

WORCESTERSHIRE INCLUSIVE MARTIAL ARTS CIC

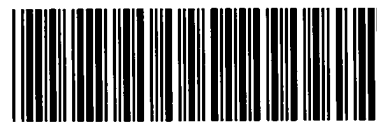
Unaudited financial statements for the year ended 31 January 2023

Company registration number: 10585619

Contents:

| | |
|------------------------|---|
| Directors' report..... | 2 |
| Balance sheet..... | 3 |

FRIDAY



ACE24SRL

A17

13/10/2023

#109

COMPANIES HOUSE

Directors' report

For the year ended 31 January 2023

Directors:

The Directors serving for the year are as follows:

Ms Sally Gleaves

The report of the directors has been prepared taking advantage of the small companies' exemption of section 415A of the Companies Act 2006.

On behalf of the Board:

A handwritten signature in black ink, appearing to be 'Sally Gleaves', written in a cursive style.

Ms Sally Gleaves, Director

11 October 2023

Balance sheet
For the year ended 31 January 2023

| | 2022/23 | | 2021/22 | |
|---|---------|-------------------|---------|-------------------|
| | £ | £ | £ | £ |
| Fixed assets | | 6,625 | | 6,825 |
| Accumulated depreciation | | 4,941 | | 3,457 |
| Current assets | 21,514 | | 24,016 | |
| Prepayments and accrued income | 0 | | 0 | |
| Creditors: amounts falling due within one year | 0 | 0 | 27 | 0 |
| Net current assets (liabilities) | | 21,514 | | 23,989 |
| Total assets less current liabilities | | 23,198 | | 27,357 |
| Creditors: amounts falling due after more than one year | | 0 | | 0 |
| Net assets | | 23,198 | | 27,357 |
| Capital and reserves | | 23,198 | | 27,357 |

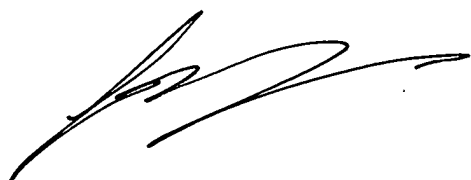
For the year ending 31 January 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit of its accounts for the year in question 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.

Approved by the board of directors and signed on behalf of the board,



Ms Sally Gleaves, Director

11 October 2023

000181/15

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

Worcestershire Inclusive Martial Arts CIC

Company Number

10585619

Year Ending

31/01/2023

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.

Worcestershire Inclusive Martial Arts (WIMA) is a community interest company offering martial arts and fitness classes in Worcestershire through direct delivery and partnership work with Worcestershire County Council. The classes we offer are Taekwon-Do, Kickboxing, and self defence, which are inclusive classes suitable for beginners and those returning to exercise.

Our school is an inclusive school, we have an adapted and a wheel chair syllabus for those who have disabilities, be it learning or physical. We also offer supportive entry to the classes for those who suffer social anxiety or other mental health issues which make it difficult to attend classes by themselves.

WIMA Ethos is to:

- Follow the 5 ways to wellbeing through the offer of our services and at the core of what we do
- Provide top quality inclusive martial arts and fitness tuition
- Progression of learners through tailored learning
- Offer signposting, information, advice and guidance if needed on a variety of topics, i.e. signposting to mental health services

- Maintain a safe and accessible learning environment promoting equality and diversity, and to provide accredited training to instructors in safeguarding, sports coaching and PREVENT
- Support and celebrate achievement
- Support local charities through fundraising events during the year

WIMA Learner demographics (Partners learners not included):

- We have engaged a high percentage of learners who have come to us experiencing low mood, depression and anxiety
- We have several learners who are vulnerable, have learning difficulties and who are on the autistic spectrum
- We welcome learners of different nationalities and have many learners training who have moved to Worcester from, Ireland, Poland, Romania, Portugal, Lithuania and a small percent who are of Asian Ethnicity
- We have approximately a 60/40 split of male to female
- We have many beginners returning to exercise and a healthy lifestyle or who are obese wishing to lose weight

Benefits to the community:

- WIMA has helped learners become more active and lead a healthier lifestyle through the enjoyment and participation in martial arts
- Learners identified with obesity or who are on a weight loss journey have been provided with signposting to slimming clubs, or have had advice and guidance from WIMA instructors on healthy eating habits and exercise programmes
- WIMA has helped to many European national learners integrate into the WIMA community, build friendship circles and learn English through martial arts and signposting to local ESOL courses
- WIMA have provided personal protections workshops to local community groups such as the women's institute, only girls allowed, Miss Mystic Beauty pageant and Worcestershire Women's Community
- WIMA has fundraised over £5,000 for LeukaemiaCARE (2016 &17) and £1,800 to sponsor a guide dog (2018)
- Learners experiencing low mood have provided feedback that learning with us has helped alleviate some of their symptoms and that they feel part of a positive and supportive community

(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 our learners/customers, the partners who engage with us, local small business that produce clothing with printing/embroidery and signage products, local community groups and national martial arts equipment retailers. The directors of the company have lived and worked in Worcestershire for a number of years and developed the business model for the company based on their experience of working in the area and as a response to the local need for sports/health and wellbeing services. We ask everyone using our services for feedback at regular intervals throughout the year and these results are discussed at our committee meetings and used to implement change to effectively meet learner needs and through self-assessment and is written into our quality improvement cycle annually. This has helped us to improve our quality of delivery to learners and build a bigger consumer base through good reputation via word of mouth. We encourage

our volunteer instructors at the school to constantly update their CPD through the offer of funding them onto various courses and workshops such as safeguarding & sports coaching and we keep a "feedback" area on our webpage for customers to provide details of classes they would like added to our timetable, equipment they would like to use and feedback on the quality of teaching and venue.

(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.

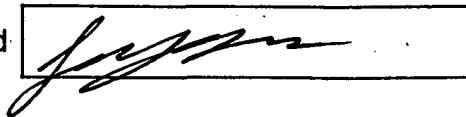
No transfer of assets other than for full consideration has been made

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

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

Signed



Date

12/10/23

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.

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

The accounts and CIC34 **cannot** be filed online

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