

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Company limited by guarantee

**Company Registration Number:
14214091 (England and Wales)**

Unaudited statutory accounts for the year ended 31 July 2023

Period of accounts

Start date: 4 July 2022

End date: 31 July 2023

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

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for the Period Ended 31 July 2023

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Community Interest Report

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Directors' report period ended 31 July 2023

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

Principal activities of the company

Physical well-being activities

Directors

The directors shown below have held office during the whole of the period from
4 July 2022 to 31 July 2023

Diana Helen Fox
Thomas Alexander Howard

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
21 September 2023

And signed on behalf of the board by:

Name: Diana Helen Fox
Status: Director

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Profit And Loss Account for the Period Ended 31 July 2023

*13 months to 31
July 2023*

	£
Turnover:	5,585
Cost of sales:	(3,440)
Gross profit(or loss):	<u>2,145</u>
Administrative expenses:	(2,145)
Operating profit(or loss):	<u>0</u>
Profit(or loss) before tax:	<u>0</u>
Profit(or loss) for the financial year:	<u>0</u>

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Balance sheet

As at 31 July 2023

	<i>Notes</i>	<i>13 months to 31 July 2023</i>	<i>£</i>
Current assets			
Cash at bank and in hand:			7,154
Total current assets:			<u>7,154</u>
Creditors: amounts falling due within one year:	3	(7,154)	<u>0</u>
Net current assets (liabilities):			<u>0</u>
Total assets less current liabilities:			<u>0</u>
Total net assets (liabilities):			<u>0</u>
Members' funds			
Profit and loss account:			0
Total members' funds:			<u>0</u>

The notes form part of these financial statements

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Balance sheet statements

For the year ending 31 July 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 21 September 2023
and signed on behalf of the board by:**

Name: Diana Helen Fox
Status: Director

The notes form part of these financial statements

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Notes to the Financial Statements

for the Period Ended 31 July 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

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Notes to the Financial Statements for the Period Ended 31 July 2023

2. Employees

*13 months to 31
July 2023*

Average number of employees during the period

2

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Notes to the Financial Statements

for the Period Ended 31 July 2023

3. Creditors: amounts falling due within one year note

	<i>13 months to 31 July 2023</i>
	<i>£</i>
Accruals and deferred income	479
Other creditors	6,675
Total	<u>7,154</u>

COMMUNITY INTEREST ANNUAL REPORT

ACTIVE ALWAYS COMMUNITY WELLBEING CIC

Company Number: 14214091 (England and Wales)

Year Ending: 31 July 2023

Company activities and impact

We run funded programmes within a number of funding streams. In no particular order Active Coffee Morning PilotA 10 week programme funded but Active HW (Sports Partnership). Trialling the benefits of an exercise session combined with social activity (coffee morning) for cancer patients. Funding received for room hire, instructor and refreshments.Active Coffee MorningFollowing the successful pilot project Active HW continued their funding for a further 15 weeks and this was matched by Macmillan. Additional funding supplied for marketing and additional equipment so that numbers could be increased.WOW FCThe Worcestershire Oncology Walking Football Club. I helped to set up the sessions originally and continue to support with the social side organising a venue and refreshments for matches for example. Funding has now been received from Macmillan to assist with this and to buy some additional football shirts for new players to promote team wellbeing.Batter Breast CancerAn initiative to trial Boxercise sessions for Breast Cancer patients. Funding received from Active HW for room hire and equipment purchase.BadmintonFunding received to support junior badminton in Worcester. The funding originally came from Badminton England and was held by the University of Worcester Badminton Performance Centre. The centre has now closed so the remainder was transferred to Active Always Ltd for me to manage. I then transferred it to the CIC as it was easier to ringfence it for the specific badminton purpose. Used to provide a coach, provide equipment to a couple of local clubs and to set up and run the school games.Exercise is MedicineFunding received from Active HW to run a number of exercise sessions for social prescribers. This has been delayed a number of times due to conversations over requirements between Active HW and the PCN and then a lack of referrals from GPs. Active HW asked us to keep the money and to revert back to the original premise. We should be starting this month

Consultation with stakeholders

Our main stakeholders are Active HW, Macmillan, Worcestershire Breast Unit Haven, Kidderminster and Worcestershire Prostate Cancer Support Group, Worcestershire Oncology Centre, Freedom Leisure, Onside Advocacy and the participants of our programs.I am on the Cancer Services Network and I support Macmillan and the support groups by attending and presenting at their Living Well days. They refer patients onto our programmes. I also have regular meetings with representatives from Active HW.

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
15 September 2023

And signed on behalf of the board by:

Name: Diana Helen Fox

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.