

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Company limited by guarantee

**Company Registration Number:
08928926 (England and Wales)**

Unaudited statutory accounts for the year ended 31 March 2022

Period of accounts

Start date: 1 April 2021

End date: 31 March 2022

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

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EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Balance sheet

As at 31 March 2022

	<i>Notes</i>	<i>2022</i>	<i>2021</i>
		£	£
Fixed assets			
Tangible assets:	3	66	609
Total fixed assets:		<u>66</u>	<u>609</u>
Current assets			
Stocks:	4	450	900
Cash at bank and in hand:		23,504	84,957
Total current assets:		<u>23,954</u>	<u>85,857</u>
Creditors: amounts falling due within one year:	5	(5,236)	(65,271)
Net current assets (liabilities):		<u>18,718</u>	<u>20,586</u>
Total assets less current liabilities:		<u>18,784</u>	<u>21,195</u>
Total net assets (liabilities):		<u>18,784</u>	<u>21,195</u>
Members' funds			
Profit and loss account:		18,784	21,195
Total members' funds:		<u>18,784</u>	<u>21,195</u>

The notes form part of these financial statements

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Balance sheet statements

For the year ending 31 March 2022 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 and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen not to file a copy of the company's profit and loss account.

**This report was approved by the board of directors on 8 July 2022
and signed on behalf of the board by:**

Name: H Whitney
Status: Director

The notes form part of these financial statements

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Notes to the Financial Statements

for the Period Ended 31 March 2022

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Notes to the Financial Statements for the Period Ended 31 March 2022

2. Employees

	<i>2022</i>	<i>2021</i>
Average number of employees during the period	1	1

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Notes to the Financial Statements

for the Period Ended 31 March 2022

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 April 2021		783	1,096			1,879
Additions						
Disposals						
Revaluations						
Transfers						
At 31 March 2022		783	1,096			1,879
Depreciation						
At 1 April 2021		592	678			1,270
Charge for year		191	352			543
On disposals						
Other adjustments						
At 31 March 2022		783	1,030			1,813
Net book value						
At 31 March 2022		0	66			66
At 31 March 2021		191	418			609

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Notes to the Financial Statements for the Period Ended 31 March 2022

4. Stocks

	<i>2022</i>	<i>2021</i>
	£	£
Stocks	450	900
Total	<u>450</u>	<u>900</u>

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Notes to the Financial Statements

for the Period Ended 31 March 2022

5. Creditors: amounts falling due within one year note

	<i>2022</i>	<i>2021</i>
	£	£
Trade creditors	2,085	4,456
Taxation and social security	1,247	2,547
Accruals and deferred income	507	51,992
Other creditors	1,397	6,276
Total	<u>5,236</u>	<u>65,271</u>

COMMUNITY INTEREST ANNUAL REPORT

EACH AMAZING BREATH COMMUNITY INTEREST COMPANY

Company Number: 08928926 (England and Wales)

Year Ending: 31 March 2022

Company activities and impact

Advancement of Education We deliver activities, programmes and events that build capacity and resilience in people of all ages. We work with education providers from pre-school through to Key stage 4. **Advancement of Health** We deliver activities that improve health, wellbeing and self-confidence through trauma smart resilience and capacity building skills sets focused on breathing, grounding and awareness. **Advancement of Community Development** We deliver a range of programme that cultivate community empowerment and harmonious relations between community members. These include facilitating resident driven resilience building programmes focussed on specific localities. During this period, we have: **Developed a new, virtual, child-led, resilience building app** for children in Bassetlaw District in Nottinghamshire, to use in order that they have access to resilience building practices wherever they are. **Remotely trained 9 primary schools to bring alive our whole school resilience building programme**, impacting over 2100 children. **Developed a Strength-based participatory evaluation framework for a community-led organisation in Warsop, Mansfield, Nottinghamshire**. **Developed a range of developmentally differentiated programmes for 15 schools in strength-based approaches to post Covid PTSD and supporting children with growing their personal capacities to handle post pandemic challenges**. **Undertaken a needs assessment in over 75 schools in Nottinghamshire to establish the predominant issues and needs in schools arising from children returning to school after lockdowns**. **Completed a participatory evaluation impact report for Bassetlaw District titled 'Learning to be a Tennis Ball and not a Bean Bag – a Whole District Approach to Resilience Building'**. **Added to Theory of Change impact work in relation to building personal capacity to release toxic stress**

Consultation with stakeholders

We build evaluation and feedback intimately into our work. We have comprehensive impact and evaluation reports and Case Studies for the following work whole school resilience building work undertaken in Belfast and Nottinghamshire described in part 1. These are available on request.

Directors' remuneration

Directors' remuneration £61,495

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
8 July 2022

And signed on behalf of the board by:

Name: H Whitney

Status: Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.