

ACTIVE & HEALTHY MINDS CIC

Company limited by guarantee

**Company Registration Number:
13973416 (England and Wales)**

Unaudited statutory accounts for the year ended 31 March 2023

Period of accounts

Start date: 14 March 2022

End date: 31 March 2023

ACTIVE & HEALTHY MINDS CIC

Contents of the Financial Statements

for the Period Ended 31 March 2023

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Balance sheet notes

Community Interest Report

ACTIVE & HEALTHY MINDS CIC

Directors' report period ended 31 March 2023

The directors present their report with the financial statements of the company for the period ended 31 March 2023

Principal activities of the company

Active and Healthy Minds specifically support those with short or long term mental health

Directors

The director shown below has held office during the whole of the period from
14 March 2022 to 31 March 2023

Mohammed Shanmaz Dad

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
29 November 2023

And signed on behalf of the board by:

Name: Mohammed Shanmaz Dad

Status: Director

ACTIVE & HEALTHY MINDS CIC

Profit And Loss Account for the Period Ended 31 March 2023

*13 months to 31
March 2023*

	£
Turnover:	10,630
Gross profit(or loss):	<hr/> 10,630 <hr/>
Administrative expenses:	(11,312)
Operating profit(or loss):	<hr/> (682) <hr/>
Profit(or loss) before tax:	<hr/> (682) <hr/>
Profit(or loss) for the financial year:	<hr/> (682) <hr/>

ACTIVE & HEALTHY MINDS CIC

Balance sheet

As at 31 March 2023

	<i>Notes</i>	<i>13 months to 31 March 2023</i>
		£
Current assets		
Cash at bank and in hand:		588
Total current assets:		<u>588</u>
Creditors: amounts falling due within one year:	3	(1,270)
Net current assets (liabilities):		<u>(682)</u>
Total assets less current liabilities:		<u>(682)</u>
Total net assets (liabilities):		<u>(682)</u>
Members' funds		
Profit and loss account:		(682)
Total members' funds:		<u>(682)</u>

The notes form part of these financial statements

ACTIVE & HEALTHY MINDS CIC

Balance sheet statements

For the year ending 31 March 2023 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 29 November 2023
and signed on behalf of the board by:**

Name: Mohammed Shanmaz Dad
Status: Director

The notes form part of these financial statements

ACTIVE & HEALTHY MINDS CIC

Notes to the Financial Statements

for the Period Ended 31 March 2023

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

Turnover policy

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes.

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Notes to the Financial Statements

for the Period Ended 31 March 2023

2. Employees

*13 months to 31
March 2023*

Average number of employees during the period

0

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Notes to the Financial Statements

for the Period Ended 31 March 2023

3. Creditors: amounts falling due within one year note

	<i>13 months to 31 March 2023</i>
	£
Trade creditors	1,270
Total	<u>1,270</u>

COMMUNITY INTEREST ANNUAL REPORT

ACTIVE & HEALTHY MINDS CIC

Company Number: 13973416 (England and Wales)

Year Ending: 31 March 2023

Company activities and impact

Purpose Active and Healthy Minds is directly aimed at adults over the age of 18, in Nottingham and the surrounding areas. We support mental health and socially isolated clients especially post Covid 19, through: - Appropriate social activities to establish new relationships- Providing opportunities for social support- Fostering a sense of belonging within a community. **Activities** Active and Healthy Minds specifically support those with short or long term mental health issues: - Neurosis (depression, Anxiety, OCD, Panic Attacks, Phobias)- Psychosis (bi-polar disorder, Schizophrenia). - Dual- diagnosis (alcohol/drug dependency and mental health illness)- Anger management issues,- Difficulty sleeping,- Weight problems,- Unemployment- Socially isolated due to their condition or by stigma associated with their illness. **Impact** The organisations and services streams that have benefitted from using our service include: - The local NHS across its nurses, intervention, crisis resolution and home teams.- Support workers, carers and volunteers through sessions, actual involvement or peer support opportunities- Local councils support our active and healthy living strategies to meet their Health and Social Care obligations and goals.

Consultation with stakeholders

No consultation with stakeholders

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
12 December 2023

And signed on behalf of the board by:

Name: Mohammed Shanmaz Dad

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.