

Charity Registration Number: 1108432

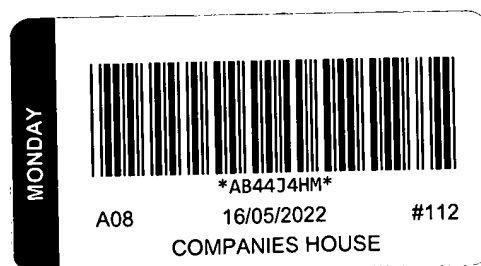
Company Registration Number: 05307077 (England & Wales)

THE HUMAN GIVENS FOUNDATION LIMITED

(A Company Limited by Guarantee)

ANNUAL REPORT AND ACCOUNTS

For the Year Ended 31 January 2022



THE HUMAN GIVENS FOUNDATION LIMITED
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For the year ended 31 January 2022

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THE HUMAN GIVENS FOUNDATION LIMITED

REPORT OF THE TRUSTEES

For the year ended 31 January 2022

The Trustees are pleased to present their report for the period from 1 February 2021 to 31 January 2022.

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. In addition, as the turnover is less than £25,000, an Independent Examination is not required.

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 2021 to 31 January 2022 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 2022

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, has been 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 Corbin's that the HGF would use the balance of their donation to help GPs deliver fast and effective treatment to depressed patients. To date, Dr Andrew Morrice has delivered 13 training presentations to GP groups in Bath, Blackpool, Brighton, Bristol, Dorchester, Ealing, Salisbury, Swindon, and 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.

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

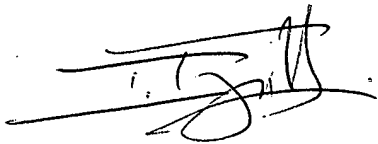
For the year ended 31 January 2022

Approved on behalf of the Trustees on12/05/2022

I Thomson – Trustee

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I Tyrrell – Trustee

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

THE HUMAN GIVENS FOUNDATION LTD

RECEIPTS & PAYMENTS ACCOUNT

AS AT 31 JANUARY 2022

	2022	2022	2022	2021	2021	2021
Funds:	Restricted	Unrestricted	Total	Restricted	Unrestricted	Total
	£	£	£	£	£	£
Receipts and payments						
Incoming resources						
Charitable donations	-	1,479	1,479	-	1,586	1,586
Gift Aid relief	-	241	241	-	271	271
Uplift donations	-	179	179	-	-	-
Bank interest	-	2	2	-	27	27
Total incoming resources, available for charitable application	-	1,901	1,901	-	1,884	1,884
Charitable expenditure						
Slow Ride expenses	900	-	900	2,085	-	2,085
General funding expenses	-	-	-	-	-	-
Pragmatic Tracker	-	-	-	-	-	-
Legal & Accounting	-	350	350	-	341	341
Depression Lifter application	-	-	-	-	5,000	5,000
Website costs and support	-	66	66	-	147	147
Membership fees	-	-	-	-	-	-
Bank fees	-	5	5	-	-	-
Total resources expended	900	421	1,321	2,085	5,488	7,573
Net (outgoing)/incoming resources for the year before transfers	(900)	1,480	580	(2,085)	(3,604)	(5,689)
Transfer between funds						
Balances brought forward	10,982	12,786	23,768	13,067	16,390	29,457
Balances carried forward at 31 January 2022	10,082	14,266	24,348	10,982	12,786	23,768

THE HUMAN GIVENS FOUNDATION LTD

BALANCE SHEET

AS AT 31 JANUARY 2022

	2022	2021
	£	£
Current assets		
Cash at bank and in hand	24,387	23,838
Prepayments	-	-
	<u>24,387</u>	<u>23,838</u>
Creditors: amounts falling due within one year		
Other creditors	(41)	(70)
Total net assets	<u><u>24,346</u></u>	<u><u>23,768</u></u>
Represented by:		
Funds and reserves		
Restricted Fund	10,082	10,982
Unrestricted funds - General fund	14,266	12,786
Total funds	<u><u>24,346</u></u>	<u><u>23,768</u></u>

For the year ended 31 January 2022, 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

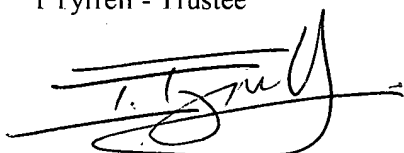
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

The accounts were approved by the Board of Trustees on 10/05/2022 and were signed on its behalf by:

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 large, stylized loop at the end.