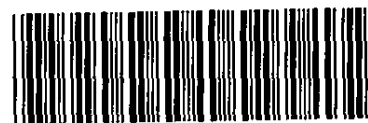


Registered Number 07582694  
England and Wales

Active Plus Community Interest Company  
Report of the Directors and Unaudited Financial Statements  
For the year ended 31 March 2016

FRIDAY



A19	*A5ZZ64AQ*	10/02/2017	#153
COMPANIES HOUSE			
A07	*A5Y976DM*	16/01/2017	#250
COMPANIES HOUSE			

**Active Plus Community Interest Company**  
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**For the year ended 31 March 2016**

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**Active Plus Community Interest Company**  
**Company Information**  
**For the year ended 31 March 2016**

<b>Directors</b>	Tim Cocks John Lea Ms Sarah Wakfer Stephen Mathews Brian Tregunna
<b>Registered Number</b>	07582694
<b>Registered Office</b>	Health & Wellbeing Centre Treliske Truro Cornwall TR1 3FF
<b>Accountants</b>	Bickerstaff & Co Chartered Accountants Unit 2 Brewery Court Sea Lane Hayle Cornwall TR27 4DP

**Active Plus Community Interest Company**  
**Directors' Report**  
**For the year ended 31 March 2016**

The directors present their report and accounts for the year ended 31 March 2016

**Principal activities**

The principal activities of the company are to train, support and motivate injured veterans to provide transformational activities and knowledge to engage and motivate groups of over 50's that are unemployed, suffering rural and social isolation or are carers. The aim is to encourage community inclusion and provide activities to build confidence, increase safety and enable older people to participate in activities to enhance their lives and the community.

**Directors**

The directors who served the company throughout the year were as follows

Tim Cocks

John Lea

Ms Sarah Waker

Stephen Mathews

Brian Tregunna

**Statement of directors' responsibilities**

The directors are responsible for preparing the financial statements in accordance with applicable law and regulations

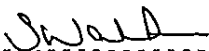
Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the directors are required to

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

The directors are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Signed on behalf of the board of directors

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Ms Sarah Waker  
Director

Date approved by the board 21 July 2016

**Active Plus Community Interest Company**  
**Chartered Accountants' Report**  
**For the year ended 31 March 2016**

**Chartered Accountants' report to the Directors on the preparation of the unaudited statutory accounts of Active Plus Community Interest Company for the year ended 31 March 2016**

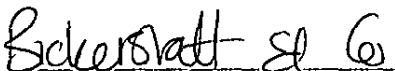
In order to assist you to fulfil your duties under Companies Act 2006, we have prepared for your approval the accounts of Active Plus Community Interest Company for the year ended 31 March 2016 which comprise the Profit and Loss Account, the Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us

As a practising firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at [icaew.com/membershandbook](http://icaew.com/membershandbook)

This report is made solely to the Board of Directors of Active Plus Community Interest Company, as a body, in accordance with the terms of our engagement letter dated . Our work has been undertaken solely to prepare for your approval the accounts of Active Plus Community Interest Company and state those matters that we have agreed to state to the Board of Directors of Active Plus Community Interest Company, as a body, in this report in accordance with AAF 2/10 as detailed at [icaew.com/compilation](http://icaew.com/compilation). To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Active Plus Community Interest Company and its Board of Directors as a body for our work or for this report

It is your duty to ensure that Active Plus Community Interest Company has kept adequate accounting records to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Active Plus Community Interest Company. You consider that Active Plus Community Interest Company is exempt from the statutory audit requirement for the year

We have not been instructed to carry out an audit or a review of the accounts of Active Plus Community Interest Company. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts

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Bickerstaff & Co  
Unit 2 Brewery Court  
Sea Lane  
Hayle  
Cornwall  
TR27 4DP

21 July 2016

Active Plus Community Interest Company  
Profit and Loss Account  
For the year ended 31 March 2016

	Notes	2016 £	2015 £
Turnover		544,439	514,732
Cost of sales		(76,123)	(60,702)
<b>Gross profit</b>		<b>468,316</b>	<b>454,030</b>
Administrative expenses		(332,258)	(306,885)
Other operating income		100,529	10,000
<b>Operating profit</b>	2	<b>236,587</b>	<b>157,145</b>
Other interest receivable and similar income	3	725	432
<b>Profit on ordinary activities before taxation</b>		<b>237,312</b>	<b>157,577</b>
Taxation	4	(47,765)	(31,548)
<b>Profit for the financial year</b>		<b>189,547</b>	<b>126,029</b>

