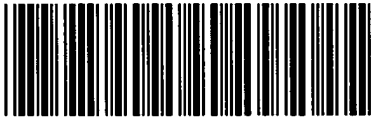


Report of the Director and  
Unaudited Financial Statements  
for the Year Ended 31 August 2022  
for  
Gold & Silver Interprises CIC

MONDAY	SATURDAY	
		<p>*AC5EITAU* A11 10/06/2023 #171 COMPANIES HOUSE *AC42F1CI* A09 22/05/2023 #139 COMPANIES HOUSE</p>

Gold & Silver Interprises CIC

Contents of the Financial Statements  
for the Year Ended 31 August 2022

	Page
Company Information	1
Chairman's Report	2
Report of the Director	6
Income Statement	7
Balance Sheet	8
Notes to the Financial Statements	9
Report of the Accountants	10
Trading and Profit and Loss Account	11

Gold & Silver Interprises CIC

Company Information  
for the Year Ended 31 August 2022

**DIRECTOR:**

Ms S A Camara

**REGISTERED OFFICE:**

Devon House C/o I Owarish Accountants Lt  
Winchmore Hill  
London  
N21 1LE

**REGISTERED NUMBER:**

12805371 (England and Wales)

**ACCOUNTANTS:**

I Owarish & Co Accountants Limited  
Devon House  
61 Church Hill  
Winchmore Hill  
London  
N21 1LE

## Gold & Silver Interprises CIC

### Chairman's Report for the Year Ended 31 August 2022

#### Induction and training

Induction and training are essential processes for our organisation we want to ensure the smooth integration and best performance of its longstanding, new employees, facilitators, volunteers.

We have designed a new code of conduct induction process of introducing all individuals to the organisation, its culture, values, goals, policies, procedures, and expectations. On going training is encouraged which included safeguarding, mental health first aiders, menopause support, bereavement support, data protection, personal hygiene and styling.

The process of providing all new participants at all levels with the necessary skills, knowledge, and competencies to perform their job roles effectively and efficiently.

Sonja has continued to outreach and engage in across the VSC, grassroots private and public sector. All staff facilitators, volunteers are encouraged and supported to attend training in-person and on-line which include Safeguarding, Mental Health First Aiders, Excel, Data Storage, Inclusion and Equality. Two members of staff members have obtained menopause support leading to training.

Sonja continues to attend monthly NHS BEH Trust (Barnet Enfield Haringey) Co-production working group as a community representative reporting updates back to the local community.

The purpose of the Haringey Mental Health Executive Co-production partnership group to jointly develop the New BEH Community model to jointly develop a new community-based offer which includes access to psychological therapies, improved physical health care, employment support, personalised and trauma-informed care medicines management and support for self-harm and coexisting substance use and proactive work to address racial disparities.

Our aim is to jointly deliver integrated personalised, place-based and well-coordinated sessions that support isolation and loneliness using crafts, creativity, green environmental free sessions for people with who have face long term economic inactivity, limited educational attainment diagnosed and newly diagnosed physical and mental health needs. We have seen the success of this approach in reducing the divide between physical and mental health services. To achieve this, we need to minimise bureaucracy and maximise support for mental health professionals, GPs and other providers. We also need to optimise the use of community-based resources that can help people recover and thrive.

The working group will continue to design developing new ways of partnership working that can reduce variations and improve service user and participants outcomes and experience. This will involve engaging with stakeholders, finding best practices, designing innovative models of session and evaluating their impact.

Our programme of activities offers a variety of creative and educational sessions to suit your unique needs and interests. Here are some of the highlights:

- Eco journaling: In this session, you will learn how to make your own journal from recycled materials that reflects your personal goals and values. Eco journaling is a way to reconnect with nature and improve your mental wellbeing.
- Creative Money Talk: This session will help you deal with the financial challenges caused by the Covid-19 pandemic. You will learn how to create a realistic budget, check and reduce your spending, manage your bills and payments, and save money for the future.

## Gold & Silver Interprises CIC

### Chairman's Report for the Year Ended 31 August 2022

- MGA Brown Digital Training: This session provides in-person support for your digital skills. You can bring your own tablet or phone and get help with employability skills, CV update, password reset, app installation, email creation and access, online registration with GP, and more.

- Evening Creations: This session is for people who work in low-paid front-line roles and want to develop new skills and career opportunities. You will take part in a goal journaling activity called "Mapping of the Mind", which helps you share your lived experiences, overcome your challenges, and plan your future. You will also get guidance from Dee Buchanan, a life coach and author of "Messages from the Divine Mother", who will help you discover and recover your true self and uniqueness.

