

Registration number: 08769741

# Community Rhythms CIC

trading as The Coffee House

Annual Report and Unaudited Financial Statements

for the Year Ended 30 November 2018

Daffurn and Co Ltd  
Abacus House  
132 Parkwood Road  
Bournemouth  
Dorset  
BH5 2BN



**Community Rhythms CIC**  
**trading as The Coffee House**

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**Community Rhythms CIC**  
**trading as The Coffee House**

**Company Information**

**Directors**            Mr Mathew David Mellor  
                             Mrs Bethany Charlotte Pink  
                             Mr Stuart Campbell  
                             Mr Daniel Jackson  
                             Mr Max Storey  
                             Mr Andrew Stephen Pink

**Registered office**    10 Adastral Square  
                             Poole  
                             Dorset  
                             BH17 8SA

**Accountants**        Daffurn and Co Ltd  
                             Abacus House  
                             132 Parkwood Road  
                             Bournemouth  
                             Dorset  
                             BH5 2BN

**Accountants' Report to the Board of Directors on the Preparation of the  
Unaudited Statutory Accounts of  
Community Rhythms CIC**

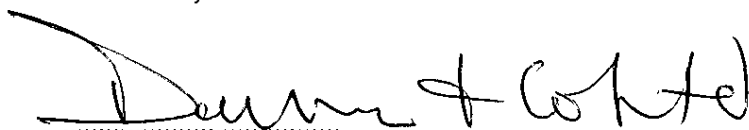
**trading as The Coffee House  
for the Year Ended 30 November 2018**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Community Rhythms CIC for the year ended 30 November 2018 as set out on pages 3 to 4 from the company's accounting records and from information and explanations you have given us.

This report is made solely to the Board of Directors of Community Rhythms CIC, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of Community Rhythms CIC and state those matters that we have agreed to state to the Board of Directors of Community Rhythms CIC, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Community Rhythms CIC and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Community Rhythms CIC has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and loss of Community Rhythms CIC. You consider that Community Rhythms CIC 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 Community Rhythms CIC. 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.



Daffurn and Co Ltd  
Abacus House  
132 Parkwood Road  
Bournemouth  
Dorset  
BH5 2BN  
29 August 2019

**Community Rhythms CIC**  
**trading as The Coffee House**  
**(Registration number: 08769741)**  
**Balance Sheet as at 30 November 2018**

	2018 £	2017 £
Fixed assets	10,574	13,442
Current assets	14,650	15,013
Prepayments and accrued income	1,062	1,062
Creditors: Amounts falling due within one year	(25,214)	(29,517)
Net current liabilities	(9,502)	(13,442)
Total assets less current liabilities	1,072	-
Creditors: Amounts falling due after more than one year	(19,700)	-
Accruals and deferred income	(4,240)	(4,240)
	(22,868)	(4,240)
Capital and reserves	(22,868)	(4,240)

## **1 General information**

The company is a private company limited by share capital, incorporated in England and Wales.

The address of its registered office is:

10 Adastral Square  
Poole  
Dorset  
BH17 8SA

The principal place of business is:

10 Adastral Square  
Poole  
Dorset  
BH17 8SA

These financial statements were authorised for issue by the Board on 29 August 2019.

## **Basis of preparation**

The financial statements have been prepared under the historical cost convention and in accordance with FRS 105 'The Financial Reporting Standard applicable to the Micro-entities Regime'.

## **2 Staff numbers**

The average number of persons employed by the company (including directors) during the year, was 5 (2017 - 5).

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.

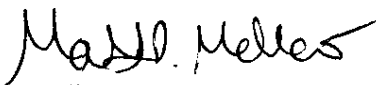
**Community Rhythms CIC**  
**trading as The Coffee House**  
**(Registration number: 08769741)**  
**Balance Sheet as at 30 November 2018**

For the financial year ending 30 November 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' 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 directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

Approved and authorised by the Board on 29 August 2019 and signed on its behalf by:



Mr Mathew David Mellor  
Director

000332/15

# 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**

COMMUNITY RHYTHMS CIC

**Company Number**

8769741

**Year Ending**

30 November 2018

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)**

#### **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 fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

The company runs "the coffee house", a café with a particular emphasis on providing a community space to encourage the building of relationships within the local area (Canford Heath, Poole). The café opened in March 2014, and within the 2017 – 2018 financial year has benefited the community in the following ways:

- Providing a space for residents to use and meet at in order to build, support and encourage community across all ages, genders, races and abilities.
- Joining people together in the community to avoid loneliness, through community notice boards, local activity calendars, and signposting residents to existing community groups for support.
- Hosting groups set-up by members of the local community that are free of charge, welcoming and that encourage participation including; knit and natters, crafting, ukulele, pottery painting, scrabble, beading and Win on Waste (encouraging reuse and recycling).
- Hosted support groups for the local community
- Building links between local shops, schools and charities, encouraging them to work together to provide a thriving shopping area including free community events for local residents, bringing life and vitality back to an area that was previously struggling.
- The cafe has provided full-time or part-time employment for 4 local residents. It has also provided volunteering opportunities for those with learning difficulties, those working towards Duke of Edinburgh awards, full-time mothers looking to re-enter work and children from local schools obtaining work experience.
- Providing evening venue for the activities of Sunnyhill Church, as well as volunteering opportunity for those involved with the church.

In this financial year the Coffee House was under threat of closure, following Simon and Hayley needing to move on. Sunnyhill Church (Charitable Incorporated Organisation: 1161294), took on the CIC becoming the shareholder and new directors appointed to take on the venture from Simon and Hayley and ensure the continuation of the public benefit. This change took place in April 2018, with the Coffee House operated as the Trading Entity of the Charity.



**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.

The company's stakeholders are the residents of the area and visitors to the coffee house.

Consultation with residents, local shops and community groups is undertaken through regular communication with customers and groups that run in the café and local area (such as ARCH and Network Lunches). This has resulted in a number of thriving groups being set-up and run by local residents to build community after listening to their needs.

Listening to the needs of the local residents has also resulted in building bridges with and signposting other community assets and groups to help build a thriving and supportive community for all residents in the area. This has included collaboration with local bodies such as ARCH (Association of Residents of Canford Heath), Canford Heath Dementia Action Group, Faithworks Wessex, Poole Council for Voluntary Services, Poole Wellbeing Collaborative, Borough of Poole and Poole Forum.

*(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.

Directors remuneration is as per the final company accounts attached.

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.

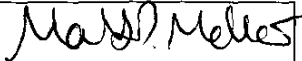
**PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION** – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made"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

Date 29/08/2018

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.

*Office held (delete as appropriate) Director/Secretary*

Mr Matthew Mellor	
The Coffee House	
10 Adastral Square, Canford Heath	
Poole, BH17 8SA	Tel 01202 805683 (opt 3)
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)**