

Charity Registration Number: 1108432

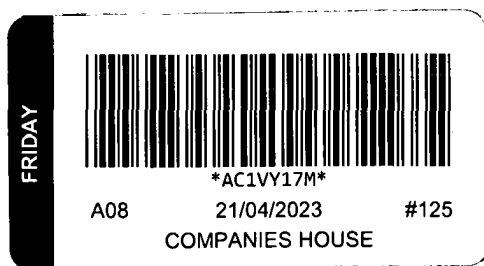
Company Registration Number: 05307077 (England & Wales)

THE HUMAN GIVENS FOUNDATION LIMITED

(A Company Limited by Guarantee)

ANNUAL REPORT AND ACCOUNTS

For the Year Ended 31 January 2023



THE HUMAN GIVENS FOUNDATION LIMITED
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For the year ended 31 January 2023

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LEGAL & ADMINISTRATIVE INFORMATION

Name The Human Givens Foundation Limited

Trustees	Prof. S Hill (1 March 2014 to date)
	Dr 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 C H Wilson (21 May 2021 to date)

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 2023

The Trustees are pleased to present their report for the period from 1 February 2022 to 31 January 2023.

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 2022 to 31 January 2023 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.

THE HUMAN GIVENS FOUNDATION LIMITED

REPORT OF THE TRUSTEES

For the year ended 31 January 2023

Summary of the main activities in relation to these objects

HG Depression 'Uplift' App

The app, which is free to use, was launched in 2020. Feedback provided by users in a variety of countries, particularly the UK and the USA, continues to be very positive, indicating that the app is having a positive impact internationally.

Supporting GPs to help patients suffering depression

Funding for this project derives from monies generously donated by the Corbin family in memory of their daughter Pippa. In 2018 it was agreed with the Corbins that the HGF would use the balance of their donation to help GPs deliver fast and effective treatment to depressed patients. To date, HG practitioner and GP Dr Andrew Morrice has delivered 13 training presentations to GP groups in Bath, Blackpool, Brighton, Bristol, Dorchester, Ealing, Salisbury, Swindon, Winchester. Up until the middle of 2020 some 200 GPs and other health care professionals received training. Feedback has been very positive. During 2021, Dr Morrice was able to deliver two online training sessions to an additional 72 GPs and other health care professionals. With the support of the HGF, Dr Morrice has filmed the training sessions, which will be put online in 2023, making them available free of charge to GPs and related professionals across the UK.

Feedback from 2021 online session

- 25 (47.2%) of the attendees rated the event as 'Outstanding'
- 24 (45.3%) rated it as 'Excellent'

Some comments:

- "Fantastic talk and thoroughly engaging. The speaker managed to turn depression (usually a heart sinking situation) into a positive and manageable challenge."
- "So refreshing to actually be given a clear set of skills and tools to use in these really difficult consultations. Has made me excited and keen to use this."
- "Such a useful session, thank you!"
- "Amazing. The best teaching session I have ever had! This is going to completely change my approach to patients and I plan to use many of the resources personally too."
- "This was such a refreshing way to learn about depression and how we can truly help our patients in a truly useful and sustainable way. I would like to provide my patients with a link to a talk from Dr Morrice. I felt that if some of them would have been sat watching the talks with me, they would have had great benefit from it."

THE HUMAN GIVENS FOUNDATION LIMITED

REPORT OF THE TRUSTEES

For the year ended 31 January 2023

Approved on behalf of the Trustees on 23/03/2023



I Thomson – Trustee



I Tyrrell - Trustee

THE HUMAN GIVENS FOUNDATION LTD

RECEIPTS & PAYMENTS ACCOUNT

AS AT 31 JANUARY 2023

	2023	2023	2023	2022	2022	2022
Funds:	Restricted	Unrestricted	Total	Restricted	Unrestricted	Total
	£	£	£	£	£	£
Receipts and payments						
Incoming resources						
Charitable donations	-	1,395	1,395	-	1,479	1,479
Gift Aid relief	-	231	231	-	241	241
Uplift donations	-	326	326	-	179	179
Bank interest	-	34	34	-	2	22
Total incoming resources, available for charitable application	-	1,986	1,986	-	1,901	1,901
Charitable expenditure						
Slow Ride expenses	4,000	-	4,000	900	-	900
General funding expenses	-	89	89	-	-	-
Pragmatic Tracker	-	-	-	-	-	-
Legal & Accounting	-	378	378	-	350	350
Depression Lifter application	-	-	-	-	-	-
Website costs and support	-	35	35	-	66	66
Insurance	-	161	161	-	-	-
Bank fees	-	66	66	-	5	5
Total resources expended	4,000	729	4,729	900	421	1,321
Net (outgoing)/incoming resources for the year before transfers	(4,000)	1,257	(2,743)	(900)	1,480	580
Transfer between funds						
Balances brought forward	10,082	14,266	24,348	10,982	12,786	23,768
Balances carried forward at 31 January 2023	6,082	15,523	21,605	10,082	14,266	24,348

THE HUMAN GIVENS FOUNDATION LTD

BALANCE SHEET

AS AT 31 JANUARY 2023

	2023	2022
	£	£
Current assets		
Cash at bank and in hand	21,653	24,387
Prepayments	-	-
	<hr/> 21,653	<hr/> 24,387
Creditors: amounts falling due within one year		
Other creditors	(50)	(41)
Total net assets	<hr/> <hr/> 21,603	<hr/> <hr/> 24,346
Represented by:		
Funds and reserves		
Restricted Fund	6,082	10,082
Unrestricted funds - General fund	15,523	14,266
Total funds	<hr/> <hr/> 21,605	<hr/> <hr/> 24,346

For the year ended 31 January 2023, 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 trustees acknowledge their responsibilities for

- a. Ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- b. Preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to the financial statements, so far as applicable to the charitable company.

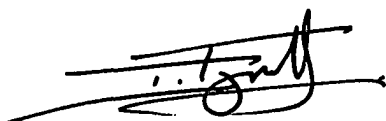
Basis of accounting

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 23/03/2023 and were signed on its behalf by:

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

I Thomson – Trustee

A handwritten signature in black ink, appearing to read 'I Tyrrell', with a large, stylized circular flourish at the end.

I Tyrrell - Trustee