

**Food Life Well CIC**  
**Registration number 12423681**  
**BALANCE SHEET**  
For the year ended 31/01/2022

ASSETS	31/01/2022	LIABILITIES	31/01/2022
<b>Current assets</b>		<b>Current liabilities</b>	
Cash	15.12	Accounts payable	0
		Unearned revenue	1390
<b>Fixed assets</b>		<b>Charity equity withdrawal</b>	
Equipment	0	Charity donations	-1374.88
<b>TOTAL ASSETS</b>	<b>15.12</b>	<b>TOTAL LIABILITIES</b>	<b>15.12</b>

The Company Director has elected not to include a copy of the income statement within the financial statements.  
For the financial year in question, the company was entitled to exemption under section 477 of Companies Act 2006 relating to small companies.  
No members have 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 director acknowledges her responsibility for complying with the requirements of the Act with respect to accounting records and for the preparation of accounts.  
These accounts have been prepared in accordance with the provisions of companies subject to the small companies regime.

*A.M. Walker*

Signed:  
Name: A M Walker  
Position: Director, Food Life Well CIC  
Date: 26 October 2022



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# 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**

Food Life Well CIC

**Company Number**

12423681

**Year Ending**

31/01/22

(The date format is required in full)

**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.

Food Life Well CIC has provided practical scientific evidence-based food & lifestyle education, information and coaching to individuals in the form of Nutritional Therapy and Neuro-Linguistic Programming (NLP), both free of charge and in exchange for fees.

Food Life Well CIC donated all fee income from Nutritional Therapy and NLP services and associated commissions to one of its nominated UK charities, which supports people to work their way out of homelessness, providing meaningful work, training, support and a stable home for as long as someone needs it.

*(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.

### **1. Client stakeholders**

#### **1.1. Nutritional Therapy and NLP services provided and the results achieved.**

Food Life Well CIC has continually sought and received verbal and written feedback from its client stakeholders on services & results. The response to this feedback was as follows:

- Lessons learnt, which have enabled continual improvement of the Nutritional Therapy and NLP services offered.
- Testimonials which have been used in the 'Reviews' section of its website.

Note: each client's confidential & personal feedback is also an integral part of their Nutritional Therapy programme.

#### **1.2. Website and social media**

Food Life Well CIC has continued to seek feedback from client stakeholders (and a business mentor) on the content and layout of its website and Instagram account. This feedback shaped updates and the content which has been posted.

#### **1.3. Future direction**

Food Life Well CIC sought feedback from client stakeholders on the type of revenue generating services which may be offered in the future. This feedback shaped new service offerings, which have been successfully implemented, and are generating revenue.

### **2. General public stakeholders**

Food Life Well CIC has also sought further feedback from the general public on the content and layout of its website and Instagram account, and possible future content and direction.

### **3. Collaborating professional stakeholders**

Food Life Well CIC has continued to engage with collaborating professionals to share knowledge/skills, and for the purpose of bi-directional client referral.

### **4. Charity stakeholders**

Food Life Well CIC donated all income from Nutritional Therapy and NLP services and associated commissions to one of its nominated UK charities. This was done online, and the charity sent their thanks. The Director of Food Life Well CIC attended an open day at a local branch of this charity. She saw their work in action, and spoke with Directors and several of the community members who are working their way out of homelessness. The Director of Food Life Well CIC offered free-of-charge NLP services to this branch of the charity.

*(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 by Food Life Well CIC’s sole director.

**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)**

(DD/MM/YY)

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

Signed

A. M. Walker

Date

26/10/22

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.

Director	
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)**