Active Plus Community Interest Company  
Balance Sheet  
As at 31 March 2016

	Notes	2016 £	2015 £
<b>Fixed assets</b>			
Tangible assets	5	4,160	5,672
		<u>4,160</u>	<u>5,672</u>
<b>Current assets</b>			
Debtors	6	171,905	50,250
Cash at bank and in hand		385,046	234,328
		<u>556,951</u>	<u>284,578</u>
<b>Creditors amounts falling due within one year</b>	7	(120,129)	(38,815)
<b>Net current assets</b>		<u>436,822</u>	<u>245,763</u>
<b>Total assets less current liabilities</b>		<u>440,982</u>	<u>251,435</u>
<b>Net assets</b>		<u>440,982</u>	<u>251,435</u>
<b>Capital and reserves</b>			
Profit and loss account	9	440,982	251,435
<b>Members' Funds</b>		<u>440,982</u>	<u>251,435</u>

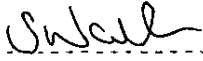
For the year ended 31 March 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies

Directors responsibilities

- 1) The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476,
- 2) The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

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

Signed on behalf of the board of directors

  
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 Ms Sarah Wakfer  
 Director

Date approved by the board 21 July 2016

**Active Plus Community Interest Company**  
**Notes to the Financial Statements**  
**For the year ended 31 March 2016**

**1 Accounting Policies**

**Basis of accounting**

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015)

**Turnover**

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts

**Government grants**

Government grants received are credited to deferred income. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the assets. Grants received towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred.

**Deferred taxation**

Deferred taxation arises when items are charged or credited in accounts in different periods to those in which they are included in the company's tax computations.

Deferred tax is provided in full on timing differences that result in an obligation to pay more (or less) tax at a future date. Deferred tax is calculated at the average rates that are expected to apply when the timing differences reverse, based on current tax rates and laws. The resulting deferred tax asset or liability is not discounted.

**Tangible fixed assets**

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Plant and Machinery	10% Straight line
Computer Equipment	25% Straight line
Fixtures and Fittings	25% Straight line

	2016 £	2015 £
<b>2 Operating profit</b>		
The operating profit is stated after charging/(crediting)		
Depreciation of tangible fixed assets	1,511	1,891
Directors' emoluments including payments to pension scheme	53,625	53,625
Government grants	(98,529)	(10,000)
	<u>725</u>	<u>432</u>
<b>3 Interest receivable and similar income</b>		
Bank interest receivable	725	432
	<u>725</u>	<u>432</u>



Active Plus Community Interest Company  
Notes to the Financial Statements Continued  
For the year ended 31 March 2016

**4 Tax on profit on ordinary activities**

	2016 £	2015 £
The taxation charge is based on the taxable profit for the year and comprises		
UK taxation		
UK corporation tax	47,765	31,548
Tax on profit on ordinary activities	<u>47,765</u>	<u>31,548</u>

**5 Tangible fixed assets**

Cost or valuation	Plant and Machinery £	Fixtures and Fittings £	Total £
At 01 April 2015	5,351	5,535	10,886
At 31 March 2016	<u>5,351</u>	<u>5,535</u>	<u>10,886</u>
<b>Depreciation</b>			
At 01 April 2015	4,132	1,082	5,214
Charge for year	958	554	1,512
At 31 March 2016	<u>5,090</u>	<u>1,636</u>	<u>6,726</u>
<b>Net book values</b>			
At 31 March 2016	<u>261</u>	<u>3,899</u>	<u>4,160</u>
At 31 March 2015	<u>1,219</u>	<u>4,453</u>	<u>5,672</u>

**6 Debtors amounts falling due within one year**

	2016 £	2015 £
Trade debtors	169,700	-
Other debtors	-	50,250
Taxation and social security	2,205	-
	<u>171,905</u>	<u>50,250</u>

**7 Creditors amounts falling due within one year**

	2016 £	2015 £
Trade creditors	(1)	-
Taxation and social security	79,180	37,315
Other creditors	40,950	1,500
	<u>120,129</u>	<u>38,815</u>

**8 Company limited by guarantee**

The company is limited by guarantee and therefore has no shares

Active Plus Community Interest Company  
Notes to the Financial Statements Continued  
For the year ended 31 March 2016

**9 Reserves**

	Profit & loss account
	£
Balance at 01 April 2015	251,435
Profit for the year	189,547
Balance at 31 March 2016	<u><u>440,982</u></u>

Active Plus Community Interest Company  
Detailed Profit and Loss Account  
For the year ended 31 March 2016

