

Registered number
09919518

ManHealth CIC

Filleted Accounts

31 December 2020



ManHealth CIC
Registered number:
Balance Sheet
as at 31 December 2020

09919518

	2020	2019
	£	£
Fixed assets	16,520	-
Current assets	205,673	43,835
Creditors: amounts falling due within one year	<u>(36,142)</u>	<u>(613)</u>
Net current assets	<u>169,531</u>	<u>43,222</u>
Total assets less current liabilities	186,051	43,222
Creditors: amounts falling due after more than one year	(50,000)	-
Accruals and deferred income	<u>(29,380)</u>	<u>(680)</u>
Net assets	<u>106,671</u>	<u>42,542</u>
 Capital and reserves	 <u>106,671</u>	 <u>42,542</u>
	Number	Number
Average number of employees	<u>3</u>	<u>3</u>

The company is a private company limited by shares and incorporated in England. Its registered office is Office 2 Shildon Business, Dabble Duck Industrial Estate, Shildon, Durham, DL4 2RF.

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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.

The 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 profit and loss account has not been delivered to the Registrar of Companies.



Paul Bannister
 Director

Approved by the board on 30 July 2021

102097/15

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**

ManHealth CIC

Company Number

09919518

Year Ending

(31/12/2020)

(The date format is required in full)

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.

ManHealth was founded by Paul Bannister. Paul felt that men were more likely to share their experiences of mental health through peer support. The CIC was created in response to the lack of services, or knowledge available to help men with their mental illness and to address the health inequalities in men in the UK.

ManHealth's vision and mission statement was updated in 2020 to better reflect where we are now.

Our Vision:

- To play a vital role in supporting men and building healthy communities.

Our Mission:

ManHealth empower men experiencing mental and/or physical ill health through support, education and shared experience. We campaign to raise awareness, improve understanding and promote good health.

Research has shown that peer-run self-help groups yield improvement in psychiatric symptoms resulting in decreased hospitalisation, larger social support networks and enhanced self-esteem and social functioning.

In 2020 despite the pandemic ManHealth continued to support many men across our region through the delivery of our peer support groups. In 2020 ManHealth introduced an additional service with support from the various funders. Our Webchat and Connect service supports men online as is accessible 7 nights a week via our website 6-10 pm.

ManHealth also continued providing training throughout 2020.

(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.

Consultation with stakeholders has been integral to everything Man Health has done thus far and will continue to be the case going forward. Since the project launch, ManHealth have consulted with all the beneficiaries in the groups about the service offered and any suggested improvements to delivery. In 2020 ManHealth carried out 2 direct stakeholder consultations. In response to these consultations ManHealth have changed their delivery model in the peer support groups and introduced new procedures.

(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.

The remuneration received by the directors totalled to £56,621.

There were no other transactions or arrangements in connection with 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 occurred during the year.

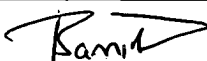
(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY (Please note this must be a live signature)

(DD/MM/YY)

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

Signed



Date

16/09/21

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this information is incorrect.

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.

Paul Bannister

Office 5 Shildon Business Centre

Dabble Duck Industrial Estate Shildon County Durham.

DL4 2RF

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, 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

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