

Charity Registration Number: 1108432

Company Registration Number: 05307077 (England & Wales)

THE HUMAN GIVENS FOUNDATION LIMITED

(A Company Limited by Guarantee)

ANNUAL REPORT AND ACCOUNTS

For the Year Ended 31 January 2018



THE HUMAN GIVENS FOUNDATION LIMITED
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For the year ended 31 January 2018

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THE HUMAN GIVENS FOUNDATION LIMITED

LEGAL & ADMINISTRATIVE INFORMATION

For the year ended 31 January 2018

| | |
|------------------------------------|---|
| Name | The Human Givens Foundation Limited |
| Trustees | T J Bailey (05 January 2012 to date) M Irl de Courcy Daffin (14 February 2011 to date) Prof. S Hill (1 March 2014 to date) A-M Marlow (7 October 2014 to date) J Moss (15 March 2012 to date) I Thomson (19 November 2010 to date) I Tyrrell (31 December 2010 to date) Dr A Morrice (13 April 2013 to 25 February 2017) |
| Company registration number | 05307077 (England & Wales) |
| Charity registration number | 1108432 |
| Charity principal address | Church Farm, Church Farm Lane Chalvington Hailsham East Sussex BN27 3TD |
| Web site | www.hgfoundation.com |

THE HUMAN GIVENS FOUNDATION LIMITED

REPORT OF THE TRUSTEES

For the year ended 31 January 2018

The Trustees are pleased to present their report for the period from 1 February 2017 to 31 January 2018.

The report has been prepared in accordance with Part VI of the Charities Act 1993.

The accounts comply with the charity's Memorandum and Articles of Association, applicable laws and the requirements of Statement of Recommended Practice, "Accounting and Reporting by Charities" issued in March 2005. Advantage has been taken of the exemptions contained therein for smaller charities which are not subject to a statutory audit.

Constitution

The Human Givens Foundation Limited is a company limited by guarantee incorporated on 7 December 2004 and registered as a charity on 4 March 2005.

Trustees

The trustees who served during the period from 1 February 2017 to 31 January 2018 are as shown above. The Trustees of the charity are the directors of the Company.

Trustees are recruited and appointed from those individuals who have studied the human givens diploma and from other professions.

Objects

The objects of the charity are:

To promote research into the givens of human nature and how the health of persons suffering mental illness of any kind can be improved and to publish the results of such research.

The relief of persons suffering from mental illness by providing or assisting in the provision of facilities, equipment and/or services for the care of persons suffering from mental illness of any description; to support projects aimed at improving mental health and/or the treatment of mental illness.

To advance the education for the public in mental health care by the provision of lectures, fora and the publication of newsletters and other means; to support projects aimed at improving children's education by including the human givens perspective.

Summary of the main activities in relation to these objects

Depression Lifter app

During 2017-2018, work has continued on the development of a 'Depression Lifter' phone app, based on the human givens understanding of depression and its treatment. Unfortunately, further difficulties have delayed completion of the project. The HGF hopes to complete and launch a simpler version of the app in 2018 and/or support the dissemination of other information and resources designed to help those suffering from depression.

THE HUMAN GIVENS FOUNDATION LIMITED

REPORT OF THE TRUSTEES

For the year ended 31 January 2018

HGI Website

The new HGI website, which was part-funded by the HGF in 2016, has greatly simplified and clarified the 'user journey', making it easier for members of the public to access good quality information on mental health matters and find an appropriate HG therapist.

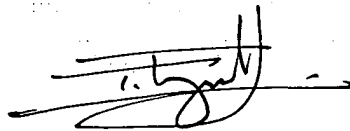
Approved on behalf of the Trustees on

11th June 2018

I Thomson – Trustee

A handwritten signature in black ink, appearing to read 'I. Thomson', with a long horizontal flourish extending to the right.

I Tyrrell – Trustee

A handwritten signature in black ink, appearing to read 'I. Tyrrell', with a horizontal line above the name and a flourish below.

THE HUMAN GIVENS FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

For the year ended 31 January 2018

I report on the accounts of Human Givens Foundation Limited for the year ended 31 January 2018, registered charity number 1108432, which are set out on pages 6 to 8.

Respective Responsibilities of Trustees and examiner

The charity's trustees (who are also directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (the Charities Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts under section 145 of the Charities Act,
- to follow the procedures laid down in the general directions given by the Charity Commission (under section 145(5)(b) of the Charities Act), and
- to state whether particular matters have come to my attention.

