

**Reaching All People Trust CIC**  
**Registration number: 10349786**  
**Abridged balance sheet as at 31 August 2019**

	£	£
	<b>2019</b>	<b>2018</b>
<b>Non-current Assets</b>	0	0
<b>Current Assets</b>	0	0
<b>Total Current Assets</b>	0	0
<b>Total Assets</b>	0	0
<b>Non-current Liabilities</b>	0	0
<b>Current Liabilities</b>	0	0
<b>Capital and Reserves</b>		
Retained earnings	0	0
<b>Total Equities and Liabilities</b>	0	0

For the financial year ended 31 August 2019 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; and

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of the accounts.

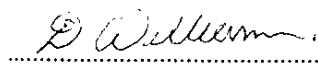
These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime and the option not to file the profit and loss account has been utilised.

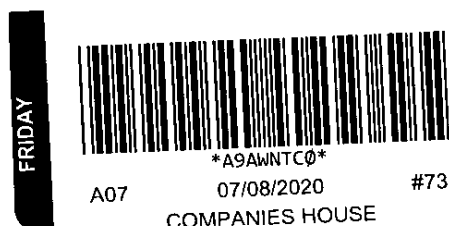
All of the company's members have consented to the preparation of an Abridged balance sheet in accordance with Section 444 (2A) of the Companies Act 2006.

**Approved by the Board on 17 July 2020**

**And signed on their behalf by:**



**Dr. David Williams**



P/O 1500255/15

# 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**

Reaching All People Trust CIC

**Company Number**

10349786

**Year Ending**

31 August 2019

**Please ensure the company name is consistent with the company name entered on the accounts.**

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.**

For the period ended 31 August 2019, the company was engaged in a health and wellness project. The objectives of the project were:

- Promote health nutrition and well-being activities that intrinsically advances lives through a series of practical and theory programme activities. That In return this will improve community cohesion and economic well-being.
- Over the course of Six Months we will deliver a series of 1 hours of health nutrition and well-being activities weekly
- Over the course of Six Months we will deliver a series of 1 hours of health nutrition and well-being activities weekly, to a group of 24 young persons/adults between the ages of 18 - 29.
- By the end of the programme the young person/adult will be very clear on the importance of sports nutrition and why it is key to obtaining fitness and performance. By the end of the programme the young person/adult will be very clear on the importance of compound exercise and why it is key to obtaining fitness and overcoming depression.

**Over the course of the six months we provided weekly (What we are now calling) an hour of 'Nonclinical Healthy Living Classes', to a total of 24 participants. Which in return created a non-judgmental, positive engaging experience tailored to the individuals needs and strengths.**

The benefits and outcomes as a result of MyVoice Neighbourhood Improvement Grant Funding by Wandle saw young people being able to manage their own health and well-being, be very clear on the importance of nutrition, increased healthier choices, increased knowledge of healthy foods, food skills and improved eating habits; advanced physical, spiritual, mental and emotional health, healthy eating, well-being and safety; feel part of a community; understand the necessity of incorporating more social engagement activities into their daily lives and routines and why it is key to obtaining fitness and overcoming loneliness, including stress, depression and anxiety.

***(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's stakeholders are residents in the communities who wish to join in and be part of our projects, as well as donors and volunteers.

The 'enrolment' of the Health and Wellness Programme began with the official running of the practical and theory programme activities. With high ambitions and a very tight timeframe, we worked for an intensive 3-week period to develop an inclusive engagement approach, designed to ensure we reached a wide range of participants of Wandle residents; this approach proved successful, leading to an increase of Wandle tenants taking part in the project, and us exceeding our projected target.

This also led to us having to set-up a database with a waiting list of potential clients wanting to participate in future projects of this kind.

*(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.

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.

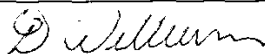
No transfer of assets other than for full consideration has been made.

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

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

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

Signed



Date

03/08/20

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.

Dr David Williams	
6 Inglewood I	
London SE1	
Tel: 07842569585	
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

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