

# HEALTH EDUCATION AND LIFESTYLE SOLUTIONS (HEALS) C.I.C.

## Unaudited Financial Statements

### Period of accounts

**Start date:** 01 April 2020

**End date:** 31 March 2021

TUESDAY



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01/02/2022

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COMPANIES HOUSE

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HEALTH EDUCATION AND LIFESTYLE SOLUTIONS (HEALS) C.I.C.  
Company Information  
For the year ended 31 March 2021

|                          |  |
|--------------------------|--|
| <b>Director</b>          | A Tryhorn  |
| <b>Registered Number</b> | 09438825   |
| <b>Registered Office</b> | 33 Ludgate Hill<br>Birmingham<br>West Midlands<br>B3 1EH |
| <b>Accountants</b>       | Pointon Young<br>33 Ludgate Hill<br>Birmingham<br>B3 1EH |

**HEALTH EDUCATION AND LIFESTYLE SOLUTIONS (HEALS) C.I.C.**  
**Statement of Financial Position**  
**As at 31 March 2021**

|   | 2021           | 2020           |
|---|----------------|----------------|
|   | £              | £              |
| Current assets                                | 2,491          | 2,073          |
| Creditors: amount falling due within one year | (11,621)       | (9,441)        |
| <b>Net current liabilities</b>                | <b>(9,130)</b> | <b>(7,368)</b> |
| <b>Total assets less current liabilities</b>  | <b>(9,130)</b> | <b>(7,368)</b> |
| <b>Net liabilities</b>                        | <b>(9,130)</b> | <b>(7,368)</b> |
| <br>  |                |                |
| <b>Capital and reserves</b>                   | <b>(9,130)</b> | <b>(7,368)</b> |

## NOTES TO THE ACCOUNTS

### General Information

Health Education and Lifestyle Solutions (HEALS) C.I.C. is a private company, limited by shares, registered in England and Wales, registration number 09438825, registration address 33 Ludgate Hill, Birmingham, West Midlands, B3 1EH.

The presentation currency is £ sterling.

### 1. Accounting policies

#### Significant accounting policies

#### Statement of compliance

These financial statements have been prepared in compliance with FRS 105 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

#### Basis of preparation

The financial statements have been prepared on the going concern basis and under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

### 2. Average number of employees

Average number of employees during the year was 1 (2020 : 1).

HEALTH EDUCATION AND LIFESTYLE SOLUTIONS (HEALS) C.I.C.  
Statement of Financial Position  
As at 31 March 2021

For the year ended 31 March 2021 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.

The directors acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and FRS 105, the financial reporting standard applicable to the micro-entities regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The income statement has not been delivered to the Registrar of Companies.

The financial statements were approved by the director on 22 December 2021 and were signed by:



A Tryhorn  
Director

022320/15

# CIC 34

## Community Interest Company Report

For official use  
(Please leave blank)

|  |
|--|
|  |
|--|

Please  
complete in  
typescript, or  
in bold black  
capitals.

Company Name in  
full

Health Education and Lifestyle Solutions (Heals)  
C.I.C.

Company Number

09438825

Year Ending

31 March 2021

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 description of how they have benefited the community.

Delivering health related programmes to schools and communities including, nutrition, obesity, child sexual exploitation, self-esteem, emotional health and wellbeing and relationships and sex education.

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

*(Please continue on separate continuation sheet if necessary.)*

**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 liaises with schools as its stakeholders and children and young people are the biggest target audience. Schools voice what training and topics they want their pupils to be educated on.

*(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 amounted to £5,070 (2020: £8,645) in respect to the period ended 31 March 2021.

**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.

There have been no transfers of assets other than for full consideration during the period to 31 March 2021.

*(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

AJ Tryhorn.

Date

22.12.21

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)**