

REGISTERED NUMBER: 10841536 (England and Wales)

**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 30TH JUNE 2023**  
**FOR**  
**THE MENTAL WELLBEING CENTRE CIC**

WEDNESDAY



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28/02/2024

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COMPANIES HOUSE

**THE MENTAL WELLBEING CENTRE CIC (REGISTERED NUMBER: 10841536)**

**BALANCE SHEET  
30TH JUNE 2023**

	30.6.23	30.6.22
	£	£
<b>FIXED ASSETS</b>	506	481
<b>CURRENT ASSETS</b>	4,914	4,465
<b>CREDITORS</b>		
Amounts falling due within one year	<u>(5,878)</u>	<u>(6,946)</u>
<b>NET CURRENT LIABILITIES</b>	<u>(964)</u>	<u>(2,481)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	(458)	(2,000)
<b>CREDITORS</b>		
Amounts falling due after more than one year	<u>1,790</u>	<u>2,591</u>
<b>NET LIABILITIES</b>	<u><u>(2,248)</u></u>	<u><u>(4,591)</u></u>
<b>RESERVES</b>	<u><u>(2,248)</u></u>	<u><u>(4,591)</u></u>

**NOTES TO THE FINANCIAL STATEMENTS**

**1. STATUTORY INFORMATION**

The Mental Wellbeing Centre CIC is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address are as below:

**Registered number:** 10841536

**Registered office:** The Foundry  
9 Park Lane  
Puckeridge  
Ware  
Hertfordshire  
SG11 1RL

The presentation currency of the financial statements is the Pound Sterling (£).

**2. AVERAGE NUMBER OF EMPLOYEES**

The average number of employees during the year was 2 (2022 - 2).

**BALANCE SHEET - continued**  
**30TH JUNE 2023**

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30th June 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th June 2023 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 26th February 2024 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'E I Anthony', with a stylized flourish at the end.

E I Anthony - Director

# 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**

The Mental Wellbeing Centre CIC

**Company Number**

10841536

**Year Ending**

30<sup>th</sup> June 2023

### PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

The Mental Wellbeing Centre began working with the NHS in 2020 to provide mental health support to local residents. In the last financial year, our activities have benefitted our community in the following ways:

- We have provided online one-to-one sessions with over 200 local families to support and resolve mental health disorders.
- We have supported GPs and Social Prescribers to create new interventions in the local community to support and promote good mental health and wellbeing.
- We have delivered talks on mental health and wellbeing to local schools and Rotary Clubs.
- We have been invited to speak at international family wellbeing conferences in light of the work we have done in Bishops Stortford and the surrounding areas.

## **PART 2 – CONSULTATION WITH STAKEHOLDERS**

Our stakeholders are the patients of Stort Valley and Villages Primary Care Network and their Doctor's surgeries. The directors of the Mental Wellbeing Centre live in the area they serve, and as such, have a good understanding of the mental health needs and struggles of the local residents. Patients are asked to complete a short questionnaire when they begin one-to-one sessions with us, and this helps us to tailor our service to meet their specific needs. Meetings with GPs and wider support teams are regular and ongoing, and this includes a weekly meeting with our Clinical Director and lead Young People's Social Prescriber: this ensures that we are constantly providing useful and effective support to GPs and that our standard of care towards our patients remains constantly high. We also undertake regular supervision sessions with the lead psychotherapist in this area where we can discuss specific cases and issues; this process helps to support the quality of the service we provide.

## **PART 3 – DIRECTORS' REMUNERATION**

The total of directors remuneration for the year was £30,600.

There are 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.

## **PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION**

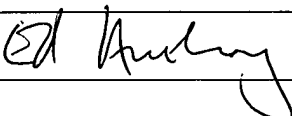
No transfer of assets has been made.

**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

26/02/24

**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.

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, 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)**