

**Company Registration No. 09349552 (England and Wales)**

**LOUGHBOROUGH WELLBEING CENTRE CIC**

**(A COMPANY LIMITED BY GUARANTEE)**

**UNAUDITED FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 DECEMBER 2016**

**PAGES FOR FILING WITH REGISTRAR**

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**LOUGHBOROUGH WELLBEING CENTRE CIC**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**COMPANY INFORMATION**

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<b>Directors</b>	H E Carter N A Morgan L M Holding P G Short J L Bagley	(Appointed 1 November 2016) (Appointed 27 October 2016) (Appointed 18 September 2017)
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**Company number** 09349552

**Registered office** 14 Park Row  
Nottingham  
NG1 6GR

**Accountants** UHY Hacker Young  
14 Park Row  
Nottingham  
NG1 6GR

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**LOUGHBOROUGH WELLBEING CENTRE CIC**  
**(A COMPANY LIMITED BY GUARANTEE)**  
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**LOUGHBOROUGH WELLBEING CENTRE CIC**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**BALANCE SHEET**  
**AS AT 31 DECEMBER 2016**

	Notes	2016 £	£	2015 £	£
<b>Current assets</b>					
Cash at bank and in hand		1,189		4,685	
<b>Creditors: amounts falling due within one year</b>	3	-		(5,263)	
<b>Net current assets/(liabilities)</b>			1,189		(578)
			=====		=====
<b>Reserves</b>					
Income and expenditure account			1,189		(578)
			=====		=====

The directors of the company have elected not to include a copy of the income and expenditure account within the financial statements.

For the financial year ended 31 December 2016 the company was entitled to exemption from audit under section 480 of the Companies Act 2006 relating to dormant companies.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the board of directors and authorised for issue on 25 September 2017 and are signed on its behalf by:



H E Carter  
**Director**

**Company Registration No. 09349552**

**LOUGHBOROUGH WELLBEING CENTRE CIC  
(A COMPANY LIMITED BY GUARANTEE)  
NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2016**

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**1 Accounting policies**

**Company information**

Loughborough Wellbeing Centre CIC is a private company limited by guarantee incorporated in England and Wales. The registered office is 14 Park Row, Nottingham, NG1 6GR.

**1.1 Accounting convention**

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

These financial statements for the year ended 31 December 2016 are the first financial statements of Loughborough Wellbeing Centre CIC prepared in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland. The date of transition to FRS 102 was 10 December 2014. The reported financial position and financial performance for the previous period are not affected by the transition to FRS 102.

**1.2 Income and expenditure**

Income and expenses are included in the financial statements as they become receivable or due.

Expenses include VAT where applicable as the company cannot reclaim it.

**1.3 Accounting period**

The financial statements cover a twelve month period but the comparatives cover a thirteen month period from the date of incorporation to 31 December 2015.

**2 Employees**

The average monthly number of persons (including directors) employed by the company during the year was 3 (2015 - 3).

**3 Creditors: amounts falling due within one year**

	2016	2015
	£	£
Other creditors	-	5,263
	<u>          </u>	<u>          </u>

**LOUGHBOROUGH WELLBEING CENTRE CIC**  
**(A COMPANY LIMITED BY GUARANTEE)**  
**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 31 DECEMBER 2016**

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**4 Members' liability**

The company is limited by guarantee, not having a share capital and consequently the liability of members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up such amounts as may be required not exceeding £1.

**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**

Loughborough Wellbeing Centre CIC (Ltd)

**Company Number**

09349552

**Year Ending**

31/12/16

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 has run 12 monthly evening wellbeing café sessions in 2016 and has supported approximately 60 adults living with mental ill health. We have provided a range of sessional activities including arts and crafts, yoga, mindfulness, Qi-Gong and breadmaking.

We ran a Wellbeing Café daytime event funded and supported by Marks and Spencer and their 'Spark Something Good' campaign, with several partner organisations holding information stands on World Mental Health Day, 10<sup>th</sup> October 2016. The event was a success with over 60 people attending and supporting the café.

We established an office where we were able to base the company and supported a café member who volunteered for the office, carrying out a range of administrative tasks.

*(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.

The company has continued to carry out consultation with café members, who are adults living with mental health issues in the Charnwood area. We have sought their views on the types of activities that they wanted at the café evenings and they have been involved in the Management team with a café member representing their views.

*(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.

No transfer of assets other than for full consideration has been made.

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



## PART 5 – SIGNATORY

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

Signed



Date

22/9/17

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

The accounts and CIC34 **cannot** be filed online

**(N.B. Please enclose a cheque for £15 payable to Companies House)**