Sewn Together – DWP and Craft & Create engaged by Day & Evening Creations engaged 320 participants many facing isolation and loneliness all keen to learn new skills and meet new people. The projects delivering daily in-person and on-line workshops using local community spaces such as the Chestnuts Community Centre, 280 St Ann's Road N15 5BN, Clockwise Station Road N22, shared office space due to several participants who are digitally excluded with limited ITC skills and no access to electronic equipment the community centre and business start-up space have proven to be excellent locations.

The Sewn Together program has strengthened all services and improved delivery of services which includes increased volunteers this has enabled the facilitators to improve their skills and continue to develop innovative inclusive weekly workshops for local residents keen to recover, re-integrate into society after COVID-19 pandemic.

Sewn Together Employability Programme funded by the DWP an inclusive innovative interactive employment & training project worked was a success securing sustainable employment for over 30 of the 100 women from BAME communities living in Haringey to gain employment, training, business start-up. The programme developed an accessible safe space for mentoring and peer support network for women many living with a diagnosed physical or mental condition.

Start-ups Monthly Networking -4U2newsmag M.O.B my own business is an inclusive and diverse network made up of founder's side-hustlers, sole traders, freelancers, self-employed, part-time, full-time and unemployed-we welcome anyone to join us.

Worked with Haringey Economic Regeneration team organised who have a growing local SME business.

My own business in person business support networking events specialist business support and keynote speakers. During London Climate Action week, we hosted Start-Ups Monthly Global Action Networking inviting local SME businesses to show case sustainable local businesses, jobs, training.

Haringey Global Entrepreneurship week 2021 when we celebrated and learnt about the range of social enterprises in Haringey.

Go Green Eco Urban Festival incorporated London Climate Action week and The Great Big Green week. Re-Connect Re-Invent- Re-Purpose

Sustainability was at the forefront of local people. Gold & Silver Interprises 4U2newsmag worked with a co-operative of local green businesses and environmental agencies. We secured a grant from Veolia and worked with Haringey Council to deliver two eight-day program leading up to COP27

Partners included Haringey Council Veolia, Sustainable Haringey and 34 other local community groups to delivery activities that engaged over 5000 residents. The festival was selected to be a flag ship event during London Climate Action Week. Sonja was selected as part of the closing ceremony which was held at a City of London location.

## Gold & Silver Interprises CIC

### Chairman's Report

#### for the Year Ended 31 August 2022

**Arts Craft & digital Wellness Fair** The event was launched by Cllr Mike Hakatha Cabinet Deputy Leader of the Council. Over 300 people attended, residents joined in a variety of fun inclusive activities with stalls, live demonstrations, resourced workshops, health professionals offered blood pressure checks, weight management advice. FREE relaxing back and shoulder massage participants enjoyed calming reiki treatment using natural beauty products, tasty vegan and plant-based foods were provided on the day.

**React-Recover-Re-open Tour of Haringey's Eco House** with recently qualified carbon champions delivered face-face affordable tips and tricks that helped residents facing fuel and food poverty create a more sustainable home in their existing homes by installing better efficiency appliances. Shine a fantastic green job and training session. Peddle Me and Dr Bike supplied bike swapping and repairs. School children enjoyed interactive workshops, speakers promoting eco-products and services.

**Pop-drop-in workshops** delivered by fuel poverty charity NEA National Energy Action, Shine, working towards warm and safe homes, address rising energy bills that have affected 6.5 million households who are in fuel poverty.

#### **Food 4 All**

Haringey food Network partners provided advice information and sign posting, relating to the borough wide supply and demand to ensure food is easily located.

This event hosted a specialist hoarding workshop delivered by qualified practitioners offering support and guidance for residents living with hoarding, which is a recognised mental health condition, which have proven NHS mental health signposting and pathways.

#### **Black Communities Health & Wellness Fair - October 2022**

This was a successful event that aimed to promote health and wellbeing among local black communities. It was organised in collaboration with nine community groups, including Haringey Public, NHS, Sewn Together, and 4U2. The event attracted more than 320 people who enjoyed various activities and services related to fitness, food and wellness. There were 25 independent stalls on-site that offered workshops, advice and support from health professionals.

One of the highlights of the event was the pop-up screening centre that provided Covid 19 vaccines, winter flu jabs, high blood pressure and diabetes testing. These were important services that helped people to protect their health and prevent serious illnesses. The day celebrated the diversity and strength of the black communities.

Another feature of the event was the health conversations that covered topics such as organ donations, cancer detection, prostate and diabetes natural medicines. These were informative sessions that aimed to raise awareness and dispel myths about these issues.

The event also offered a pop-up mobile beauty salon that provided free beauty treatments such as head and shoulder massage, pedicures and manicures, Riekie and Healing. These were delivered by local professional therapists who run weekly sessions for their clients. The treatments were a way of pampering and relaxing the participants.

