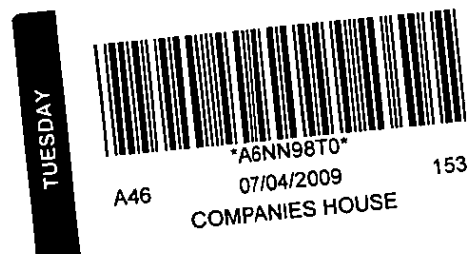


Signed

COMPANY REGISTRATION NUMBER 04957579

**EDUCATIONAL TRUST FOR HEALTH
IMPROVEMENT THROUGH COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE
FINANCIAL STATEMENTS
30 NOVEMBER 2008**

Charity Number 1124107



**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

FINANCIAL STATEMENTS

YEAR ENDED 30 NOVEMBER 2008

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**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

TRUSTEES ANNUAL REPORT

YEAR ENDED 30 NOVEMBER 2008

The trustees, who are also directors for the purposes of company law, have pleasure in presenting their report and the unaudited financial statements of the charity for the year ended 30 November 2008.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered charity name	Educational Trust For Health Improvement Through Cognitive Strategies
Charity registration number	1124107
Company registration number	04957579
Principal office	5 Elm Tree Road, London, NW8 9JY

THE TRUSTEES

The trustees who served the company during the period were as follows:

Professor A T Tylee (Chairman)	
Marina, Lady Marks	
Mr M B Royaltton Kisch	(Appointed 13 December 2007)
Dr A Meeson	(Appointed 13 December 2007)
Dr M Vassiliadou	(Resigned 13 December 2007)

Secretary	Marina, Lady Marks
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Accountant	John S. McCuin BSc FCA Chartered Accountant 21 Repton Gardens Gidea Park Romford Essex RM2 5LS
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STRUCTURE, GOVERNANCE AND MANAGEMENT

The Company was incorporated on 7th November 2003 as a Company Limited by Guarantee and adopted charitable objects. The Company was formally registered with the Charity Commission for England & Wales in May 2008 and is governed by its Memorandum and Articles of Association.

As the Company is currently very small, it is managed by its trustees who are also its directors for the purposes of company law. The names of the trustees are shown above and, although Dr Vassiliadou has resigned as a director, she remains very active with the Company as its Chief Executive. The trustees discuss matters informally whenever this is necessary and the board usually meets formally twice a year.

**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 30 NOVEMBER 2008

STRUCTURE, GOVERNANCE AND MANAGEMENT *(continued)*

The current trustees have the power to appoint, any time, any person to be a trustee. All trustees undergo an internal induction to clarify their legal obligations under charity and company law, the content of the Memorandum and Articles of Association, the most recent business and strategic plans and the overall decision making process. External training would be offered where it is deemed necessary.

The trustees are very aware of their responsibility to manage risks within the Company. As the Company is currently very small, these risks are small at this time. The major risk is the lack of available finance facilities but Marina, Lady Marks, has indicated that she will personally ensure that the Company has sufficient funds for its operations in the foreseeable future.

OBJECTIVES AND ACTIVITIES

The principal objectives from the date of incorporation have been charitable. The principal activity of the Company has remained the promotion of knowledge, education and training in the principles of mental and physical health and the prevention of mental and physical disorders. The work has been controlled by Dr Maria Vassiliadou, the chief executive, in Greece and she has been able to publish several books and pamphlets in the name of the Company. It is hoped that these publications can be sold to the public and used in teaching establishments throughout the world. One further contract has recently been negotiated in Greece and several others are expected to come to fruition over the next year or so.

ACHIEVEMENTS AND PERFORMANCE

As mentioned above, contracts with book publishing companies are being negotiated to make the publications in the name of the Company much more widely known. The Educational programs in collaboration with the University of Athens and the Ministry of Foreign Affairs in Greece are continuing.

FINANCIAL REVIEW

The details of the Company's operations during the year to 30th November 2008 are shown in the SOFA attached. As can be seen from that document, the operations have been very few with Lady Marks providing the finance to enable the Company to continue. During the year she made a substantial donation under the Gift Aid rules and a claim for the relevant tax relief will be made very soon.

PLANS FOR FUTURE PERIODS

The trustees are confident that the Company's publications will become available to a wide audience across the world and that the knowledge, education and training in the principles of mental and physical health promotion will become much more widely disseminated.

