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Accounts
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Company Tax Return

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METANOEO COMMUNITY INTEREST COMPANY

**Company Registration Number:
9589741 (England and Wales)**

**Report of the Directors and Unaudited Financial Statements
Company limited by guarantee**

Period of accounts

Start date: 13 May 2015

End date: 12 May 2016

METANOEO COMMUNITY INTEREST COMPANY

Contents of the Financial Statements

for the Period Ended 12 May 2016

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METANOEO COMMUNITY INTEREST COMPANY

Company Information

for the Period Ended 12 May 2016

Director:

David Wood

Anne-Mare Wood

Registered office:

GOSTIN'S BUILDING SUITE 609
32-36 HANOVER STREET
LIVERPOOL
L1 4LN

Company Registration Number:

9589741 (England and Wales)

METANOEO COMMUNITY INTEREST COMPANY

Directors' Report Period Ended 12 May 2016

The directors present their report with the financial statements of the company for the period ended 12 May 2016

Principal Activities

The company's principle activities were providing a community coaching membership organisation, Metanoco Guild and a community training service, Metanoeo Academy

Directors

The directors shown below have held office during the whole of the period from

13 May 2015 to 12 May 2016

David Wood

Anne-Marie Wood

Political and charitable donations

The company did not make any charitable donations during the period

Company policy on the employment of disabled persons

We do not employ anyone directly but work with people on a freelance basis. We have a full equal opportunities policy and actively engage marginalised and disadvantaged people.

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on 09 November 2016

And Signed On Behalf Of The Board By.

Name David Wood

Status Director

METANOEO COMMUNITY INTEREST COMPANY

Income and Expenditure Account

for the Period Ended 12 May 2016

	<i>Notes</i>	2016 £
Turnover:		1,880
Cost of sales:		0
Gross surplus:		1,880
Distribution costs		0
Administrative expenses.		(780)
Other operating income:		0
Operating surplus/deficit:		1,100
Interest receivable and similar income		0
Interest payable and similar charges		0
Surplus/deficit on ordinary activities before taxation:		1,100
Tax on surplus/deficit on ordinary activities:		(220)
Surplus/deficit for the financial year:		880

The notes form part of these financial statements

METANOEO COMMUNITY INTEREST COMPANY

Statement of total recognised gains and losses

The company does not have any gains and losses other than Income and expenditure for the period to report

METANOEO COMMUNITY INTEREST COMPANY

Balance sheet

As at 12 May 2016

	<i>Notes</i>	2016 £
Fixed assets		
Intangible assets:		0
Tangible assets:		0
Total fixed assets:		<u>0</u>
Current assets		
Stocks:		0
Debtors:		0
Cash at bank and in hand.		1,070
Total current assets:		<u>1,070</u>
Creditors amounts falling due within one year		0
Net current assets (liabilities):		<u>1,070</u>
Total assets less current liabilities:		1,070
Creditors: amounts falling due after more than one year:		0
Provision for liabilities		0
Total net assets (liabilities):		<u><u>1,070</u></u>

The notes form part of these financial statements

METANOEO COMMUNITY INTEREST COMPANY

Balance sheet continued

As at 12 May 2016

	<i>Notes</i>	2016 £
Reserves		
Revaluation reserve		0
Income and expenditure account		0
Members funds:		<u>0</u>

For the year ending 12 May 2016 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

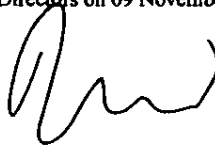
The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts

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

The financial statements were approved by the Board of Directors on 09 November 2016

SIGNED ON BEHALF OF THE BOARD BY.

Name David Wood
Status Director



The notes form part of these financial statements

METANOEO COMMUNITY INTEREST COMPANY

Notes to the Financial Statements

for the Period Ended 12 May 2016

1. Accounting policies

Basis of measurement and preparation of accounts

The financial statements have been prepared under the historical cost convention, and in accordance with the Financial Reporting Standard for Smaller Entities 2015

Turnover policy

The turnover represents amounts receivable for goods and services net of VAT and trade discounts Metanoeo CIC is not VAT registered

Tangible fixed assets depreciation policy

Metanoeo CIC does not have any tangible fixed assets

Intangible fixed assets amortisation policy

Metanoeo CIC does not have any intangible fixed assets

Valuation information and policy

Metanoeo does not have any stocks

METANOEO COMMUNITY INTEREST COMPANY

Notes to the Financial Statements

for the Period Ended 12 May 2016

2. Company limited by guarantee

The company is limited by guarantee and consequently does not have share capital

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Community Interest Company Report

For official use
(Please leave blank)

Please
complete in
typescript, or
in bold black
capitals.

Company Name in
full

Metanoeo Community Interest Company

Company Number

09589741

Year Ending

12/05/16

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.

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

Over the course of this year work has focused on developing an initial membership and links with community projects. There has been a small turnover of under £2,000. Seven individual associates have become members and one community group as a corporate member. Coaching is now taking place over three locations, St Andrews Community Network in Clubmoor, Community Spirit on Wirral and Changing Lives in Cheshire located in Winsford. This is providing a growing resource for disadvantaged and marginalised people to receive life coaching free at the point of contact.

We have also secured funding to develop two school based coaching hubs on Wirral in the next financial year.

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.

Our stakeholders are the community projects we partner with and individuals who become associate members

Regular meetings are held with members individually to consider how their participation may be grown along with two CPD events a year where associates receive training but also share their own stories and network with other members. As a result of these conversations we are now providing a peer supervision group

Discussions with partner groups guide the services we provide to them with regards to training and further engagement. As a result of these conversations we have made our life coach training two-tier, peer coaches and life coaches

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.

No remuneration was received

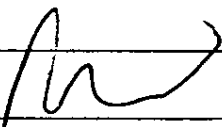
PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made"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

No transfer of assets other than for full consideration has been made.

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

09/11/16

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.

Gostin's Building, Suite 609

32-36 Hanover Street

Liverpool

L1 4LN

Tel 07472 716195

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, 4th 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