The day showcased the talent and creativity of the local community. There was a poetry corner where Frances, an 89-year-old resident originally from South Africa, read her own poem about loneliness. There was also a healthy community lunch that included health juices, smoothies and carrot and parsnip homemade cakes by local baker Vee.

The event was a splendid example of equality and inclusion how local people and health services from BAME backgrounds can work together to improve their health and wellbeing. It was a fun-filled and informative.

## Gold & Silver Interprises CIC

### Chairman's Report for the Year Ended 31 August 2022

#### FUTURE DEVELOPMENTS

We are delighted to share some of the exciting projects that we have been working on collaborating with 4U2newsmag, your community and enterprise Newsmag. The magazine mission is to provide honest, fun and practical content for the community to share informative news and views in print, online and in person.

4U2newsmag continues to grow its online presence with increased social media activity using Facebook, Instagram, Twitter and several other local grassroots group advertising platforms. We also have a developing website where you can access our digital flip book edition of the Newsmag, celebrating 10 years of collaborating with communities.

One of our recent achievements was designing and developing a successful "Get Screened Protect Yourself" campaign, which focused on raising awareness and encouraging cervical cancer screening amongst black women in Haringey. We created flyers, posters, videos and helped focus groups to promote this important health message.

We also aim to build on The Listening Corner, our quarterly section where we offer practical and confidential advice for everyday challenges. We plan to add a weekly podcast hosted by local people for residents to share their lived experiences and cover simple topics such as health and wellbeing, local services, business and employment opportunities, and more.

Another future development is expanding the Sewn Together Local Crafting Program, which offers a range of creative workshops for people who want to learn new skills or improve their existing ones. New topics we are planning to include are trash art, introduction to sewing and mending, upcycling, recycling, Fun Friday Pampering & Enrichment, Environmental studies level 1, increase digital sessions CV/bio-online development and interview presentation.

At all stages of our development we encourage and always welcome feedback and suggestions and provide direct contact details for individuals to feel free to contact us at [info@4u2newsmag.com](mailto:info@4u2newsmag.com) or visit our website at [www.4u2newsmag.com](http://www.4u2newsmag.com).

Our goal is to create a series of pop-up events that promote health and wellbeing in our local area. These events will feature workshops on various topics, such as nutrition, mindfulness, fitness, and stress management, that will help participants improve their physical and mental health. We will also connect participants with local service providers who can offer further support and guidance. Our aim is to reach out to marginalised communities who may face barriers to accessing health and wellbeing services and opportunities. We also plan to organise local job fairs that showcase employment opportunities in health, wellbeing, and creative industries.

Gold & Silver Interprises CIC is a community interest company that aims to co-produce services with other groups and organisations that share our vision of empowering people from communities living in low income households to reduce social isolation. In 2022, we have reached out and support co-production with various community groups, statutory organisations, grassroots groups and sections of local authorities. We have also noticed an interest from other voluntary groups that want to work with us for networking, focus group data collection and other vital information that will allow us to promote our services more effectively.

We aim to plan a project activity list for 2022 and seek professional help in writing grant proposals that can demonstrate our impact and value.

Gold & Silver Interprises CIC

Report of the Director  
for the Year Ended 31 August 2022

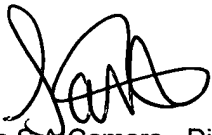
The director presents her report with the financial statements of the company for the year ended 31 August 2022.

**DIRECTOR**

Ms S A Camara held office during the whole of the period from 1 September 2021 to the date of this report.

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

**ON BEHALF OF THE BOARD:**

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

Ms S A Camara - Director

9 May 2023



Gold & Silver Interprises CIC

Income Statement  
for the Year Ended 31 August 2022

	Year Ended 31.8.22 £	Period 11.8.20 to 31.8.21 £
<b>TURNOVER</b>	57,076	16,842
Cost of sales	(29,087)	-
<b>GROSS PROFIT</b>	27,989	16,842
Distribution costs	(16,374)	(12,305)
Administrative expenses	(11,615)	(4,537)
<b>OPERATING PROFIT and PROFIT BEFORE TAXATION</b>	-	-
Tax on profit	-	-
<b>PROFIT FOR THE FINANCIAL YEAR</b>	-	-

The notes form part of these financial statements

Gold & Silver Interprises CIC (Registered number: 12805371)

Balance Sheet  
31 August 2022

	31.8.22 £	31.8.21 £
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	<u>-</u>	<u>-</u>
<b>RESERVES</b>	<u>-</u>	<u>-</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2022 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her 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 provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the director and authorised for issue on 9 May 2023 and were signed by:



Ms S A Camara - Director

The notes form part of these financial statements

## Gold & Silver Interprises CIC

### Notes to the Financial Statements for the Year Ended 31 August 2022

#### 1. **STATUTORY INFORMATION**

Gold & Silver Interprises CIC is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

#### 2. **ACCOUNTING POLICIES**

##### **Basis of preparing the financial statements**

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

##### **Turnover**

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

##### **Taxation**

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

##### **Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

#### 3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 19 (2021 - 4).

Gold & Silver Interprises CIC

Report of the Accountants to the Director of  
Gold & Silver Interprises CIC

As described on the Balance Sheet you are responsible for the preparation of the financial statements for the year ended 31 August 2022 set out on pages seven to nine and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.



