

Registration number: 10519685

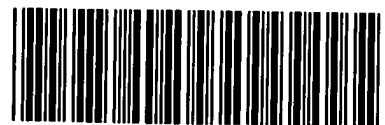
The Human Flourishing Project CIC

Annual Report and Unaudited Financial Statements

for the Year Ended 31 December 2022

Figurehead Accounts UK Ltd
14 North Street
Bourne
Lincolnshire
PE10 9AB

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COMPANIES HOUSE

The Human Flourishing Project CIC

Contents

Company Information	1
Balance Sheet	2

The Human Flourishing Project CIC

Company Information

Director	Mrs Jennifer Susan Holland
Registered office	21 Sutherland Way Stamford Lincs PE9 2TA
Accountants	Figurehead Accounts UK Ltd 14 North Street Bourne Lincolnshire PE10 9AB

The Human Flourishing Project CIC

(Registration number: 10519685)
Balance Sheet as at 31 December 2022

	2022	2021
	£	£
Fixed assets	<u>453</u>	<u>503</u>
Current assets	14,903	8,846
Creditors: Amounts falling due within one year	<u>-</u>	<u>(196)</u>
Net current assets	<u>14,903</u>	<u>8,650</u>
Total assets less current liabilities	15,356	9,153
Accruals and deferred income	<u>(840)</u>	<u>(840)</u>
	<u>14,516</u>	<u>8,313</u>
Capital and reserves	<u>14,516</u>	<u>8,313</u>

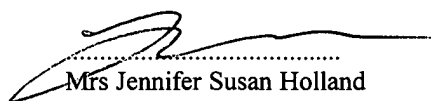
For the financial year ending 31 December 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved and authorised by the director on 22 December 2023


.....
Mrs Jennifer Susan Holland
Director

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

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*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

THE HUMAN FLOURISHING PROJECT CIC

Company Number

10519685

Year Ending

31 December 2022

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

The Human Flourishing Project saves lives. In the last year we are convinced that providing access to counselling through the HFP we have ensured that some members of the community in Nottingham were prevented from making an attempt on their life. We know this because we have partnered with the local statutory services, who have made referrals to the HFP and have continued to work with clients alongside the work that we have done. Being able to fund a project that meets people in a way that provides support in times of difficulty is a wonderful thing to do and those students that are part of this are permanently changed by this experience.

Working on a placement in the HFP brings an exceptional enhancement to the student experience. The project offers students the chance to join the organisation, which is listed as a Cooperative Community Interest Company, and become fully engaged in the running of the organisation and participate at every level of its operations. Each year, tasks and responsibilities are delegated to individuals or small groups of students who then take on responsibility for managing this aspect of the organisation. Students on placement have the opportunity for working in collaboration with other students in a team, with staff as colleagues in the HFP and with professionals from other agencies and organisations. The opportunities are highly valued by those students that have already participated in the project previously.

The work at the HFP is challenging for students. They are already in training to be counsellors and psychotherapists and this requires investment from them, emotionally, financially and dedication to their practice. They engage in their own personal counselling and this challenges them to reflect and evaluate on their life and how they became the person they are. This is part of the preparation for working with people that are distressed or confused or dissatisfied with their life. This work is demanding both emotionally and psychologically but it never leaves you and the rewards are huge. Students that have already been on placement have commented that they feel they are part of a magnificent project and that the HFP is doing something quite extraordinary for people in Nottingham. It has been life changing and life affirming for them to know they are able to make significant changes to their own life and personality whilst also knowing this makes a difference to the local community. They feel proud to do so under the umbrella of the HFP and the University of Nottingham.

(Please continue on separate continuation sheet if necessary.)

PART 1 – CONTINUED

The people that are helped by the HFP are also able to make lasting changes to their life. Because of the nature of this work we know that this has saved some people's lives and we know the benefit this has had on them, their families and the local communities in which people live. The people that use the HFP come from all parts of the city but often these are people from Aspley, Bulwell, St Anne's and other areas where there are families with low socio-economic status, that might be out of work or experiencing poor health. We have engaged well with people from BME backgrounds, older adults and other marginalised or stigmatised groups. We have now increased this service, and we now provide up to 6000 therapy hours per year.

The HFP project has engaged with professionals within the NHS locally. GPs and other specialist services have seen the benefits of the counselling service that HFP can provide and are now signposting their patients towards the HFP for help and support that they themselves are unable to provide.

The HFP is making a mark in Nottingham and on the students that undertake their placements there. These experiences are carried forward and on to many parts of the world where what is learned can be remembered and applied in new and challenging contexts.

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

Consultation between members occurs during the monthly management ops meeting.

Consultation with referral agencies occurs frequently

Feedback (qualitative and quantitative) is collected from clients and research participants weekly.

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

No remuneration was received.

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

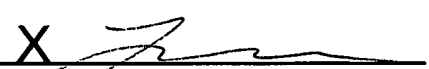
No transfer of assets other than for full consideration has been made.

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed


X
Jen Holland
Director

Date

22/12/23

Office held (delete as appropriate) Director/Secretary

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Tel	
DX Number	DX Exchange