

**THE COLLABORATIVE HEALTH COMMUNITY C.I.C.**

**Company Registration Number:  
11460745 (England and Wales)**

**Unaudited statutory accounts for the year ended 31 July 2023**

**Period of accounts**

**Start date: 1 August 2022**

**End date: 31 July 2023**

# **THE COLLABORATIVE HEALTH COMMUNITY C.I.C.**

## **Contents of the Financial Statements**

**for the Period Ended 31 July 2023**

**Directors report**

**Profit and loss**

**Balance sheet**

**Additional notes**

**Balance sheet notes**

**Community Interest Report**

# **THE COLLABORATIVE HEALTH COMMUNITY C.I.C.**

## **Directors' report period ended 31 July 2023**

The directors present their report with the financial statements of the company for the period ended 31 July 2023

### **Directors**

The directors shown below have held office during the whole of the period from

**1 August 2022 to 31 July 2023**

Mrs Heidi Giaever

Mr Geert Follens

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on

**25 March 2024**

And signed on behalf of the board by:

**Name: Mrs Heidi Giaever**

**Status: Director**

# THE COLLABORATIVE HEALTH COMMUNITY C.I.C.

## Profit And Loss Account for the Period Ended 31 July 2023

	2023	2022
	£	£
Turnover:	230	5,020
Cost of sales:	( 3,449 )	( 3,242 )
<b>Gross profit(or loss):</b>	<u>(3,219)</u>	<u>1,778</u>
Administrative expenses:	( 3,189 )	( 3,185 )
<b>Operating profit(or loss):</b>	<u>(6,408)</u>	<u>(1,407)</u>
<b>Profit(or loss) before tax:</b>	<u>(6,408)</u>	<u>(1,407)</u>
<b>Profit(or loss) for the financial year:</b>	<u>(6,408)</u>	<u>(1,407)</u>

# THE COLLABORATIVE HEALTH COMMUNITY C.I.C.

## Balance sheet

As at 31 July 2023

	<i>Notes</i>	<i>2023</i>	<i>2022</i>
		£	£
Called up share capital not paid:		100	100
<b>Fixed assets</b>			
Tangible assets:	3	763	1,050
<b>Total fixed assets:</b>		<u>763</u>	<u>1,050</u>
<b>Current assets</b>			
Cash at bank and in hand:		5,863	10,115
<b>Total current assets:</b>		<u>5,863</u>	<u>10,115</u>
Creditors: amounts falling due within one year:	4	( 20,408 )	( 18,654 )
<b>Net current assets (liabilities):</b>		<u>(14,545)</u>	<u>(8,539)</u>
<b>Total assets less current liabilities:</b>		<u>(13,682)</u>	<u>( 7,389 )</u>
Accruals and deferred income:		( 295 )	( 180 )
<b>Total net assets (liabilities):</b>		<u>(13,977)</u>	<u>(7,569)</u>
<b>Capital and reserves</b>			
Called up share capital:		100	100
Profit and loss account:		(14,077 )	(7,669 )
<b>Total Shareholders' funds:</b>		<u>( 13,977 )</u>	<u>(7,569)</u>

The notes form part of these financial statements

# **THE COLLABORATIVE HEALTH COMMUNITY C.I.C.**

## **Balance sheet statements**

For the year ending 31 July 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 applicable to companies subject to the small companies regime.

**This report was approved by the board of directors on 25 March 2024  
and signed on behalf of the board by:**

Name: Mrs Heidi Glaever  
Status: Director

The notes form part of these financial statements

# **THE COLLABORATIVE HEALTH COMMUNITY C.I.C.**

## **Notes to the Financial Statements**

**for the Period Ended 31 July 2023**

### **1. Accounting policies**

#### **Basis of measurement and preparation**

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

#### **Tangible fixed assets depreciation policy**

Assets were depreciated at 25% Reducing Balance

# THE COLLABORATIVE HEALTH COMMUNITY C.I.C.

## Notes to the Financial Statements for the Period Ended 31 July 2023

### 2. Employees

	2023	2022
Average number of employees during the period	1	1



# THE COLLABORATIVE HEALTH COMMUNITY C.I.C.

## Notes to the Financial Statements

for the Period Ended 31 July 2023

### 3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 August 2022				1,894		1,894
Additions						
Disposals						
Revaluations						
Transfers						
At 31 July 2023				1,894		1,894
<b>Depreciation</b>						
At 1 August 2022				844		844
Charge for year				287		287
On disposals						
Other adjustments						
At 31 July 2023				1,131		1,131
<b>Net book value</b>						
At 31 July 2023				763		763
At 31 July 2022				1,050		1,050

**THE COLLABORATIVE HEALTH COMMUNITY C.I.C.**

**Notes to the Financial Statements**  
**for the Period Ended 31 July 2023**

**4. Creditors: amounts falling due within one year note**

	<i>2023</i>	<i>2022</i>
	£	£
Other creditors	20,408	18,654
Total	<u>20,408</u>	<u>18,654</u>

# COMMUNITY INTEREST ANNUAL REPORT

## THE COLLABORATIVE HEALTH COMMUNITY C.I.C.

Company Number: 11460745 (England and Wales)

Year Ending: 31 July 2023

### Company activities and impact

Activities have included the following: (i) Nutrition & Lifestyle Consultations: This involves providing 1-2-1 advisory coaching as well as group consultation sessions. Most activities have been run by Heidi Giaever in a voluntary capacity, based on the principle that once someone has paid for a couple of consultations, they will be invited to join one of the support groups she runs, for free. (ii) Diabetes Remission: The work includes running twice monthly support sessions on line, for diabetic and prediabetic patients. In addition; groups and some 1-2-1 consultations to help individuals with addiction-like symptoms in connection with certain foods. Also mainly voluntary. (iii) Clinical study work together with colleagues, helping adults to put food addiction symptoms into remission, resulting in improved health and mental wellbeing. The first set of results of this study have been published, showing very encouraging data, and further results will be published during 2024. (iv) Collaboration for Kids (CFK) This is a start-up project, focused on collaborative community initiatives that will help children and young families to reduce their risks of metabolic disease by replacing Ultra Processed Food by real and natural foods the way nature intended. As such, the activities of the CIC are expanding and will likely involve supporting the setting up of a charity. Work in these areas will continue in the forthcoming years and further data will be available to show the benefit to the community.

### Consultation with stakeholders

Key stakeholders are the patients / clients that attend diabetes support and food addiction consultations and support sessions. All stakeholders are actively engaged in defining what and how support sessions are conducted and what subjects are covered, on the basis that all group sessions are designed based on specific needs and interests of the groups. Consequently, all sessions are tailored according to demand, in order to specifically benefit the attendees. GPs and nurses supporting the patients are also important stakeholders and they are invited to information sessions, and to attend sessions with the patients for their own education and informational needs.

### Directors' remuneration

Heidi Giaever received a salary of £2,500 in the year. 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

### Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on  
**25 March 2024**

And signed on behalf of the board by:

**Name: Mrs Heidi Giaever**

**Status: Director**

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.