

Financial Statements for the Year Ended 30th April 2022

for

Lite-Waves Therapeutic Education C.I.C.



P. McKelvey & Co
19 Lime Avenue
Upminster
Essex
RM14 2HY

Life-Waves Therapeutic Education C.I.C.

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for the Year Ended 30th April 2022

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Statement of Financial Position
30th April 2022

	30.4.22	30.4.21
	£	£
CURRENT ASSETS	478	10
CREDITORS		
Amounts falling due within one year	(42)	-
NET CURRENT ASSETS	436	10
TOTAL ASSETS LESS CURRENT LIABILITIES	436	10
RESERVES	436	10

NOTES TO THE FINANCIAL STATEMENTS

1. STATUTORY INFORMATION

Lite-Waves Therapeutic Education C.I.C. 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: 09359038

Registered office: St Laurence House
2 Gridiron Place
Upminster
Essex
RM14 2BE

Statement of Financial Position - continued

30th April 2022

NOTES TO THE FINANCIAL STATEMENTS

2. COMPANY'S ACTIVITIES AND IMPACT

This reporting year We have provided emotional support to children and parents within the London Borough of Lewisham and adjacent boroughs. Providing mental health support and improving the well-being of young people, individuals and families. We feel honoured to have been able to help those in need.

The direct referrals from individuals who have heard of our services and referred themselves is a powerful testament to the positive impact of our work. It shows that our services are well regarded and effective, within the African and Caribbean community and that people are willing to seek out and access the support they need.

Continuing to provide mental health support during the past year, despite the challenges posed by the COVID-19 pandemic, and economic climate highlights our commitment to helping those in need and our adaptability in responding to changing circumstances.

Overall, we believe that our services have been making a positive difference in the lives of many children and parents in the London Borough of Lewisham and adjacent boroughs.

Please see below a sample of feedback received.

Feedback - Parents

- I didn't know how low I felt and the impact it was having on my ability to think things through and move forward, I was stuck in an unhealthy relationship and it affected every area of my life. Thank you so much
- I remember when it all started, I had been in a right battle with my thoughts and feelings about the past experiences. And you were the first person who came to me to bring me understanding of what was going on with me. Thank you so much for being there and standing with me. If it wasn't for you I wouldn't be here today.
- It was a life changing session for me. Normally I am very reluctant to open myself and trust a therapist to help me, but I knew that I had to do this for me and my family. Also I think that leaders in ministry don't really have a safe place where they can offload - The process was extremely lite, though I had some heavy stuff to offload The sessions allowed me to cry tears of pain out so that light can illuminate in the deep recesses of my heart.

All About Men - Black Men Re-connect

A comparatively new area of work for us is the 'All about Men' department, this is now operational and was birthed during the pandemic. We were invited into the Brockley neighbourhood to provide emotional support and structure to a group of 30 Black men who organically came together through the need to talk, eat, gather together and grow. We felt that supporting them is an important step in addressing mental health concerns within this community. We have identified leaders and are working with them with them to grow the project.

Our long-term objective is to promote the growth of peer leadership, and to mobilise their skills, to support young men in the social housing estate, of which they are a part of. We believe that peer support is a powerful tool in promoting mental health and well-being. We have kept up informal discussions with trustees from the Honor Oak Community Centre that holds the gatherings. We have been working to try and formalize the ad/hoc meetings and add structure, as this can help to ensure that the support provided is consistent and effective. Our discussions with trustees from the Honor Oak Community Centre can help to build strong partnerships going forward and this in turn will strengthen the community network. In addition to this through our efforts to secure funding from funding organisations to work with the men, we have brought attention to their struggles. and have a hope that resources to continue the work will materialise.

Feedback - from the men

- We really needed the support, nobody else seem interested in supporting us
- We want to grow and give back to the community, supporting our young people with our skills
- It is good to have a space to be, where we can eat good and talk about our worries

Re-connect Tyn 'Me' After covid

Statement of Financial Position - continued

30th April 2022

NOTES TO THE FINANCIAL STATEMENTS

We worked intensively with 10 pupils from Ad dey and Stanhope Secondary School located in the Deptford electoral ward within the London Borough of Lewisham. We worked with pupils from an African, Caribbean and mixed ethnic minority heritage background. These students were struggling with identity, anxiety, and depression and were showing levels of emotional instability. This had increased as a secondary impact of Covid-19. Our programme included the areas that they were finding most difficult. We provided a responsive space to explore a multitude of social and emotional experiences. Based on assessment we included topics such as: - Managing difficult feelings, taking care of your mind and taking care of your body.

