

**Unaudited Financial Statements for the Year Ended 31 March 2018**

**for**

**Lifetrain Community Interest Company**

SATURDAY



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22/12/2018

#420

COMPANIES HOUSE

**Lifetrain Community Interest Company**

**Contents of the Financial Statements  
for the Year Ended 31 March 2018**

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**Lifetrain Community Interest Company (Registered number: 04078574)**

**Balance Sheet  
31 March 2018**

|  | 31.3.18        |                     | 31.3.17        |                     |
|--|----------------|---------------------|----------------|---------------------|
|  | £              | £                   | £              | £                   |
| <b>FIXED ASSETS</b>                          |                | <b>381</b>          |                | <b>544</b>          |
| <b>CURRENT ASSETS</b>                        | <b>3,766</b>   |                     | <b>3,669</b>   |                     |
| <b>CREDITORS</b>                             |                |                     |                |                     |
| Amounts falling due within one year          | <u>(1,072)</u> |                     | <u>(1,071)</u> |                     |
| <b>NET CURRENT ASSETS</b>                    |                | <u><b>2,694</b></u> |                | <u><b>2,598</b></u> |
| <b>TOTAL ASSETS LESS CURRENT LIABILITIES</b> |                | <u><b>3,075</b></u> |                | <u><b>3,142</b></u> |
| <b>RESERVES</b>                              |                | <u><b>3,075</b></u> |                | <u><b>3,142</b></u> |

**NOTE TO THE FINANCIAL STATEMENTS**

**1. STATUTORY INFORMATION**

Lifetrain Community Interest Company is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address are as below:

**Registered number:** 04078574

**Registered office:** The Brambles  
Bramley Road  
Yew Tree Estate  
Walsall  
West Midlands  
WS5 4LE

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2018 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

**Balance Sheet - continued**  
**31 March 2018**

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The financial statements have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 20 December 2018 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'R Cotterill', is written over a horizontal line.

R Cotterill - Director

104283/15

# CIC 34

## Community Interest Company Report

**For official use**  
*(Please leave blank)*

|  |
|--|
|  |
|--|

*Please  
complete in  
typescript, or  
in bold black  
capitals.*

**Company Name in  
full**

Lifetrain C.I.C.

**Company Number**

04078574

**Year Ending**

March 2018

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)**

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## **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.

Lifetrain has seen a significant reduction in activity. This has been as a result of the loss of funding from statutory funders and key staff from the organisation (as there was not funding in place to retain them).

In order to survive, Lifetrain has had to adopt a model whereby their activity is funded via implementing a charge for education and training activity.

We have taken significant steps in order to reduce operational costs, although this has also impacted upon the visibility and uniqueness of our programmes. For example, we were no longer able to run our 'IMPulance' which was a decommissioned ambulance that we converted into a mobile classroom to take our I.M.P.S. programme out into Schools and the community.

We continue to offer the following educational programmes but uptake is now dependent upon Schools and Organisations funding this. Sandwell is a deprived borough and therefore has a higher prevalence of unintentional injury than more affluent neighbourhoods. Our work therefore aims to directly reduce a local health inequality. The level of deprivation is also a challenge in relation to our business model, as there is less money available to fund such work.

### **E.L.F.S. (Early Learning for Safety) programme.**

This course is delivered to children between the ages of 3 and 5 who attend a local Early Years setting. Educational work around the 5 most common unintentional injuries for that age group is delivered. A resource book is also provided to parents to support the lessons through activities delivered at home.

### **I.M.P.S. (Injury Minimization Programme for Schools).**

This programme aims to reduce childhood death and disability as a result of accidents. It also aims to reduce inappropriate visits to Accident & Emergency departments by developing childhood skills around triage and first aid. This year Schools have had to self-fund this programme as funding could not be identified. A School in a neighbouring borough has also bought-in this programme.

### **Community I.M.P.S.**

We continue to complement the I.M.P.S. programme through the delivery of 'Community I.M.P.S.' parents workshops. The aim of these has been to develop parental understanding of risk and accident prevention. They also develop parental ability in triage; when to treat an injury at home and when to seek professional advice as well as where to go for that advice. This is working to reduce the overdependence on local A&E departments by increasing understanding of local NHS services and how best to navigate them.

### **Level one award accredited by the Open College Network (O.C.N.).**

Several organisations have elected to buy in this programme to develop parents/carers educational ability. The level one course allows learners to develop their understanding of injury prevention and first aid, gaining a recognised qualification for doing so. This gives learners their first experience of adult education and inspires them to progress. It also develops their confidence, demonstrating they have the ability to achieve. The money raised from this has allowed us to offer additional Community I.M.P.S. parent's sessions.

**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 consist of potential funders, local schools and voluntary sector partners and service users. We consult with stakeholders using a variety of mechanisms. This is done on an on-going basis to inform service delivery.

Funders are consulted with via conversation and communication with them regarding potential funding opportunities or funding aims. This is consolidated by an annual meeting where aims, objectives and milestones are set for the forthcoming year and staff members are encouraged to table proposals for development.

Local schools are consulted through a practitioner questionnaire that is completed by the class Teacher or Learning Support Practitioner. This allows us to gather feedback about our service and identify areas for improvement which is discussed at monthly team meetings. In addition to this we ask each child to evaluate the programme via an online quiz and a draw and write activity. Again this allows us to understand the areas of the programme that are least liked and which key messages are retained most successfully post visit.

We also consult with all participants of our Community I.M.P.S. programme. This is done with a pre and post questionnaire. This identifies learners aims when they begin the course and measures whether these aims have been met at the end. This allows us to see what participants are expecting from the course and develop future sessions to meet that need. The questionnaire also identifies improvement in knowledge and/or ability of key skills taught in the programme. If there is little or no knowledge improvement after the course we can adapt teaching methods and activities to suit individual learners and incorporate that differentiation into future training.

Voluntary sector partners are consulted and involved via regular network meetings.

We also continued to provide an accredited programme of work to meet the requirements of our Voluntary Sector partners.

*(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 payments were made to anyone on Lifetrain's board.

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



**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.

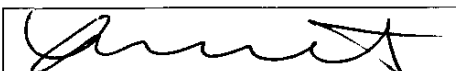
No transfer of assets other than for full consideration has been made.

*(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

20/12/18

*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.

|                  |                 |
|------------------|-----------------|
| Robert Cotterill |                 |
| 51 Walsall Road  |                 |
| West Bromwich    |                 |
| B71 3HE          | Tel 07734211043 |
| 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)**