Basis of the independent examiner's statement

My examination was carried out in accordance with the general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.

THE HUMAN GIVENS FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

For the year ended 31 January 2018

Independent examiner's statement

In connection with my examination, no matter has come to my attention to indicate that:

- accounting records have not been kept in accordance with section 386 of the Companies Act 2006;
- the accounts do not accord with such records:
- where accounts are prepared on an accruals basis, whether they fail to comply with relevant accounting requirements under section 396 of the Companies Act 2006, or are not consistent with the Charities SORP (FRS102)
- any matter which the examiner believes should be drawn to the attention of the reader to gain a proper understanding of the accounts.



Peter J Hedgethorpe
Plus Accounting
Chartered Accountants
Preston Park House
South Road
Brighton
East Sussex
BN1 6SB

Date 2 July 2018

THE HUMAN GIVENS FOUNDATION LTD
STATEMENT OF FINANCIAL AFFAIRS
INCLUDING RECEIPTS AND PAYMENTS ACCOUNT

For the year ended 31 January 2018

| | 2018 | 2018 | 2018 | 2017 | 2017 | 2017 |
|--|------------|--------------|---------|------------|--------------|----------|
| Funds: | Restricted | Unrestricted | Total | Restricted | Unrestricted | Total |
| | £ | £ | £ | £ | £ | £ |
| Receipts and payments | | | | | | |
| Incoming resources | | | | | | |
| Charitable donations | - | 2,492 | 2,492 | - | 3,121 | 3,121 |
| Gift Aid relief | - | 436 | 436 | - | 524 | 524 |
| Bank interest | - | 13 | 13 | - | 25 | 25 |
| Total incoming resources, available for charitable application | - | 2,941 | 2,941 | - | 3,670 | 3,670 |
| Charitable expenditure | | | | | | |
| Slow Ride expenses | - | - | - | 4,256 | - | 4,256 |
| General funding expenses | - | - | - | - | 300 | 300 |
| Pragmatic Tracker | - | - | - | - | 3,000 | 3,000 |
| Legal & Accounting | - | 366 | 366 | - | 248 | 248 |
| Depression Lifter application | - | 6,703 | 6,703 | - | - | - |
| Website costs and support | - | 389 | 389 | - | 14,110 | 14,110 |
| Membership fees | - | - | - | - | - | - |
| Total resources expended | - | 7,458 | 7,458 | 4,256 | 17,658 | 21,914 |
| Net (outgoing)/incoming resources for the year before transfers | - | (4,517) | (4,517) | (4,256) | (13,988) | (18,244) |
| Balances brought forward | 29,030 | 9,881 | 38,911 | 33,286 | 23,869 | 57,155 |
| Balances carried forward at 31 January 2018 | 29,030 | 5,364 | 34,394 | 29,030 | 9,881 | 38,911 |

THE HUMAN GIVENS FOUNDATION LTD

BALANCE SHEET

AS AT 31 JANUARY 2018

| | 2018 | 2017 |
|---|---------------|---------------|
| | £ | £ |
| Current assets | | |
| Cash at bank and in hand | 34,394 | 38,911 |
| Prepayments | - | - |
| | <u>34,394</u> | <u>38,911</u> |
| Creditors: amounts falling due within one year | | |
| Trade creditors | - | - |
| | <u>34,394</u> | <u>38,911</u> |
| Total net assets | | |
| | <u>34,394</u> | <u>38,911</u> |
| Represented by: | | |
| Funds and reserves | | |
| Restricted Fund | 29,030 | 29,030 |
| Unrestricted funds - General fund | 5,364 | 9,881 |
| | <u>34,394</u> | <u>38,911</u> |
| Total funds | | |
| | <u>34,394</u> | <u>38,911</u> |

For the year ended 31 January 2018, the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act with respect to accounting records and the preparation of accounts.

THE HUMAN GIVENS FOUNDATION LTD

BALANCE SHEET

AS AT 31 JANUARY 2018

Basis of accounting

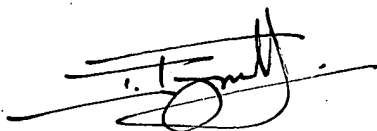
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

The accounts were approved by the Board of Trustees on 11 June 2018 and were signed on its behalf by:

I Thomson – Trustee

A handwritten signature in black ink, appearing to read 'I Thomson', written over a horizontal line.

I Tyrrell - Trustee

A handwritten signature in black ink, appearing to read 'I Tyrrell', written over a horizontal line.