The students had limited expressive literacy when we first started working with them - they were unable to articulate their feelings- they often said they felt angry or didn't care. We assessed them to be in crisis, and traumatised from the experienced loss, they were isolated outside of school and fearful and reacting to that fear. They found adjusting to the 'new norm' challenging. The sessions were delivered online as we were not allowed into school due to restrictions at that time. As a group they struggled to manage their emotions and keeping them from hitting each other was challenging. We used de-escalation methods during the group sessions to keep them focussed and reinforced the learning during the individual work part of the programme. The students referred to us as a mixed year group. We divided them into year groups for age appropriate targeted learning, this enabled us focus on working with their interaction with each other and teaching them emotional literacy.

The students were indifference to each other's feeling and kept distracting each other. We have spent many weeks breaking down what they were feeling using art and drama. The students started to recognise emotions other than anger such as feeling sad, anxiety and/or fear and what behaviour it produced. We provided them with strategies to manage these feelings and their corresponding actions, and they responded well to this.

Case Study: -

Kai struggled with recognising his own needs and being able to articulate them. During the 4th group session he was coaching his peers when they struggled with confidently speaking out. He made great progress in his personal development and was able to speak freely - he was able to articulate himself clearly, and started to talk about things he found hard. Kai completed all the tasks set for him halfway through the intervention- and sorted his login issue with maths. As a result of this he was able to change where he sat in maths, which he said helped him to focus on the class work. Kai no longer needed extra help with his maths because of this change. And he was pleased that he found his voice.

Group Work: -

Student using art to show the different sides to their personality who they are in school? And how they present outside of school. They were given the task to decorate a face mask in two halves showing two faces one that depict their school life and the other shows their home life. They then had to present a short drama sketch wearing the masks that they had designed and act out in front of an audience both sides to their character that included the past feelings and behaviour and the current feelings and behaviour. They had a lot of fun and explored deeper feelings and the behaviour it causes. They could identify their triggers and talked about talking to a trusted adult about how they are feeling at an earlier stage.

The Holiday Activities and Food programme (HAF)

We worked with 12 high needs children and young people of which 90% had Special Educational Needs (SEN) needs. Among a variety of disabilities, having autism spectrum disorder (ASD) was the most prevalent one. We delivered an enriching programme to the children and young people that was fun for them to attend. The activities included dancing to music, singing, art, archery, football and a treasure hunt. The children and young people also received recipes for healthy snacks to be prepared with parents at home and this was discussed with them and their parent at the end of the day. The children and young people were also provided with a healthy hot meal. As it was Christmas each child and young person were given a Christmas gift.

Feedback - from parent

- My daughter had such a good time, she doesn't usually attend projects like this, she doesn't want to stay - but now she is begging me to attend
- I notice a change in my daughter when she gets home, she is sharing with her brothers and tolerates their behaviour more - she seems to have matured

Statement of Financial Position - continued
30th April 2022

NOTES TO THE FINANCIAL STATEMENTS

- Thank you for accepting him on the programme, there was nowhere safe for him to attend, I hope that there will be more of these

Feedback- from children and young people

- I love it, I do, I really like singing
- Can my friend come tomorrow?
- I like the food

We have had regular consultation with stakeholders while projects were operating: -

- Children and young people
- Parents
- Black men
- Addey and Stanhope Secondary School
- Legendary Community Club
- TNG Youth & Community Centre
- Youth First
- Honor Oak Community Centre

In order to produce projects relevant to preventing an escalation of low level needs into higher ones. We drew on our expertise in working with communities that are culturally, economically, or geographically disadvantaged that we have provided social and emotional support services to. And by targeting these communities we are helping to address the specific needs and challenges faced by them.

We believe that beginnings are important and set the pace for what comes next. It sets the stage for building a foundation of trust, which we can build from to providing individuals and groups with the tools and skills they need to navigate the challenges they face and achieve success. It is important that their voice is heard in the development and throughout the duration of the projects we produce.

The professionals we engage with all had a wealth of experience dealing with adults, children and young people. Direct conversations with a sample of the beneficiaries-in this instance, parents and children-helped us determine the need, and to continue with the development of our unique and bespoke programme.

3. AVERAGE NUMBER OF EMPLOYEES

The average number of employees during the year was NIL (2021 - NIL).

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30th April 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th April 2022 in accordance with Section 476 of the Companies Act 2006.

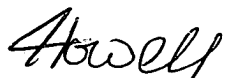
The directors acknowledge their responsibilities for:

- (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.

Statement of Financial Position - continued
30th April 2022

The financial statements have been prepared in accordance with the micro-entity provisions 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 25th April 2023 and were signed on its behalf by:



Ms P E Howell - Director

001052 - 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

Lite-Waves Therapeutic Education CIC

Company Number

09359038

Year Ending

30 April 2022

(The date format is required in full)

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.

This reporting year We have provided emotional support to children and parents within the London Borough of Lewisham and adjacent boroughs. Providing mental health support and improving the well-being of young people, individuals and families. We feel honoured to have been able to help those in need.

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(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.

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(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 Remuneration was received

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 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

25/04/2023

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)