

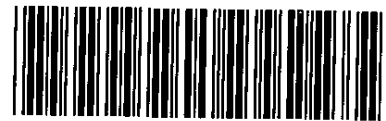
Registered number
10409754

Equilibrium For Life C.I.C

Unaudited Accounts

31 October 2018

FRIDAY



A8AHU1ØP
A11 26/07/2019 #78
COMPANIES HOUSE

Equilibrium For Life C.I.C

Chartered Accountants' report to the board of directors on the preparation of the unaudited statutory accounts of Equilibrium For Life C.I.C for the year ended 31 October 2018

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Equilibrium For Life C.I.C for the year ended 31 October 2018 which comprise of the Profit and Loss Account and the Balance Sheet from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/en/members/regulations-standards-and-guidance

Our work has been undertaken in accordance with ICAEW Technical Release 07/16 AAF.



Malcolm Horton & Co
Chartered Accountants
57 Windmill Street
Gravesend
Kent
DA12 1BB

9 July 2019

Equilibrium For Life C.I.C
Profit and Loss Account
for the year ended 31 October 2018

	2018 £	2017 £
Turnover	21,762	8,671
Other income	2	1
Cost of raw materials and consumables	(1,904)	(525)
Gross profit	<u>19,860</u>	<u>8,147</u>
Other charges	(9,722)	(6,885)
Profit before taxation	<u>10,138</u>	<u>1,262</u>
Tax	(77)	-
Profit	<u>10,061</u>	<u>1,262</u>

Equilibrium For Life C.I.C**Registered number:****10409754****Balance Sheet****as at 31 October 2018**

	2018	2017
	£	£
Current assets	11,799	1,662
Creditors: amounts falling due within one year	(76)	-
Net current assets	<u>11,723</u>	<u>1,662</u>
Total assets less current liabilities	11,723	1,662
Accruals and deferred income	(400)	(400)
Net assets	<u>11,323</u>	<u>1,262</u>
 Capital and reserves	 <u>11,323</u>	 <u>1,262</u>

The company is a private company limited by guarantee and incorporated in England. Its registered office is Kits Coty Farm, 87 Salisbury Road, Aylesfors, Kent, ME20 7EW.

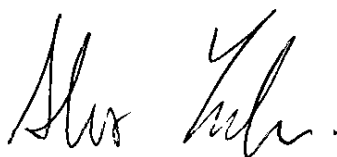
The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Alexandra Taskin
Director



Approved by the board on 9 July 2019

Equilibrium For Life C.I.C
Detailed profit and loss account items
for the year ended 31 October 2018

This schedule does not form part of the statutory accounts

	2018 £	2017 £
Sales		
Sales	<u>21,762</u>	<u>8,671</u>
Other income		
Interest receivable	<u>2</u>	<u>1</u>
Cost of raw materials and consumables		
Purchases	<u>1,904</u>	<u>525</u>
Other charges		
Premises costs:		
Rent	<u>-</u>	<u>250</u>
	<u>-</u>	<u>250</u>
General administrative expenses:		
Stationery and printing	265	-
Bank charges	38	-
Insurance	79	63
Sundry expenses	418	69
	<u>800</u>	<u>132</u>
Legal and professional costs:		
Accountancy fees	415	400
Other legal and professional	650	372
	<u>1,065</u>	<u>772</u>
Other		
Subcontractor costs	7,773	5,701
Other direct costs	84	30
	<u>7,857</u>	<u>5,731</u>
	<u>9,722</u>	<u>6,885</u>

Equilibrium For Life C.I.C
Detailed balance sheet items
as at 31 October 2018

This schedule does not form part of the statutory accounts and should NOT be sent to HMRC

	2018 £	2017 £
Current assets		
Cash at bank and in hand	<u>11,799</u>	<u>1,662</u>
Creditors: amounts falling due within one year		
Corporation tax	77	-
Other creditors	<u>(1)</u>	<u>-</u>
	<u>76</u>	<u>-</u>
Accruals and deferred income		
Accruals	<u>400</u>	<u>400</u>
Capital and reserves		
Profit and loss account	<u>11,323</u>	<u>1,262</u>
Profit and loss account		
Brought forward	1,262	-
Profit	<u>10,061</u>	<u>1,262</u>
	<u>11,323</u>	<u>1,262</u>

100038/15

CIC 34**Community Interest Company Report**For official use
(Please leave blank)Please
complete in
typescript, or
in bold black
capitals.Company Name in
fullEQUILIBRIUM FOR LIFE
C.I.C.

Company Number

10409754

Year Ending

31/10/2018

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)

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.

SOCIAL AUDIT REPORT
ATTACHED

(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.

NO CONSULTATIONS
THE NAMED DIRECTORS ARE
KEPT IN THE LOOP!

(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.

SEE ACCOUNTS ATTACHED
SUB-CONTRACTOR COSTS

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.

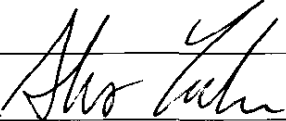
N/A

(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

22/7/19

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.

KITS COTY FARK	
87 SALISBURY ROAD, AYLESFORD	
KENT ME20 7EW	
Tel 07867 681924	
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

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

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

Equilibrium for Life C.I.C.

Our regular visits to local Hospices with our two little equine stars, such as Heart of Kent, Pilgrims and Wisdom Hospices has proved so beneficial to patients and staff alike, recently having attended a Making Memories day at Heart of Kent Hospice. Our attendance at Guy's Cancer Survivors Day was a great success with inner city residents both adults and children alike. In addition, we have worked with MIND, Kasbah and PRUs – working closely with children and adults with different autistic, mental and learning challenges. We are also delivering Mental Health First Aid training free to local charities. All our charity work is carried out free of charge to all concerned.