

# **Anxiety Action Wales CIC**

**Company Registration Number:  
12913317 (England and Wales)**

## **Annual Report and Unaudited Accounts**

**Period of accounts**

**Start date: 1<sup>st</sup> October 2021**

**End date: 30<sup>th</sup> September 2022**



**ANXIETY ACTION WALES CIC**

**Company Accounts: 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022**

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for the Period Ended 30 September 2022

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**ANXIETY ACTION WALES CIC**

**Company Accounts: 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022**

**Company Information**

**for the Period Ended 30 September 2022**

**Directors**

Helen Jones  
Charles Collar  
Bethan Jones

**Registered office:**

Garn Farm  
Wenvoe  
Cardiff  
CF5 6BE

**Company Registration Number:** 12913317 (England and Wales)

# **ANXIETY ACTION WALES CIC**

## **Company Accounts: 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022**

The directors present their report and accounts for the year ended 30<sup>th</sup> September 2022.

### **Directors**

Helen Jones, Charles Collar and Bethan Jones held office during the whole of the period.

### **Statement of directors' responsibilities**

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

### **Small company provisions**

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

Signed on behalf of the board of directors



.....  
Helen Jones  
Director

Approved by the board on: 18<sup>th</sup> December 2022

**ANXIETY ACTION WALES CIC**

**Company Accounts: 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022**

**Profit and Loss Account**

**for the Period Ended 30<sup>th</sup> September 2022**

	<b>2022</b>
	<b>£</b>
<b>Turnover</b>	9900
<b>Cost of Sales</b>	(6460)
	<hr/>
<b>Gross Profit</b>	3440
<b>Administrative expenses</b>	(3527)
	<hr/>
<b>Operating profit / (Loss)</b>	(87)
	<hr/>
<b>Profit / (Loss) on ordinary activities before taxation</b>	(87)
<b>Tax on profit/(loss) on ordinary activities</b>	-
<b>Profit/(loss) for the financial year</b>	(87)

# ANXIETY ACTION WALES CIC

Company Accounts: 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022

## Statement of Financial Position

As at 30 September 2022

	Notes	2022 £
<b>Fixed Assets:</b>	4	( 0 )
<b>Current assets:</b>		( 0 )
Debtors	5	( 0 )
Cash at bank and in hand		172
		<hr/> 172
<b>Creditors: amounts falling due within one year:</b>	6	( 0 )
<b>Net current assets (liabilities):</b>		<hr/> 172
<b>Net liabilities</b>		( 0 )
<b>Capital and reserves</b>		
Called up share capital		3
Profit and loss account:		( 87 )
<b>Shareholders' funds :</b>		<hr/> 90 <hr/>

For the year ending 30 November 2021 the company was entitled to exemption from audit 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 in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board and authorised for issue on 18 December 2022 and were signed on its behalf by



Helen Jones  
Director

# ANXIETY ACTION WALES CIC

Company Accounts: 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022

## Notes to the Accounts

For the Year Ended 30<sup>th</sup> September 2022

### 1 Statutory information

Anxiety Action Wales CIC is a community interest company, limited by shares, registered in England and Wales, registration number 12913317. The registered office is Garn Farm, Wenvoe, Cardiff, CF5 6BE.

### 2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

### 3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have been consistently applied within these accounts.

#### *Basis of preparation*

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

#### *Presentation currency*

The accounts are presented in £ sterling.

#### *Tangible fixed assets and depreciation*

Tangible assets are included at cost less depreciation and impairment. Within this accounting period the company did not have any tangible assets. For future reference depreciation will be provided at the following rates in order to write off the assets over their estimated useful lives: Computer equipment 25% Reducing Balance Basis

### 4 Tangible fixed – None held

### 5 Debtors: amounts falling due within one year

2022

	£
Trade debtors	( 0 )
Accrued income and prepayments 160 98	( 0 )
	<hr/>
	( 0 )
	<hr/>

### 6 Creditors: amounts falling due within one year

2022

	£
Trade creditors	0
Loans from directors	700
Accruals	0
	<hr/>
	700
	<hr/>

### 7 Average number of employees

During the year the average number of employees was 0

**ANXIETY ACTION WALES CIC**

**Company Accounts: 1<sup>st</sup> October 2021 to 30<sup>th</sup> September 2022**

**Detailed Profit and Loss Account**

**For The Year Ended 30 September 2022**

*This schedule does not form part of the statutory accounts.*

	<b>2022 £</b>
<b>Turnover</b>	
Sales (Lottery Grant)	9900
<b>Cost of Sales</b>	
Subcontractor costs	6460
Other direct costs	0
	<hr/>
<b>Gross Profit</b>	3440
<b>Administrative expenses</b>	
Wages and salaries	0
Directors' salaries	3000
Pensions	0
Staff training and welfare	0
Travel and subsistence	0
Entertaining	0
Light and heat	0
Postage	0
Subscriptions	0
Bank charges	0
Equipment expensed	0
IT / Software	76
Depreciation	0
Sundry expenses	0
Accountancy Fees	0
Other legal and professional	451
	<hr/>
	3527
	<hr/>
<b>Operating profit / (Loss)</b>	(87)
	<hr/>
<b>Profit / (Loss) on ordinary activities before taxation</b>	(87)



000002/15

**CIC 34****Community Interest Company Report**

For official use  
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Please  
complete in  
typescript, or  
in bold black  
capitals.

Company Name in  
full

Anxiety Action Wales CIC (now LIFFT CIC)

Company Number

12913317

Year Ending

30/09/2022

(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.

Anxiety Action Wales CIC has designed, marketed and delivered mental health and wellbeing programmes to participants in the South East Wales community. The feedback from the participants has been excellent for example 'I loved all the sessions and actually felt more confident going into work for the week after them, knowing I was armed with my toolkit and after hearing that I wasn't the only person who felt the way I did.' Feedback from participants is also informing the development of future mental health and wellbeing programmes.

(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.

We have engaged with participants, their employers (where applicable), of the mental health and wellbeing programmes we have delivered, collecting their feedback which we have used to inform the design, content and structure of further programmes.

Based on their feedback we are developing a follow up to the Mental Health and Wellbeing Toolkit programme. We are also investigating the opportunity to maintain contact with the participants and they with each other. We are also intending to provide more face-to-face programme delivery as the majority to date has been online.

*(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.

Directors' remuneration is detailed in company accounts - *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"*

**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



Date

03/03/23

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.

Helen Jones	
GARN FARM ,	
WENVOE, CARDIFF	
CF5 6BF	Tel 0786 507 8031
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)**