**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

TRUSTEES ANNUAL REPORT *(continued)*

YEAR ENDED 30 NOVEMBER 2008

RESPONSIBILITIES OF THE TRUSTEES

The trustees are responsible for preparing the Trustees Annual Report and the financial statements in accordance with applicable law and regulations

Company law requires the trustees to prepare financial statements for each financial year. Under that law the trustees have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the charity and of the surplus or deficit of the charity for that period.

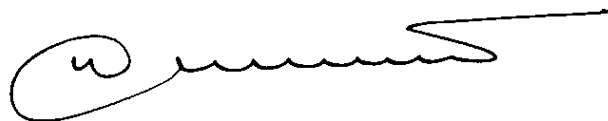
In preparing these financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with Companies Act 1985. The trustees are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Registered office:
5 Elm Tree Road
London
NW8 9JY

Signed by order of the trustees



MARINA, LADY MARKS
Company Secretary

30 March 2009

**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

**ACCOUNTANT'S REPORT TO THE MEMBERS ON THE UNAUDITED
FINANCIAL STATEMENTS OF EDUCATIONAL TRUST FOR HEALTH
IMPROVEMENT THROUGH COGNITIVE STRATEGIES**

YEAR ENDED 30 NOVEMBER 2008

I report on the accounts for the year ended 30 November 2008 set out on pages 7 to 11.

RESPECTIVE RESPONSIBILITIES OF DIRECTORS AND REPORTING ACCOUNTANT

As described on page 8 the company's directors (who also act as trustees for the charitable activities of Educational Trust for Health Improvement Through Cognitive Strategies) are responsible for the preparation of the accounts, and they consider that the company is exempt from an audit. It is my responsibility to carry out procedures designed to enable me to report my opinion.

BASIS OF OPINION

My work was conducted in accordance with the Statement of Standards for Reporting Accountants, and so my procedures consisted of comparing the accounts with the accounting records kept by the company, and making such limited enquiries of the officers of the company as I considered necessary for the purposes of this report. These procedures provide only the assurance expressed in my opinion.

OPINION

In my opinion:

- (a) the accounts are in agreement with those accounting records kept by the company under section 221 of the Companies Act 1985;
- (b) having regard only to, and on the basis of, the information contained in those accounting records:
 - (i) the accounts have been drawn up in a manner consistent with the accounting requirements specified in section 249C(6) of the Act; and
 - (ii) the company satisfied the conditions for exemption from an audit of the accounts for the year specified in section 249A(4) of the Act as modified by section 249A(5) and did not, at any time within that year, fall within any of the categories of companies not entitled to the exemptions specified in section 249B(1)(a) to (f).

21 Repton Gardens
Gidea Park
Romford
Essex
RM2 5LS

31 March 2009


JOHN S. MCCUIN BSC FCA
Chartered Accountant

**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING THE
INCOME AND EXPENDITURE ACCOUNT)**

YEAR ENDED 30 NOVEMBER 2008

	Note	Total Funds 2008 £	Total Funds 2007 £
INCOMING RESOURCES			
Incoming resources from generating funds:			
Voluntary income	2	161,655	—
Investment income	3	<u>1</u>	<u>1</u>
TOTAL INCOMING RESOURCES		<u>161,656</u>	<u>1</u>
RESOURCES EXPENDED			
Governance costs	4	(13,111)	(22,360)
TOTAL RESOURCES EXPENDED		<u>(13,111)</u>	<u>(22,360)</u>
NET INCOMING/(OUTGOING) RESOURCES FOR THE YEAR/NET INCOME/(EXPENDITURE) FOR THE YEAR RECONCILIATION OF FUNDS	5	148,545	(22,359)
Total funds brought forward		(119,193)	(96,833)
TOTAL FUNDS CARRIED FORWARD		<u>29,352</u>	<u>(119,192)</u>

The Statement of Financial Activities includes all gains and losses in the year and therefore a statement of total recognised gains and losses has not been prepared.

All of the above amounts relate to continuing activities.

The notes on pages 9 to 11 form part of these financial statements.

