

Balanced MK Community Interest Company

A Community Interest Company
limited by guarantee

Report and Financial Statements

(Unaudited)

For the Year Ended 31 March 2016

Company number: 7181774



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limited by guarantee

Report and Financial Statements

For the Year Ended 31 March 2016

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Company information for the Year Ended 31 March 2016

Directors: Emma Bacon
Andy Woollard

Company secretary: Kevin Smith

Management Committee: Emma Bacon Chair and PM
Nicola Davies Secretary
Bethany Hardie Treasurer
Kevin Smith
Andy Woollard
Andy Bacon
Lauren Scott
Trudy Davies
Jacqui Wheeler

Registered office: Mind BLMK
Midsummer House
Midsummer Boulevard
Central Milton Keynes
MK9 3BN

Company Registration Number: 7181774

Directors Report for the Year Ended 31 March 2016

Principal activities

The principal activity of the company in the period under review was

To raise awareness of eating disorders and deliver specialist services to those both directly and indirectly affected by eating disorders

Directors

The directors shown below have held office during the whole of the period from 1 April 2015 to 31 March 2016

Emma Bacon

Andy Woollard

The director(s) shown below joined the company during the period

No change

The director(s) shown below resigned during the period

No change

Auditors

Balanced MK is exempt from audit

This report was approved by the board of director on:

And Signed On Behalf Of The Board By:

Name: Emma Bacon

Status: Director

 16.11.16

Report of the Management Committee for the Year Ended 31 March 2016

Purposes and Aims

Our Vision

Our vision is of a society in which there is greater understanding of eating disorders and where high quality effective services are available to all

Our Purpose

Balanced MK exists to raise awareness of eating disorders and deliver specialist services to those both directly and indirectly affected

Our Mission

- To provide access to specialised counselling, self support groups and nutritional advice to anyone affected by an eating disorder, especially during the early stages and throughout long term recovery, helping to reduce the need for inpatient care
- To participate in outreach opportunities and provide up to date information, presentations and training that increase general understanding and awareness of eating disorders
- To provide a professional service recognised by the BACP and to work collaboratively with other allied organisations with the aim of becoming sustainable through a diversified stream of income

Our Services

Our services are available to anyone experiencing an eating disorder over the age of 16 and for those who are indirectly affected by eating disorders (i.e. spouses, siblings, parents, friends, etc). The vast majority of our clients tend to be young women who are struggling with anorexia or bulimia. Promotion of our services in the future will specifically reach out to all members of the community and will not discriminate eating disorder types

Counselling

We provide access to professional BACP qualified counsellors with eating disorder experience / training, offering a variety of counselling approaches

Self support group

We operate a self-support group called Rebalance, on the second and fourth Saturday of every month that allows attendance by both sufferers and carers. We will continue to develop the design and delivery of the programme and to include ever more diverse activities and self help methods to ensure our attendees have a vast array of activities and 'tools' to help them battle their mental affliction

The Project Manager facilitates the group, supported by a team of volunteers, many of whom have recovered from an eating disorder themselves. The group currently attracts up to 15 attendees a session and has received very positive evaluation feedback. Attendees have demonstrated various benefits from participation in the group, some in the form of recognition of symptoms and need for help, and others have benefitted to the extent that they felt confident about progressing to university. Carers that have attended the group have found the

experience to be insightful and informative, with one person saying that ' they learnt more from one Rebalance session that they'd learnt from participation in two years of an alternative service'

Outreach

We want to continue work with local health and education services nationally and locally to develop and deliver appropriate and effective education and training programmes

Mentoring

Balanced MK continues to provide a mentoring service to an individual that has struggled with an eating disorder for over 20 years. This support is being offered in conjunction with regular GP check ups and personalized advice provided by the Balanced MK volunteer dietician. The support appears to have made a massive positive difference to the client, both physically and emotionally, with improvements made in every aspect of life.

Monitoring our Achievements Against our Aims

We will continue to employ a range of techniques to monitor and evaluate the progress of our services.

We gather information where appropriate, on the sex, type of ED, location, age and ethnic origin of our service users. We monitor the overall number of clients and length of treatment.

Budgets are monitored by the Project Manager.

When appropriate, we record information about the personal transformation process our clients go through using creative writing, art, photography and film. We encourage clients to supply stories and art to be added to our website.

We provide opportunities for all users of our services to give feedback.