I Owarish & Co Accountants Limited  
Devon House  
61 Church Hill  
Winchmore Hill  
London  
N21 1LE

**I Owarish Accountants Ltd**  
**Accountants and Independent Examiners**  
**Devon Street, Church Hill**  
**Winchmore Hill - London N21 1LE**  
**Tel. 0207 361 0340**  
**Info@iowarish.co.uk**

9 May 2023

Gold & Silver Interprises CIC

Trading and Profit and Loss Account  
for the Year Ended 31 August 2022

	Year Ended 31.8.22		Period 11.8.20 to 31.8.21	
	£	£	£	£
<b>Turnover</b>				
Contracts	2,775		-	
NHS Funding	11,686		-	
Bridge Renewal Funding	19,925		-	
Public sector Funding	3,425		-	
DWP Funding	19,265		-	
Grant and Subsidies	-		11,845	
Other Revenue	-		4,997	
		57,076		16,842
<b>Cost of sales</b>				
Purchases	5,574		-	
Facilitators	23,513		-	
		29,087		-
<b>GROSS PROFIT</b>		27,989		16,842
<b>Expenditure</b>				
Directors' fees	12,540		-	
Refreshments	3,834		-	
Direct Project Costs	-		12,305	
Insurance	291		-	
Repairs to property	5,178		-	
Telephone	922		456	
Post and stationery	75		43	
Travelling	-		246	
Motor expenses	944		-	
Printing	2,236		-	
Computer costs	104		-	
Accountancy	-		700	
Legal fees	-		40	
Advertising	1,865		125	
Office General and Admin	-		197	
Staff Training	-		1,655	
On Line Media and Training	-		490	
Resource Kits	-		422	
Depreciation of tangible fixed assets	-			
Fixtures and fittings	-		163	
		27,989		16,842
<b>NET PROFIT</b>		-		-

This page does not form part of the statutory financial statements

~~100024~~ / 15

100024 / 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

GOLD & SILVER INTERPRIUSES CIC

Company Number

12805371

Year Ending

31 AUGUST 2022

*(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.

The company's activities provided benefits by building accessible partnerships and networks co-producing services and activities with other local and National organisations such as the Bridger Renewal Trust, House of Akunna Fashion House, DWP, GLA, Clarions Housing to seek solutions to the barriers experienced by the target group.

Our services offered transparency and continue to develop trust and confidence in the community.

We have developed a series of specialised programmes Sewn Together, Tapestries' For Recovery, Crafting for Health & Wellbeing delivered interactive weekly crafting activities which involved residents, local community groups in planning decision making about services and activities.

We investigated and sourced appropriate funding to deliver high quality services. Utilised local spaces promoting locality. Our projects encourage more people from all sections of the community to get involved in self-care of overall health.

All activities promote an atmosphere of mutual appreciation and respect encouraging participants to work with local association such as the NHS. Local Authorities, Grassroots Community Groups, Women against violence, Mind if Haringey to organise public social activities in their local community.

## **ACHIEVEMENT AND PERFORMANCE**

2022 was another progressive year and we are grateful for everyone who has participated in any way in supporting the group in the year during the Covid 19 pandemic.

In our first year, we have faced numerous start-up challenges but continue to focus on our commitment to actively building networks and co-partnering with other local groups using local community spaces.

We have continued to deliver our main priority of the group which is to empower local people to look after their overall health and wellbeing. Gold & Silver Interprises. 4U2 has delivered vital local information in print, online and in person and encouraged employment/self-employment plus local networking.

Over the period, we have effectively managed to identify our audience which increased volunteers' participation and raised the profile of the group. We are building greater community involvement by organising a series of free low-cost community events which attracted participants.

The various events and activities have provided several diverse and additional exposure for Gold & Silver Interprises CIC community group and [4U2newsmag.com](http://4u2newsmag.com)

*(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.

Our board continue to sit every 4 times during the year, where they are consulted on matters relating to the Company's strategic plan and they continue to add value.


Our funders include a wide range of well-known funders and we are very grateful for their support.

*(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.

N/A no transfer of assets other than full consideration has been made.  


*(Please continue on separate continuation sheet if necessary.)*

**PART 5 – SIGNATORY (Please note this must be a live signature)**

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

Signed



(DD/MM/YY)

Date

12May 2023

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)**