- **Charitable Objects:** The CIO's principal object is to **advance the science of happiness and wellbeing** for the public benefit of humanity at large.
- **Main Activities:** The focus theme is the **creation and distribution of audiovisual content** on the science of happiness and the organisation of related events. The Foundation engages researchers to record short presentations that are distributed online via video streaming and podcasting platforms.

- **Public Benefit Statement:** The Trustees have paid due regard to the Charity Commission's guidance on public benefit. The benefit is delivered by advancing happiness and mental/physical wellbeing, and equipping the public with practical tools to live a happier life. The services are set up to benefit the public at large.

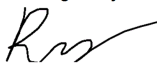
Achievements and Performance

- **Financial Start-up:** The charity successfully secured its first income of **£3,864.61** during this period.
- **Programme Delivery:** Initial efforts focused on establishing online content channels and building the network of academic contributors to prepare for content creation.
- **Geographic Reach:** Preparation was laid for global operation via online content with a focus on England and various countries outside England & Wales .

Financial Review

- **Review of Financial Position:** Total incoming resources for the period were **£3,864.61**. Total resources expended were minimal at **£15.20**, resulting in a net surplus of **£3,849.41**.
- **Reserves Policy:** The Trustees aim to maintain a level of reserves sufficient to cover three months of estimated operating costs and anticipated expenses for future events and content production. The closing cash balance of **£3,849.41** is held as unrestricted funds to provide financial stability during the initial start-up phase.
- **Going Concern:** The Trustees are satisfied that the charity is a going concern, anticipating future income from donations, charging for services , and corporate donors, allowing it to meet its liabilities as they fall due.

Signed on behalf of the Trustees:

DocuSigned by:

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Date: 24 Oct 2025

Part 2: Accounts Content: Receipts and Payments

Charity Name:	HAPPINESS FOUNDATION	Charity Number:	1197966
Period Start:	23/12/2022	Period End:	01/05/2023
Currency:	GBP (£)		

Section A: Statement of Receipts and Payments	Unrestricted Funds (£)	Restricted Funds (£)	Endowment Funds (£)	Total Funds (£)	Last Year (£)
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A1: RECEIPTS (Income)

Grants and Donations	3,864.61	0.00	0.00	3,864.61	0.00
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Sub Total Receipts (Gross Income)	3,864.61	0.00	0.00	3,864.61	0.00
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**A2: PAYMENTS
(Expenditure)**

Bank Charges and Fees	15.00	0.00	0.00	15.00	0.00
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Other Operating Expenses	0.20	0.00	0.00	0.20	0.00
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Sub Total Payments	15.20	0.00	0.00	15.20	0.00
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Net of Receipts/(Payments)	3,849.41	0.00	0.00	3,849.41	0.00
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Cash Funds at Start of Period	0.00	0.00	0.00	0.00	0.00
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Cash Funds at End of Period	3,849.41	0.00	0.00	3,849.41	0.00
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**Section B: Statement of Assets and
Liabilities at End of Period
(01/05/2023)****Unrestricted
Funds (£)****Restricted
Funds (£)****Endowment
Funds (£)****B1: Cash Funds**

Cash at HSBC Bank (A/C 33984893)	3,849.41	0.00	0.00
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Total Cash Funds (Must match A)	3,849.41	0.00	0.00
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B2: Other Monetary Assets	0.00	0.00	0.00
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B5: Liabilities	0.00	0.00	0.00
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