

Long

Company Registration Number 06596154 (England and Wales)

**HEALTHY LIFESTYLE SOLUTIONS CIC
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019
PAGES FOR FILING WITH REGISTRAR**

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COMPANIES HOUSE

HEALTHY LIFESTYLE SOLUTIONS CIC

BALANCE SHEET

AS AT 31 MARCH 2019

	2019		2018	
	£	£	£	£
Current assets	57,730		28,556	
Creditors: amounts falling due within one year	(12,590)		(13,777)	
Net current assets		45,140		14,779
Net assets		45,140		14,779
Capital and reserves		45,140		14,779

Healthy Lifestyle Solutions CIC is a private company limited by guarantee without share capital incorporated in England and Wales. The registered office is 2 Proctor Street, Bradford, West Yorkshire, BD4 9QA.

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

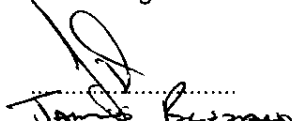
For the year ended 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 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 in accordance with the micro-entity provisions and in accordance with FRS 105 'The Financial Reporting Standard applicable to the Micro-entities Regime' 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 17th Dec 19 and are signed on its behalf by:


James R. Brown
Director

Company Registration Number 06596154

100734/15

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

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

**Company Name in
full**

Healthy Lifestyle Solutions CIC

Company Number

06596154

Year Ending

31st March 2019

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.

2018 was a strong year for Healthy Lifestyle Solutions CIC. Having built on 2017 by bringing across projects that were continuing to be funded we also saw additional funding being given for new projects to help us expand our services.

Community Connector Social Prescribing – Continuing our partnership with HALE and the full weeks' worth of work that this contract brought we delivered against our targets having worked with 218 people upto the end of Dec 18 (one year of the project) We have now moved onto continuing this week into its 2nd year.

The Wellbeing Café continues to be funded from Bradford Council providing a monthly Café event and has introduced a biweekly reminiscence session to provide more regular activities. Our Community cohesion Project funded by the Home Office funded earlier in the year got into full swing with groups representing multiple areas of Bradford coming together to share in the good of Bradford and our common interests.

A new project has started, funded by Peoples Health Trust this project is aimed specifically at men. Providing a weekly activity bring men together and introducing them to more social activities. This project is to be funded for 2 years.

In partnership with other local VCS organisations we are also holding 2 projects relating to support people with Diabetes. The 1st is a preventative programme where people who have a HbA1C reading of 42-47 have the option of receiving Lifecoaching support to help reduce their chances of developing diabetes. The other is aimed at those who have type 2 diabetes and haven't attended any structured education programmes. Both projects are funded by Bradford CCGs and set to be for a year.

We have also been able to provide several accredited training programmes with funding being provided by multiple sources including CareUk, Assura and larger funding bodies.

Bradford CCGs have begun a new model of working across the district called Community Partnerships (CP) and we have been heavily involved in helping develop our local CP. The CP consists of representation from the local GP practices, mental health team, other health professionals, Bradford Council and VCS.

(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.

Healthy Lifestyle Solutions was involved in a consultation process that took place around Christmas 2018 that was looking into the services available to the public, Crime and health. HLS went out having discussions and completing questionnaires one to one. We spent time amongst people who don't traditionally access community type services getting involved with schools at parent/teacher event, sitting in waiting rooms at the medical practices and talking with those that access both our and other community venue services.

The information collected as part of our consultations has helped develop some of the activities we have provided and fed into larger pieces of work including the Community Partnership work for which we are seeing some of the benefits now late in 2019.

We consider the population of Tong Ward our stakeholders alongside agencies who involved in the running of our services.

(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.

Please refer to accounts.

There are no other transactions or arrangements in connection with remuneration of directors, or companies for directors 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 the 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

17/12/19

JAMES B LEZARD

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, 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)