- We provide support group users with a comments and suggestions book so that they can input their ideas during or after sessions,
- We supply group users with feedback forms on an annual basis, assessing the venue, set up, benefits and limitations of the group,
- We ask our outreach participants to complete feedback forms after any training or workshops,
- We ask for comments and feedback from our professional colleagues.

Structure, Governance and Staffing

Balanced MK became a Community Interest Company in March 2010, providing us with the correct legal structure to thrive as a community based organisation.

We want to ensure our committee members are able to directly shape the destiny of the organisation and contribute their personal experiences and skills to day-to-day operations. We also allow the feedback and input of our clients to shape the way we operate.

The Project Manager is paid to work 8 hours a week in order to aid financial sustainability. Any additional hours required are offered on a volunteer basis.

Balanced MK is supported by various volunteers, many of whom have suffered with or cared for someone living with an eating disorder. Volunteers play an important and active role on the Committee, help to facilitate Rebal-



Eating Disorder Support Services

ance and support outreach activities, including training, participation in exhibitions and health fairs. Volunteers are also encouraged to raise unrestricted funds when ever possible. Balanced MK have a Volunteer policy and Pack to ensure our volunteers are respected and supported.

Financial Review

Resilience can be defined as an ability to function indefinitely, within limits, and to thrive for doing so. It can be applied to healthy ecosystems, good mental health and we think, to organisations such as ourselves.

Despite difficulties posed by the increasing prevalence of eating disorders, the economic recession and the growth in population planned for the city of Milton Keynes, we hope to rise to the challenge and flourish through careful planning and creative thinking.

Eating disorders ruin lives and families. Turning this around requires the commitment and energy of government, the media, communities and individuals. As an organisation we recognise the part we play at a local level and are committed to continuing to make a difference to our client's lives.

Principal Funding Sources

The majority of funding received by Balanced MK in this financial year related to donations provided by service users

Reserves Policy

It is Balanced MK's policy to maintain a balance on unrestricted funds (if possible), which equates to at least six months core service costs

Plans for Future Periods

In order to ensure Balanced MK's survival, we use the limited resources we have carefully and efficiently. We have therefore brought in stricter financial controls on our services and have reduced the number of paid hours of our Project Manager (thereby increasing the number of their voluntary hours). We remain up to date about fundraising opportunities and apply for relevant grants in addition to gathering donations from clients, companies and through appropriate income streams eg workshops and training.

Auditors

Balanced MK's Report and Financial Statements for the Year Ended 31 March 2016 has not been audited
Balanced MK is exempt from audit

This report was approved by the committee on:

And Signed On Behalf Of The Committee By

Name: Emma Bacon

Status: Chair/Founder

 16.11.16

Income and Expenditure Account for the Year Ended 31 March 2016

		Unrestricted Funds 16	Restricted Funds 16	Total Funds 16	Total Funds 15
		£	£	£	£
	Notes				
Incoming resources					
Voluntary funds	1				
Grants		-	-	-	-
Service generated funds	2				
Donations		1,180	-	1,180	500
Outreach income		-	-	-	-
Other		1,035	-	1,035	-
Investment income					
Investment income		-	-	-	-
Total incoming resources		2,215	-	2,215	500
Resources expended					
Costs generating funds	3				
Costs of generating funds/running org		4,365	-	4,365	4,627
Fundraising costs		-	-	-	-
Service costs	3	840	-	840	1,506
Governance costs	3	188	-	188	182
Total resources expended		5,393	-	5,393	6,315
Net incoming resources		-3,178	-	-3,178	-5,815
Transfer of funds		-	-	-	-
Reconciliation of funds					
Total funds brought forward		10,600	5	10,605	16,420
Total funds carried forward		7,422	5	7,427	10,605

The statement of financial activities includes all gains and losses in the year. All incoming resources and resources expended derive from continuing activities.

