

Charity Registration Number: 1108432

Company Registration Number: 05307077 (England & Wales)

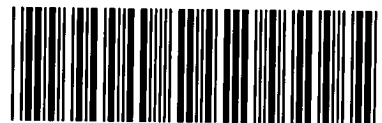
THE HUMAN GIVENS FOUNDATION LIMITED

(A Company Limited by Guarantee)

ANNUAL REPORT AND ACCOUNTS

For the Year Ended 31 January 2020

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THE HUMAN GIVENS FOUNDATION LIMITED
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THE HUMAN GIVENS FOUNDATION LIMITED

LEGAL & ADMINISTRATIVE INFORMATION

For the year ended 31 January 2020

Name	The Human Givens Foundation Limited
Trustees	T J Bailey (5 January 2012 to date) 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) M Irl de Courcy Daffin (14 February 2011 to 24 November 2019)
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 2020

The Trustees are pleased to present their report for the period from 1 February 2019 to 31 January 2020.

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 2019 to 31 January 2020 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 'Uplift' app

During 2019-2020, work has continued on the development of a depression 'Uplift' phone app, based on the human givens understanding of depression and its treatment. As at March 2020 the app is in the final stages of completion and the HGF plans to launch it in 2020. The app will be free to download and use, with the option to make a donation to the HGF.

THE HUMAN GIVENS FOUNDATION LIMITED

REPORT OF THE TRUSTEES

For the year ended 31 January 2020

HG depression training days for GPs

A generous donation to the Human Givens Foundation by the Corbin family, in memory of their daughter Philippa, has created an opportunity whereby GPs can be offered a grounding in the HG model of depression, including the new understandings about inflammation, along with practical information as to how the HG approach can be applied within a short GP consultation.

Seminars are offered through the auspices of existing GP training organisations, as these are trusted providers of GP education and events advertised by these organisations will reach doctors that might not be aware of the HG approach. The funding from the Corbins and friends via the HGF enables provision of these seminars as part of GPs' annual professional training, free of pharmaceutical representatives.

During 2019 HGI Registrant Dr Andrew Morrice delivered nine training sessions to approximately 200 GPs in Bath (x2), Brighton, Bristol, Dorchester, London, Salisbury, Swindon and Winchester. The events have been extremely well-received by GPs. Further training events are planned for 2020.

Some comments by GPs who attended the training, in answer to the question, "What did you value you most about the meeting?"

- "I really enjoyed the session, interesting, engaging and relevant. I have already started talking to people more about getting sleep as part of helping their depression... Gives me more ideas on how to break the cycle of poor sleep and depression."
- "A really excellent course (and I fill in a lot of forms where I do not say this!!). Depression is the basis for an increasing number of consultations, so value the primary care approach to this event – brilliant information but also made relevant to primary care."
- "A very different way of looking at the causes of depression in terms of 'inflammation of the brain' and vicious cycle created. Intuitive ways of dealing with the cycle at different entry points. Very well presented and explained with some useful ideas to help manage to this condition,"
- "Andrew's wisdom and the way he delivered the lecture. Very useful information on every slide – no waffle. Very practical/pragmatic/relevant approach to GP which is often not the case when I have previously gone to lectures on mental health – very interesting references to nooks/evidence and research Cycles and depression and breaking the cycles of depression..."

"I think this meeting deserves high praise, it was a new way of thinking about depression for me and feels like it has opened up lots of doors."

THE HUMAN GIVENS FOUNDATION LIMITED

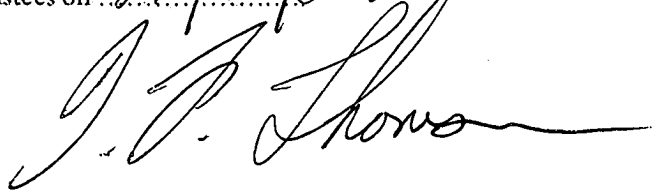
REPORT OF THE TRUSTEES

For the year ended 31 January 2020

Approved on behalf of the Trustees on

27/05/2020

I Thomson - Trustee

A handwritten signature in black ink, appearing to read 'I. P. Thomson', written over the date.

I Tyrrell - Trustee

A handwritten signature in black ink, appearing to read 'I. Tyrrell', written below the signature of I. Thomson.

THE HUMAN GIVENS FOUNDATION LIMITED

INDEPENDENT EXAMINER'S REPORT

For the year ended 31 January 2020

I report on the accounts of Human Givens Foundation Limited for the year ended 31 January 2020, 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

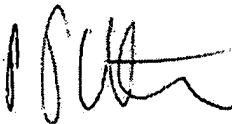
INDEPENDENT EXAMINER'S REPORT

For the year ended 31 January 2020

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 1 May 2020

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

For the year ended 31 January 2020

	2020	2020	2020	2019	2019	2019
Funds:	Restricted	Unrestricted	Total	Restricted	Unrestricted	Total
	£	£	£	£	£	£
Receipts and payments						
Incoming resources						
Charitable donations	-	1,997	1,997	-	1,781	1,781
Gift Aid relief	-	266	266	-	420	420
Bank interest	-	59	59	-	31	31
Total incoming resources, available for charitable application	-	2,322	2,322	-	2,232	2,232
Charitable expenditure						
Slow Ride expenses	5,963	-	5,963	-	-	-
General funding expenses	-	-	-	-	-	-
Pragmatic Tracker	-	-	-	-	-	-
Legal & Accounting	-	293	293	-	-	-
Depression Lifter application	-	376	376	-	2,267	2,267
Website costs and support	-	211	211	-	381	381
Membership fees	-	-	-	-	-	-
Total resources expended	5,963	880	6,843	-	2,648	2,648
Net (outgoing)/incoming resources for the year before transfers	(5,963)	1,442	(4,521)	-	(416)	(416)
Transfer between funds				(10,000)	10,000	
Balances brought forward	19,030	14,948	33,978	29,030	5,364	34,394
Balances carried forward at 31 January 2020	13,067	16,390	29,457	19,030	14,948	33,978

THE HUMAN GIVENS FOUNDATION LTD

BALANCE SHEET

AS AT 31 JANUARY 2020

	2020	2019
	£	£
Current assets		
Cash at bank and in hand	29,486	34,000
Prepayments	-	-
	<u>29,486</u>	<u>34,000</u>
Creditors: amounts falling due within one year		
Other creditors	(30)	(22)
	<u>29,456</u>	<u>33,978</u>
Total net assets		
	<u>29,456</u>	<u>33,978</u>
Represented by:		
Funds and reserves		
Restricted Fund	13,067	19,030
Unrestricted funds - General fund	16,390	14,948
	<u>29,457</u>	<u>33,978</u>
Total funds		
	<u>29,457</u>	<u>33,978</u>

For the year ended 31 January 2020, 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 2020

Basis of accounting

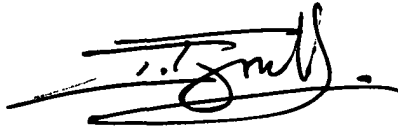
These accounts have been prepared in accordance with the provisions applicable to small companies subject to the small companies' regime and in accordance with FRS102 SORP.

The accounts were approved by the Board of Trustees on 27/05/2020 and were signed on its behalf by:

I Thomson – Trustee

A handwritten signature in black ink, appearing to read 'J. P. Howo', with a long horizontal line extending to the right.

I Tyrrell - Trustee

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