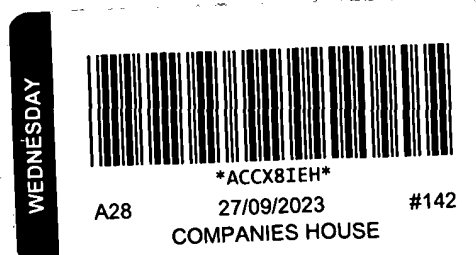


**WELLNESSACTION CIC
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE PERIOD FROM 16 FEBRUARY 2022 TO 28 FEBRUARY 2023**



WELLNESSACTION CIC
ANNUAL REPORT AND UNAUDITED ACCOUNTS
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WELLNESSACTION CIC
COMPANY INFORMATION
FOR THE PERIOD FROM 16 FEBRUARY 2022 TO 28 FEBRUARY 2023

Directors	Trevor Michael Seymour Angela Grant
Company Number	13919250 (England and Wales)
Registered Office	33 OLD LEEDS ROAD HUDDERSFIELD HD1 1SG ENGLAND
Accountants	HD Accountancy Services 23A, Broad Lane Moldgreen Huddersfield West Yorkshire HD5 9BX

WELLNESSACTION CIC
(COMPANY NO: 13919250 ENGLAND AND WALES)
DIRECTORS' REPORT

The directors present their report and accounts for the period from 16 February 2022 to 28 February 2023.

Directors

The following directors were appointed during the period:

Trevor Michael Seymour was appointed on 16 February 2022.

Angela Grant was appointed on 31 July 2022.

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:

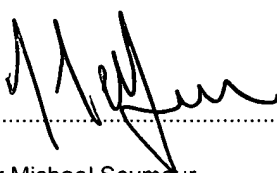
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

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



Trevor Michael Seymour
Director

Approved by the board on: 28 April 2023

WELLNESSACTION CIC
INCOME STATEMENT
FOR THE PERIOD FROM 16 FEBRUARY 2022 TO 28 FEBRUARY 2023

	2023
	£
Turnover	5,193
Cost of sales	(1,303)
Gross profit	<u>3,890</u>
Administrative expenses	(6,995)
Operating loss	<u>(3,105)</u>
Loss on ordinary activities before taxation	<u>(3,105)</u>
Tax on loss on ordinary activities	-
Loss for the period	<u><u>(3,105)</u></u>

WELLNESSACTION CIC
STATEMENT OF FINANCIAL POSITION
AS AT 28 FEBRUARY 2023


	Notes	2023 £
Fixed assets		
Tangible assets	4	2,310
Current assets		
Cash at bank and in hand		330
Creditors: amounts falling due within one year	5	(5,745)
Net current liabilities		(5,415)
Net liabilities		(3,105)
Capital and reserves		
Profit and loss account		(3,105)
Shareholders' funds		(3,105)

For the period ending 28 February 2023 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 of Directors and authorised for issue on 28 April 2023 and were signed on its behalf by


Trevor Michael Seymour
Director

Company Registration No. 13919250

WELLNESSACTION CIC
NOTES TO THE ACCOUNTS
FOR THE PERIOD FROM 16 FEBRUARY 2022 TO 28 FEBRUARY 2023

1 Statutory information

Wellnessaction CIC is a private company, limited by shares, registered in England and Wales, registration number 13919250. The registered office is 33 OLD LEEDS ROAD, HUDDERSFIELD, HD1 1SG, ENGLAND.

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 the same 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. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Fixtures & fittings	20%
---------------------	-----

4 Tangible fixed assets

	Fixtures & fittings
	£
Cost or valuation	At cost
At 16 February 2022	-
Additions	2,567
At 28 February 2023	2,567
Depreciation	
Charge for the period	257
At 28 February 2023	257
Net book value	
At 28 February 2023	2,310

5 Creditors: amounts falling due within one year

	2023
	£
Loans from directors	5,245
Accruals	500
	5,745

WELLNESSACTION CIC
NOTES TO THE ACCOUNTS
FOR THE PERIOD FROM 16 FEBRUARY 2022 TO 28 FEBRUARY 2023

6 Average number of employees

During the period the average number of employees was 0.

WELLNESSACTION CIC
DETAILED PROFIT AND LOSS ACCOUNT
FOR THE PERIOD FROM 16 FEBRUARY 2022 TO 28 FEBRUARY 2023

This schedule does not form part of the statutory accounts.

	2023
	£
Turnover	
Sales	5,193
Cost of sales	<u>1,303</u>
Purchases	1,303
Gross profit	<u>3,890</u>
Administrative expenses	
Rent	5,720
Bank charges	65
Repairs and maintenance	426
Depreciation	257
Accountancy fees	500
Other legal and professional	27
	<u>6,995</u>
Operating loss	<u>(3,105)</u>
Loss on ordinary activities before taxation	<u><u>(3,105)</u></u>

CIC 34

Community Interest Company Report

<i>Please complete in typescript, or in bold black capitals.</i>	For official use (Please leave blank)	
	Company Name in full	Wellness Action CIC
	Company Number	13919250
	Year Ending	28/02/2023

(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)

<p>PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT</p> <p>We work with GP Surgeries in the Kirklees area, they refer patients to Wellness Action that are obese, have high blood pressure or issues such as type 2 diabetes.</p> <p>We hold weekly sessions to identify the food being eaten by participants and the movement they are doing in order to help them with their issues, rather than take a pill.</p> <p>We measure their blood pressure, peak flow, blood sugars and cholesterol when they start our programme and then again at the end of 8 weeks.</p> <p><i>With movement and an improved eating plan we have seen the benefit of participants and have moved towards healthier members of the community.</i></p> <p>(Please continue on separate continuation sheet if necessary.)</p>

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.

As we work with type 2 diabetic patient, we regularly talk with them and monitor their food behaviour and try to assess the movement of severity of the disease. We note down the feedback of our stakeholder very regularly.

(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.

Throughout the trading year March 2022 to February 2023, director has taken no salary.

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.

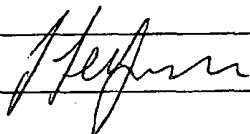
No transfer of asset has made in within this trading period.

(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

19.9.23

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.

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, 4th 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)