

# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

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

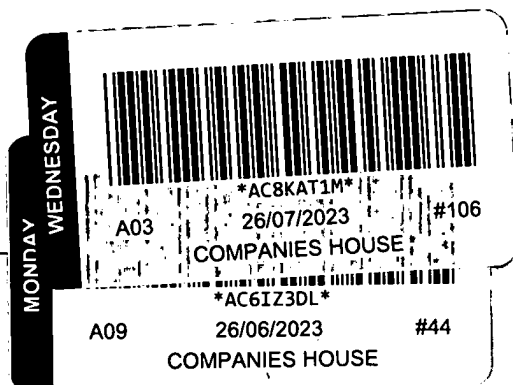
**Unaudited micro entity accounts for the year ended 12 May 2023**

**Period of accounts**

**Start date: 13 May 2022**

**End date: 12 May 2023**

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# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

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**for the Period Ended 12 May 2023**

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# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Company Information**

**for the Period Ended 12 May 2023**

**Director:**

David Wood

Anne-Marie Wood

**Registered office:**

18 DENNY CLOSE

WIRRAE

CH49 0XG

**Company Registration Number:**

9589741 (England and Wales)

# **METANOEO COMMUNITY INTEREST COMPANY**

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## **Directors' Report Period Ended 12 May 2023**

The directors present their report with the financial statements of the company for the period ended 12 May 2023

### **Principal Activities**

The companies principal activities are training and supporting community life coaches and offering community wellbeing programmes.

### **Political and charitable donations**

No political or charitable donations were made.

### **Company policy on the employment of disabled persons**

We do not employ anyone directly but work on a freelance project basis. However, we have a full equal opportunities policy and are proactively working with under represented and marginalised communities.

### **Directors**

The directors shown below have held office during the whole of the period from 13 May 2022 to 12 May 2023

David Wood

Anne-Marie Wood

This report was approved by the board of directors on 23 June 2023

And Signed On Behalf Of The Board By:

Name: David Wood

Status: Director



# **METANOEO COMMUNITY INTEREST COMPANY**

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## **Income and Expenditure Account**

**for the Period Ended 12 May 2023**

	<b>2023</b> <b>£</b>	<b>2022</b> <b>£</b>
Turnover	<b>1,780</b>	18,925
Income from coronavirus (COVID-19) business support grants	<b>0</b>	0
Other Income	<b>0</b>	0
Cost of Materials	<b>( 1,102 )</b>	( 17,112 )
Staff Costs	<b>( 0 )</b>	( 0 )
Depreciation and Writeoffs	<b>( 0 )</b>	( 0 )
Other charges	<b>( 1,766 )</b>	( 1,692 )
Tax on surplus	<b>( 0 )</b>	( 23 )
Surplus or (Deficit) for Period	<b>( 1,088 )</b>	98

# METANOEO COMMUNITY INTEREST COMPANY

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## Balance sheet

As at 12 May 2023

	2023	2022
	£	£
Fixed Assets:	0	0
Current assets:	83	1,171
Prepayments and accrued income:	0	0
Creditors: amounts falling due within one year:	(0)	(0)
<b>Net current assets (liabilities):</b>	<b>83</b>	<b>1,171</b>
Total assets less current liabilities:	83	1,171
Creditors: amounts falling due after more than one year:	(0)	(0)
Provision for liabilities:	(0)	(0)
Accruals and deferred income:	(0)	(0)
<b>Total net assets (liabilities):</b>	<b>83</b>	<b>1,171</b>
<b>Reserves:</b>	<b>83</b>	<b>1,171</b>

# **METANOEO COMMUNITY INTEREST COMPANY**

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## **Balance sheet continued**

For the year ending 12 May 2023 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 and delivered in accordance with the provisions of the small companies regime applicable to micro-entities.

**This report was approved by the board of directors on 23 June 2023**

**And Signed On Behalf Of The Board By:**

Name: David Wood

Status: Director



The notes form part of these financial statements.

# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Footnotes to the Financial Statements**

**for the Period Ended 12 May 2023**

### **1. Employee Information**

Average number of employees: 0



# **METANOEO COMMUNITY INTEREST COMPANY**

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## **Footnotes to the Financial Statements**

**for the Period Ended 12 May 2023**

### **2. Off balance sheet disclosure**

No

**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**

Metanoeo Community Interest Company

**Company Number**

09589741

**Year Ending**

12/05/23

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.

Our income has dramatically decreased this year as we have refocused on developing a new online-based wellbeing initiative called The Life Garage. The income received during the year (including a small grant) allowed us to pilot the project in person at a community grocery. Here we were able to receive direct feedback and see first hand how the tools developed were able to impact on the lives of members of the community.

**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 along the individuals who become guild members.

Regular meetings are held with guild members individually to consider how their participation may be grown. We are continuing to offer a peer supervision group and now also offer 1-2-1 supervision.

Discussions with partner groups through projects such as *The Life Garage* and our *Level 5 Accredited Award in Community-Based Life Coaching* continue to guide the services we provide. As a result of these conversations each of our projects has had a different operational structure to reflect that community's needs.

**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.

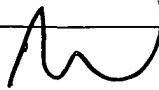
**PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION** – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made"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

23/06/23

*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.

18 Denny Close	
Upton	
Wirral	
CH49 0XG	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, 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