

Registration number 08451249

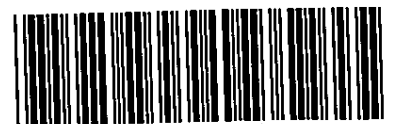
Compass Wellbeing CIC

Unaudited Abbreviated Accounts

for the Period from 19 March 2013 to 31 March 2014

McParland Williams Limited
Accountants and Tax Practitioners
13 Liverpool Road North
Maghull
Merseyside
L31 2HB

MONDAY



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COMPANIES HOUSE

Compass Wellbeing CIC

Contents

Abbreviated Balance Sheet	1 to 2
Notes to the Abbreviated Accounts	3 to 4

Compass Wellbeing CIC
(Registration number: 08451249)
Abbreviated Balance Sheet at 31 March 2014

	Note	31 March 2014 £
Fixed assets		
Tangible fixed assets		<u>64,777</u>
Current assets		
Stocks		27,720
Debtors		33,827
Cash at bank and in hand		<u>746,691</u>
		808,238
Creditors Amounts falling due within one year		<u>(667,147)</u>
Net current assets		<u>141,091</u>
Total assets less current liabilities		205,868
Creditors Amounts falling due after more than one year		(31,946)
Provisions for liabilities		<u>(3,419)</u>
Net assets		<u>170,503</u>
Capital and reserves		
Called up share capital	3	4
Profit and loss account		<u>170,499</u>
Shareholders' funds		<u>170,503</u>

Compass Wellbeing CIC
(Registration number: 08451249)
Abbreviated Balance Sheet at 31 March 2014

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For the year ending 31 March 2014 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies

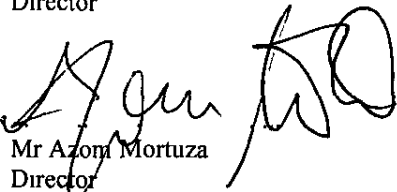
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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 in accordance with the provisions applicable to companies subject to the small companies regime

Approved by the Board on 12 November 2014 and signed on its behalf by


Ms Lucy Marks
Director


Mr Azom Mortuza
Director

The notes on pages 3 to 4 form an integral part of these financial statements

Compass Wellbeing CIC

Notes to the Abbreviated Accounts for the Period from 19 March 2013 to 31 March 2014

1 Accounting policies

Basis of preparation

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (Effective April 2008)

Turnover

Turnover represents amounts chargeable in respect of the sale of goods and services to customers

Government grants

Grants are credited to deferred revenue. Grants towards capital expenditure are released to the profit and loss account over the expected useful life of the assets. Grants towards revenue expenditure are released to the profit and loss account as the related expenditure is incurred.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Office equipment	33% straight line
Fixtures & fittings	15% straight line

Work in progress

Work in progress is valued at the lower of cost and net realisable value, after due regard for obsolete and slow moving stocks. Net realisable value is based on selling price less anticipated costs to completion and selling costs. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

Deferred tax

Deferred tax is recognised, without discounting, in respect of all timing differences between the treatment of certain items for taxation and accounting purposes, which have arisen but not reversed by the balance sheet date, except as required by the FRSSE.

Deferred tax is measured at the rates that are expected to apply in the periods when the timing differences are expected to reverse, based on the tax rates and law enacted at the balance sheet date.

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities. Where shares are issued, any component that creates a financial liability of the company is presented as a liability in the balance sheet. The corresponding dividends relating to the liability component are charged as interest expense in the profit and loss account.

Pensions

The company operates a defined contribution pension scheme. Contributions are recognised in the profit and loss account in the period in which they become payable in accordance with the rules of the scheme.

Compass Wellbeing CIC

Notes to the Abbreviated Accounts for the Period from 19 March 2013 to 31 March 2014

..... continued

2 Fixed assets

	Tangible assets £	Total £
Cost		
Additions	93,188	93,188
At 31 March 2014	93,188	93,188
Depreciation		
Charge for the period	28,411	28,411
At 31 March 2014	28,411	28,411
Net book value		
At 31 March 2014	64,777	64,777

3 Share capital

Allotted, called up and fully paid shares

	31 March 2014	
	No.	£
Redeemable shares of £1 each	4	4

4 Related party transactions

Directors' advances and credits

	19 March 2013 to 31 March 2014 Advance/ Credit £	19 March 2013 to 31 March 2014 Repaid £
Mrs Maria Kirby		
Interest free loan	1	-
Mr Azom Mortuza		
Interest free loan	1	-
Ms Pauline O'Halloran		
Interest free loan	1	-
Ms Lucy Marks		
Interest free loan	1	-

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

COMPASS WELLBEING CIC

Company Number

08451249

Year Ending

2013/14 - 31.03.14

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.

Compass Wellbeing has provided Psychological Therapies for the benefit of the local community in Tower Hamlets, using evidence based therapies. We delivered all our key performance indicators for our Increasing Access to Psychological Therapies Contract and our Perinatal Mental Health contract for parents with children under 5 years. We provided a service for 3,742 clients.

We developed four new courses for clients: Lifting Mood, Conquering Fears, Managing Life Stress and Boosting Esteem.

We worked closely with a local primary school and held a competition with them to design our Christmas Cards. We sent these Christmas cards to all residents of Tower Hamlets, with information about how they could refer themselves to our service.

We held a variety of workshops and stalls in local venues across Tower Hamlets on World Mental Health Day to raise the profile of what we can offer to local people.

Our clients have reported high levels of satisfaction as measured by the Patient Experience Questionnaire.

(If applicable, please just state "A social audit report covering these points is attached")

(Please continue on separate continuation sheet if necessary)



CIC 34

CONTINUATION SHEET

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

**Company Name in
full**

COMPASS WELLBEING CIC

Company Number

08451249

Year Ending

2013/14

PLEASE CLEARLY INDICATE THE PART YOU ARE CONTINUING HERE

PART 1 GENERAL DESCRIPTION OF THE COMPANIES ACTIVITIES AND IMPACT

We provided specialist advice, support and training to a range of healthcare professionals on the psychological management of their patients. This included training and supervision to Health Visitors, Family Nurse Partnership nurses, staff working with carers, specialist wound care nurses and health advocates and interpreters. We were also involved in training and supervising clinicians from a range of backgrounds from across the country to deliver Dynamic Interpersonal therapy.

We were one of two research sites on a Randomised Control Trial for Dynamic Interpersonal Therapy.

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 our clients and the local community, referrers, commissioners from Tower Hamlets Clinical Commissioning Group and London Borough of Tower Hamlets, staff from health and social care and the voluntary sector

In our first year of operating we have consulted with our clients through use of the Patient Experience Questionnaire given at the end of therapy. One key theme that has come up is that clients would like to be seen in the evenings. A plan was developed to address this and we are now offering our groups in the evenings. We also make the offer to clients to carry out the first triage appointment in the evenings. We will continue to develop our extended hours working.

(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

The aggregate amount of emoluments paid to or receivable by Directors in respect of qualifying services was £331,887

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

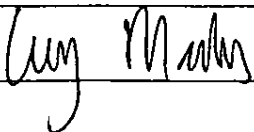
(Please continue on separate continuation sheet if necessary)

(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

2.12.14

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

STEELS LANE HEALTH CENTRE	
384-398 COMMERCIAL ROAD	
LONDON E1 0LR	
Telephone 0207 791 9441	
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