		2016 £	2015 £
<b>Turnover</b>			
Provision of training courses		544,439	514,732
<b>Cost of Sales</b>			
Instructor Costs	30,036	15,971	
Consultancy Costs	13,460	10,866	
Course Expenses	11,785	6,938	
Room Hire	18,811	25,407	
Course Refreshments	2,031	1,520	
		(76,123)	(60,702)
<b>Gross Profit</b>		468,316	454,030
<b>Administrative Expenses</b>			
Wages & Salaries	186,469	172,691	
PAYE & NI Contributions	8,707	9,046	
Staff Training	669	126	
Directors Salaries	53,625	53,625	
Directors N I	5,161	5,204	
Legal and Professional fees (allowable)	3,246	1,655	
Rent	9,828	5,215	
General Travel Expenses	23,873	43,412	
Bank Charges	-	30	
Depreciation Charge Plant & Machinery	958	1,338	
Depreciation Charge Fixtures & Fittings	553	553	
Accountancy	2,372	1,765	
Media & Marketing	20,709	672	
General Insurance	4,985	737	
Computer Expenses	3,776	3,817	
Repairs & Renewals	88	482	
Stationery & Postage	3,593	2,080	
Telephone, Fax & Internet	3,090	2,190	
Sundry Expenses	100	1,343	
Uniform	456	904	
		(332,258)	(306,885)
<b>Operating Profit</b>		136,058	147,145
<b>Other Operating Income</b>			
Government Grants	98,529	10,000	
Other operating Income (taxable)	2,000	-	
		100,529	10,000
<b>Investment Income</b>			
Deposit Account Interest	725	432	
		725	432
<b>Profit on Ordinary Activities before Taxation</b>		237,312	157,577

Active Plus Community Interest Company  
Detailed Profit and Loss Account Continued  
For the year ended 31 March 2016

<b>Taxation</b>			
UK Corporation Tax	<u>47,765</u>		<u>31,548</u>
		<b>(47,765)</b>	<b>(31,548)</b>
<b>Profit for the Financial Year</b>		<u><b>189,547</b></u>	<u><b>126,029</b></u>

~~AM~~  
100006/15

# CIC 34

## Community Interest Company Report

For official use  
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Please  
complete in  
typescript, or  
in bold black  
capitals.

Company Name in full	Active Plus Community Interest Company
Company Number	07582694
Year Ending	31 <sup>st</sup> March 2016

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

**(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)**

<p><b>PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT</b></p> <p>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.</p> <p><i>A social audit report covering these points is attached</i></p> <p><i>(If applicable, please just state "A social audit report covering these points is attached")</i></p> <p><i>(Please continue on separate continuation sheet if necessary)</i></p>
---

**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

*A social audit report covering these points is attached*

*(If applicable, please just state "A social audit report covering these points is attached")*

**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

*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*

**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

Sward

Date

--

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

**When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:**

*For companies registered in England and Wales:* Companies House, Crown Way, Cardiff, CF14 3UZ  
DX 33050 Cardiff

*For companies registered in Scotland:* Companies House, 4<sup>th</sup> Floor, Edinburgh Quay 2, 139  
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

*For companies registered in Northern Ireland:* Companies House, 2nd Floor, The Linenhall, 32-38  
Linenhall Street, Belfast, BT2 8BG

The accounts and CIC34 **cannot** be filed online

**(N.B. Please enclose a cheque for £15 payable to Companies House)**

## **Active Plus Community Interest Company**

### **Social Audit Report**

#### **COMPANY'S ACTIVITIES AND IMPACT**

*Active Plus CIC is unique in that it uses the skills, experience and expertise of injured military veterans to deliver programmes that build confidence, motivation and self-belief, unlocking the potential of participants, all of whom are from vulnerable or potentially vulnerable groups*

Our military veterans begin their journey as volunteers. Some have physical injuries, many have PTSD and are themselves vulnerable. Some have been unemployed for long periods, others just making the transition from forces to civilian life. Our ethos is about people helping themselves through helping others. This is reflected not only in the mutual benefits for both course participants and course tutors but also in the emphasis placed on building skills, confidence, connections and employability through volunteering and developing projects that benefit the wider community.

During the last financial year, Active Plus CIC has been successful in all areas of delivery from communities (funded by the Big Lottery) to job seekers (funded by the Department for Work and Pensions (DWP)), and expanded to delivering courses across 5 Counties (Cornwall, Devon, Somerset, Dorset and Wiltshire) working with a wide range of customer groups including young people, long-term unemployed, carers, schools, NHS, CCG's (Clinical Commissioning Groups) and corporate Clients.

We are able to evidence tangible outcomes and clearly demonstrate the impact of our work. For example, to date, over 65% of people who attend our back to work courses go on to undertake further training, work experience or get a job and 87% of the people who go into work, stay in work.

#### **CONSULTATION WITH STAKEHOLDERS**

We actively seek stakeholder feedback from all our courses which enables us to target individual participant's needs and to improve and develop course content. This enables us to improve outcomes for both individuals and customers/funders, and as a result making Active Plus CIC more attractive to potential funders.

In the last year, we ran a unique Community project for older people which enabled stakeholder consultation to shape wider service provision. The project helped 147 people aged from 50 to 92 from 6 communities across Cornwall. In addition to building confidence, connections and community spirit, the project brought in service providers to connect people with the support and services available and more importantly, give older people a voice in how they are delivered.

We also ask for feedback on our military veteran course leaders - this feeds into on-going appraisals and Personal Development Plans as this helps them with their own journeys of recovery and employability. This is essential in supporting our veterans, which is our underlying ethos.

During the last year, we have fundamentally reviewed course content and run pilot courses in order to develop our projects. We are also now actively involved in co-design work as part of preparing to deliver new contracts with the Big Lottery.