**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

**BALANCE SHEET
30 NOVEMBER 2008**

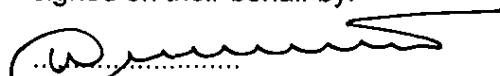
	Note	2008 £	£	2007 £	£
FIXED ASSETS					
Tangible assets	7		415		2,077
CURRENT ASSETS					
Debtors	8	32,330		-	
Cash at bank		58		57	
		<u>32,388</u>		<u>57</u>	
CREDITORS: Amounts falling due within one year	9	<u>(3,450)</u>		<u>(3,526)</u>	
NET CURRENT ASSETS/(LIABILITIES)			28,938		(3,469)
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>29,353</u>		<u>(1,392)</u>
CREDITORS: Amounts falling due after more than one year	10		-		(117,800)
NET ASSETS/(LIABILITIES)			<u>29,353</u>		<u>(119,192)</u>
FUNDS					
Unrestricted income funds	11		29,353		(119,192)
TOTAL FUNDS			<u>29,353</u>		<u>(119,192)</u>

The trustees are satisfied that the company is entitled to exemption from the provisions of the Companies Act 1985 (the Act) relating to the audit of the financial statements for the year by virtue of section 249A(2), and that no member or members have requested an audit pursuant to section 249B(2) of the Act.

The trustees acknowledge their responsibilities for:

- (i) ensuring that the company keeps proper accounting records which comply with section 221 of the Act, and
- (ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Act relating to financial statements, so far as applicable to the company.

These financial statements were approved by the trustees on the 30 March 2009 and are signed on their behalf by:


MARINA, LADY MARKS

The notes on pages 9 to 11 form part of these financial statements.

YEAR ENDED 30 NOVEMBER 2008

**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 30 NOVEMBER 2008

4. GOVERNANCE COSTS

	Unrestricted Funds £	Total Funds 2008 £	Total Funds 2007 £
Accountancy fees	3,000	3,000	3,000
Consultancy fees	8,000	8,000	17,144
Depreciation	1,661	1,661	1,661
Sundry expenses	—	—	30
Irrecoverable VAT	450	450	525
	<u>13,111</u>	<u>13,111</u>	<u>22,360</u>

5. NET INCOMING/(OUTGOING) RESOURCES FOR THE YEAR

This is stated after charging:

	2008 £	2007 £
Depreciation	<u>1,661</u>	<u>1,661</u>

6. STAFF COSTS AND EMOLUMENTS

No salaries or wages have been paid to trustees or employees during the year.

7. TANGIBLE FIXED ASSETS

	Computer & Lecture equipment £
COST	
At 1 December 2007 and 30 November 2008	<u>8,307</u>
DEPRECIATION	
At 1 December 2007	6,230
Charge for the year	<u>1,662</u>
At 30 November 2008	<u>7,892</u>
NET BOOK VALUE	
At 30 November 2008	<u>415</u>
At 30 November 2007	<u>2,077</u>

8. DEBTORS

	2008 £	2007 £
Income tax recoverable	<u>32,330</u>	<u>—</u>

**EDUCATIONAL TRUST FOR HEALTH IMPROVEMENT THROUGH
COGNITIVE STRATEGIES
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE FINANCIAL STATEMENTS

YEAR ENDED 30 NOVEMBER 2008

9. CREDITORS: Amounts falling due within one year

	2008	2007
	£	£
Accruals	<u>3,450</u>	<u>3,526</u>

10. CREDITORS: Amounts falling due after more than one year

	2008	2007
	£	£
Director's loan account	<u>—</u>	<u>117,800</u>

11. UNRESTRICTED INCOME FUNDS

	Balance at 1 December 2007	Incoming resources	Outgoing resources	Balance at 30 November 2008
	£	£	£	£
General Funds	<u>(119,193)</u>	<u>161,657</u>	<u>(13,111)</u>	<u>29,353</u>

12. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets	Net current assets/ (liabilities)	Total
	£	£	£
Unrestricted Income Funds	<u>415</u>	<u>28,938</u>	<u>29,353</u>
Total Funds	<u>415</u>	<u>28,938</u>	<u>29,353</u>

13. RELATED PARTY TRANSACTIONS

The company is under control of its Directors.

The director, Marina, Lady Marks paid expenses on behalf of the company amounting to £11,525 (2007: £20,699). The full amount of £129,325 paid by Lady Marks since the Company's formation was formally donated to the Company under the Gift Aid rules by her during the year.

14. COMPANY LIMITED BY GUARANTEE

The company is a private company limited by guarantee and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £1 towards the assets of the company in the event of liquidation.