

*Handwritten signature*

**METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

**Company Registration Number:  
9589741 (England and Wales)**

**Unaudited micro entity accounts for the year ended 12 May 2020**

**Period of accounts**

**Start date: 13 May 2019**

**End date: 12 May 2020**

**SATURDAY**



A06      \*A992JW6B\*      11/07/2020      #213  
COMPANIES HOUSE

# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Contents of the Financial Statements**

**for the Period Ended 12 May 2020**

Company Information - 3

Report of the Directors - 4

Income and Expenditure Account - 5

Balance sheet - 6

Footnotes to the Balance Sheet - 8

# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Company Information**

**for the Period Ended 12 May 2020**

**Director:**

David John Wood

Anne-Marie Wood

**Registered office:**

18 DENNY CLOSE  
WIRRAL  
CH49 0XG

**Company Registration Number:**

9589741 (England and Wales)

# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Directors' Report Period Ended 12 May 2020**

The directors present their report with the financial statements of the company for the period ended 12 May 2020

### **Principal Activities**

The company's principal activity during the period was the training of life coaches and provision of well-being workshops.

### **Political and charitable donations**

No political donations were made.

### **Company policy on the employment of disabled persons**

We do not employ anyone directly but work on a freelance basis. However, we have a full equal opportunities policy and are pro-actively working with under represented and marginalised communities.


### **Directors**

**The directors shown below have held office during the whole of the period from 13 May 2019 to 12 May 2020**

David John Wood  
Anne-Marie Wood

**This report was approved by the board of directors on 8 July 2020  
And Signed On Behalf Of The Board By:**

Name: David John Wood  
Status: Director

DAVID WOOD  


# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Income and Expenditure Account**

**for the Period Ended 12 May 2020**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Turnover	<b>4,477</b>	3,511
Other Income	<b>0</b>	0
Cost of Materials	<b>(3,880)</b>	(2,433)
Staff Costs	<b>(0)</b>	(0)
Depreciation and Writeoffs	<b>(0)</b>	(0)
Other charges	<b>(690)</b>	(1,203)
Tax on surplus	<b>(0)</b>	(0)
Surplus or (Deficit) for Period	<b>(93)</b>	(125)

# METANOEO COMMUNITY INTEREST COMPANY

Company limited by guarantee

## Balance sheet

As at 12 May 2020

	2020 £	2019 £
FixedAssets:	0	0
Current assets:	652	745
Prepayments and accrued income:	0	0
Creditors: amounts falling due within one year:	( 0 )	( 0 )
<b>Net current assets (liabilities):</b>	<b>652</b>	<b>745</b>
Total assets less current liabilities:	652	745
Creditors: amounts falling due after more than one year:	( 0 )	( 0 )
Provision for liabilities:	( 0 )	( 0 )
Accruals and deferred income:	( 0 )	( 0 )
<b>Total net assets (liabilities):</b>	<b>652</b>	<b>745</b>
<b>Reserves:</b>	<b>652</b>	<b>745</b>

DAVID WOOD



# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Balance sheet continued**

For the year ending 12 May 2020 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 of the small companies regime applicable to micro-entities.

**This report was approved by the board of directors on 8 July 2020**

**And Signed On Behalf Of The Board By:**

Name: David John Wood  
Status: Director

DAVID WOOD 

The notes form part of these financial statements

---

# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Footnotes to the Financial Statements**

**for the Period Ended 12 May 2020**

### **1. Employee Information**

Average number of employees: 0



# **METANOEO COMMUNITY INTEREST COMPANY**

**Company limited by guarantee**

## **Footnotes to the Financial Statements**

**for the Period Ended 12 May 2020**

### **2. Off balance sheet disclosure**

No

# 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**

Metanoeo Community Interest Company

**Company Number**

09589741

**Year Ending**

12/05/20

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.

### **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.

Over the course of this year we have continued to develop our Metanoeo Academy life coach training offering. In addition to extra units, we have sought to increase accessibility through now additionally providing an online learning environment with new blended learning options.

We have also continued to develop our Guild of members and are now also in the process of launching a members online portal.

Through the Metanoeo Foundation we have been able to offer a free life coach training place on each course we have run which has increased our provision for the marginalised and disadvantaged enabling members of the public to complete our training for free.

This year our turnover increase slightly to approximately £4,500. This trading increase has come about through a stronger emphasis on our community focused life coach training.

Through our partnerships and *The Life Garage* we have continued to focus on increasing the wellbeing of members of the community who are struggling, marginalised or disadvantaged.

**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.

Our stakeholders are the community projects we partner with, the individuals who become guild members and people who attend *The Life Garage*.

Regular meetings are held with guild members individually to consider how their participation may be grown along with two CPD events a year where members receive training but also share their own stories and network with other members. We are continuing to provide a peer supervision group.

Discussions with partner groups guide the services we provide to them with regards to training and further engagement. As a result of these conversations each of our projects has had a different operational structure to reflect that community's needs. All sessions of the *Life Garage* when delivered in a group setting are co-produced with the attendees offering them direct ownership of the sessions.

**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.

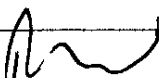
**PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION** – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below.

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

## PART 5 – SIGNATORY

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

Signed



Date

08/07/20

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.

*Office held (delete as appropriate) Director/Secretary*

18 Denny Close

Upton

Wirral

CH49 0XG

Tel 07472 716195

**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