Balance Sheet for the Year Ended 31 March 2016

	31 March 2016	31 March 2015
Cash at bank	7,427	10,605
Represented by		
Unrestricted	7,422	10,600
Restricted	5	5
	7,427	10,605

For the year ending 31 March 2016 the company was entitled to exemption from audit 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

Directors responsibilities

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

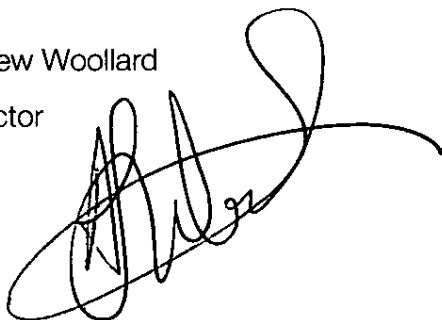
These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime

This report was approved by the board of director on: 16.11.16

And Signed On Behalf Of The Board By:

Name: Andrew Woollard

Status: Director



Notes forming part of the financial statements for the Year Ended 31 March 2016

Fund accounting

Unrestricted funds are available for use at the discretion of the management committee and should be used to further BalancED MKs aims to achieve its mission

Restricted funds are subjected to restrictions on their expenditure imposed by the donor

Incoming resources

All incoming resources are included in the statement of financial activities. The following specific policies are applied to particular income

Voluntary funds are received by way of grants, donations and gifts and are included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is conditional on the delivery of a specific performance by BalancED MK, are recognised when the funds become paid when those conditions have been met

Service generated funds include voluntary donations received specifically linked to services provided, such as counselling and ReBalance, our self-help group. These funds are not classed as income as the service would be provided even without the associated donations

The value of services provided by volunteers has not been included in these accounts

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT paid. BalancED MK is not VAT registered

Costs of generating voluntary funds comprise the costs associated with attracting voluntary income and the costs of fundraising

Service costs comprises those costs incurred by BalancED MK in the delivery of its core services for its beneficiaries. It includes both costs allocated directly to such services and those costs of an indirect nature necessary to support them

Governance costs include those costs associated with running BalancED MK as a business

Notes forming part of the financial statements for the Year Ended 31 March 2016

Note 1 Grants

	Unrestricted £	Restricted £	16 Total £	15 Total £
Tudor Trust	-	-	-	-
MK Community Foundation	-	-	-	-
Sports Relief	-	-	-	-
	-	-	-	-

Note 2 Service generated funds

	Unrestricted £	Restricted £	16 Total £	15 Total £
Donations - Counselling	480	-	480	-
Counselling - charged income	-	-	-	-
Donations - ReBalance	-	-	-	-
Donations - Nutritionist	-	-	-	-
Donations - Other	700	-	700	500
Outreach income	-	-	-	-
Tax credit	1,035	-	-	-
	2,215	-	2,215	500

Note 3 Total resources expended - 2016

	Balanced MK general	Counselling	ReBalance	Outreach	Governance	Total 2016
Costs	£	£	£	£	£	£
Staff costs	4,365	-	-	-	-	4,365
Premises	-	-	780	-	-	780
Supplies	-	-	-	-	-	-
Training	-	-	-	-	-	-
Travel	-	-	-	-	-	-
Communications	60	-	-	-	-	60
Volunteer expense	-	-	-	-	-	-
Legal	-	-	-	-	188	188
	4,425	-	780	-	188	5,393

Note 3 Total resources expended - 2015

	Balanced MK general	Counselling	ReBalance	Outreach	Governance	Total 2015
Costs	£	£	£	£	£	£
Staff costs	4,627	660	-	-	-	5,287
Premises	-	-	750	-	-	750
Supplies	-	-	96	-	-	96
Training	-	-	-	-	-	-
Travel	-	-	-	-	-	-
Communications	-	-	-	-	-	-
Volunteer expense	-	-	-	-	-	-
Legal	-	-	-	-	182	182
	4,627	660	846	-	182	6,315

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

Company Number

Year Ending

BalancED MK CIC

07181774

2015/2016

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 fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

BalancED MK exists to raise awareness of eating disorders and deliver specialist services to those directly and indirectly affected by eating disorders. During the financial year 2015/2016 our services have benefited the community in the following ways:

- * We have provided access to specialist counselling sessions to clients
- * We have successfully operated a self-support group providing much needed support and self help methods
- * We have provided advice and support related to balanced nutrition

(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

Please refer to the 'Monitoring our Achievements Against our Aims' section in our detailed accounts

(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 detailed accounts

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 have occurred

(Please continue on separate continuation sheet if necessary)

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

PART 5 – SIGNATORY

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

Signed



Date

15.11.16

Office held (tick 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

Mrs Emma Bacon	
Balanced MK	
Mind BLMK, Midsummer House, Midsummer Boulevard, Central Milton Keynes	
MK9 3BN	Telephone 07716755804
DX Number	DX Exchange

When you have completed and signed the form, please send it 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