

WELLBEING 4 MEN C.I.C.

Company limited by guarantee

**Company Registration Number:
11966956 (England and Wales)**

Unaudited statutory accounts for the year ended 30 April 2022

Period of accounts

Start date: 1 May 2021

End date: 30 April 2022

WELLBEING 4 MEN C.I.C.

Contents of the Financial Statements for the Period Ended 30 April 2022

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Community Interest Report

WELLBEING 4 MEN C.I.C.

Directors' report period ended 30 April 2022

The directors present their report with the financial statements of the company for the period ended 30 April 2022

Principal activities of the company

The principal activity of the company was the provision of health and well being services and activities

Directors

The directors shown below have held office during the whole of the period from
1 May 2021 to 30 April 2022

J POWELL
A R FOSTER
W MCGILL
A O'KANE

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 January 2023

And signed on behalf of the board by:

Name: J POWELL

Status: Director

WELLBEING 4 MEN C.I.C.

Profit And Loss Account for the Period Ended 30 April 2022

	2022	2021
	£	£
Turnover:	11,143	38,825
Cost of sales:	(15,996)	(26,914)
Gross profit(or loss):	<u>(4,853)</u>	<u>11,911</u>
Administrative expenses:	(7,465)	(9,805)
Operating profit(or loss):	<u>(12,318)</u>	<u>2,106</u>
Interest payable and similar charges:	(245)	
Profit(or loss) before tax:	<u>(12,563)</u>	<u>2,106</u>
Tax:		(526)
Profit(or loss) for the financial year:	<u>(12,563)</u>	<u>1,580</u>

WELLBEING 4 MEN C.I.C.

Balance sheet

As at 30 April 2022

	<i>Notes</i>	<i>2022</i>	<i>2021</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets:	3	2,114	2,642
Total fixed assets:		<u>2,114</u>	<u>2,642</u>
Current assets			
Cash at bank and in hand:		1,440	8,674
Total current assets:		<u>1,440</u>	<u>8,674</u>
Creditors: amounts falling due within one year:	4	(3,681)	(6,280)
Net current assets (liabilities):		<u>(2,241)</u>	<u>2,394</u>
Total assets less current liabilities:		<u>(127)</u>	<u>5,036</u>
Creditors: amounts falling due after more than one year:	5	(7,400)	
Total net assets (liabilities):		<u>(7,527)</u>	<u>5,036</u>
Members' funds			
Profit and loss account:		(7,527)	5,036
Total members' funds:		<u>(7,527)</u>	<u>5,036</u>

The notes form part of these financial statements

WELLBEING 4 MEN C.I.C.

Balance sheet statements

For the year ending 30 April 2022 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 January 2023
and signed on behalf of the board by:**

Name: J POWELL
Status: Director

The notes form part of these financial statements

WELLBEING 4 MEN C.I.C.

Notes to the Financial Statements

for the Period Ended 30 April 2022

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

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life: Fixtures & equipment - 20% reducing balance

WELLBEING 4 MEN C.I.C.

Notes to the Financial Statements for the Period Ended 30 April 2022

2. Employees

	<i>2022</i>	<i>2021</i>
Average number of employees during the period	4	4

WELLBEING 4 MEN C.I.C.

Notes to the Financial Statements

for the Period Ended 30 April 2022

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 May 2021			4,129			4,129
Additions						
Disposals						
Revaluations						
Transfers						
At 30 April 2022			4,129			4,129
Depreciation						
At 1 May 2021			1,487			1,487
Charge for year			528			528
On disposals						
Other adjustments						
At 30 April 2022			2,015			2,015
Net book value						
At 30 April 2022			2,114			2,114
At 30 April 2021			2,642			2,642

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Notes to the Financial Statements for the Period Ended 30 April 2022

4. Creditors: amounts falling due within one year note

	2022	2021
	£	£
Bank loans and overdrafts	2,400	
Taxation and social security	165	691
Accruals and deferred income	534	5,129
Other creditors	582	460
Total	<u>3,681</u>	<u>6,280</u>

WELLBEING 4 MEN C.I.C.

Notes to the Financial Statements for the Period Ended 30 April 2022

5. Creditors: amounts falling due after more than one year note

	<i>2022</i>
	<i>£</i>
Bank loans and overdrafts	7,400
Total	7,400

COMMUNITY INTEREST ANNUAL REPORT

WELLBEING 4 MEN C.I.C.

Company Number: 11966956 (England and Wales)

Year Ending: 30 April 2022

Company activities and impact

During the year the company provided fitness and well-being programs to address health and social issues in local communities. The programs have improved physical and mental health of participants as well as general wellness and self confidence. The programs have been directed generally at individuals with mental health issues , low fitness levels and low confidence levels.

Consultation with stakeholders

The company's main stakeholders are local authorities and local community groups. Impact analyses are carried out and feedback is encouraged from participants to ensure future delivery is delivered as needed.

Directors' remuneration

No remuneration was received

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
25 January 2023

And signed on behalf of the board by:

Name: J POWELL

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.