

QUIET CONNECTIONS CIC

Company limited by guarantee

**Company Registration Number:
10767754 (England and Wales)**

Unaudited statutory accounts for the year ended 30 April 2021

Period of accounts

Start date: 1 May 2020

End date: 30 April 2021

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Balance sheet notes

Community Interest Report

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Directors' report period ended 30 April 2021

The directors present their report with the financial statements of the company for the period ended 30 April 2021

Principal activities of the company

Principal activity of the company during the financial year was to carry out activities that benefit the community.

Directors

The directors shown below have held office during the whole of the period from
1 May 2020 to 30 April 2021

Stacie Clark
Jason Crabtree
Hayley Stanton
Stacey Mills

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on
28 April 2022

And signed on behalf of the board by:

Name: Stacie Clark
Status: Director

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Profit And Loss Account for the Period Ended 30 April 2021

	2021	2020
	£	£
Turnover:	24,501	19,693
Cost of sales:	(8,682)	(5,909)
Gross profit(or loss):	<u>15,819</u>	<u>13,784</u>
Distribution costs:	(941)	(474)
Administrative expenses:	(58,387)	(24,629)
Other operating income:	46,916	9,897
Operating profit(or loss):	<u>3,407</u>	<u>(1,422)</u>
Profit(or loss) before tax:	<u>3,407</u>	<u>(1,422)</u>
Tax:	(538)	162
Profit(or loss) for the financial year:	<u>2,869</u>	<u>(1,260)</u>

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Balance sheet

As at 30 April 2021

	<i>Notes</i>	<i>2021</i>	<i>2020</i>
		£	£
Fixed assets			
Intangible assets:		0	0
Tangible assets:	3	3,058	0
Total fixed assets:		<u>3,058</u>	<u>0</u>
Current assets			
Debtors:	4	3,279	3,766
Cash at bank and in hand:		67,963	24,375
Total current assets:		<u>71,242</u>	<u>28,141</u>
Creditors: amounts falling due within one year:	5	(68,274)	(28,041)
Net current assets (liabilities):		<u>2,968</u>	<u>100</u>
Total assets less current liabilities:		<u>6,026</u>	<u>100</u>
Creditors: amounts falling due after more than one year:	6	(3,058)	0
Total net assets (liabilities):		<u>2,968</u>	<u>100</u>
Members' funds			
Profit and loss account:		2,968	100
Total members' funds:		<u>2,968</u>	<u>100</u>

The notes form part of these financial statements

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Balance sheet statements

For the year ending 30 April 2021 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.

**This report was approved by the board of directors on 28 April 2022
and signed on behalf of the board by:**

Name: Hayley Stanton
Status: Director

The notes form part of these financial statements

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Notes to the Financial Statements

for the Period Ended 30 April 2021

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

Turnover policy

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Tangible fixed assets depreciation policy

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis: Computer Equipment 25% Straight Line

Other accounting policies

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

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Notes to the Financial Statements for the Period Ended 30 April 2021

2. Employees

	<i>2021</i>	<i>2020</i>
Average number of employees during the period	2	2

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Notes to the Financial Statements

for the Period Ended 30 April 2021

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 May 2020				0		0
Additions				3,058		3,058
Disposals						
Revaluations						
Transfers						
At 30 April 2021				3,058		3,058
Depreciation						
At 1 May 2020				0		0
Charge for year						
On disposals						
Other adjustments						
At 30 April 2021				0		0
Net book value						
At 30 April 2021				3,058		3,058
At 30 April 2020				0		0

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Notes to the Financial Statements for the Period Ended 30 April 2021

4. Debtors

	<i>2021</i>	<i>2020</i>
	£	£
Trade debtors	300	60
Prepayments and accrued income	1,559	3,289
Other debtors	1,420	417
Total	<u>3,279</u>	<u>3,766</u>

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Notes to the Financial Statements

for the Period Ended 30 April 2021

5. Creditors: amounts falling due within one year note

	<i>2021</i>	<i>2020</i>
	£	£
Trade creditors	1,567	
Taxation and social security	852	
Accruals and deferred income	65,855	28,041
Total	<u>68,274</u>	<u>28,041</u>

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Notes to the Financial Statements for the Period Ended 30 April 2021

6. Creditors: amounts falling due after more than one year note

	<i>2021</i>	<i>2020</i>
	£	£
Other creditors	3,058	0
Total	<u>3,058</u>	<u>0</u>

COMMUNITY INTEREST ANNUAL REPORT

QUIET CONNECTIONS CIC

Company Number: 10767754 (England and Wales)

Year Ending: 30 April 2021

Company activities and impact

Quiet Connections grows confidence and connection through providing coaching, workshops, community activities and awareness events to support people who feel socially anxious, shy or not good enough and who avoid social or performance situations, thus impacting on their education, career, relationships, health and wellbeing. During the financial year 2020-2021, Quiet Connections reached just over 10,000 people with activities benefiting the community in the following ways: Providing one to one coaching with reported reductions in self-harming and suicide ideation, and improved confidence resulting in increased independence; returning to education, volunteering or employment; socialising and joining external groups. Running an online community space to remain connected and supported in response to the national COVID restrictions and temporary closing of in-person activities. Launched the Quiet Connections Podcast to share stories that normalise the experience of social anxiety. Developed The Quiet Speaking Toolkit; a self-study online course to learn healthier coping strategies for managing social anxiety. Supporting volunteers to grow in confidence through sharing their skills and knowledge through delivering workshops and community activities online. Delivering weekly online community workshops with invited external facilitators to help increase wellbeing. Raising awareness through various online public speaking events and media coverage to increase understanding of social anxiety within the wider community, educational settings and workplaces,

Consultation with stakeholders

The companies stakeholders include; adults and young people who are clients, or potential clients; directors; contractors; volunteers; donors; funders; regulators; and commissioning organisations. Consultations have been undertaken in the form of surveys, interviews and feedback forms, and this information continues to shape the services offered by Quiet Connections.

Directors' remuneration

Total directors remuneration included within the accounts for 2 directors is £49,520

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
27 April 2022

And signed on behalf of the board by:

Name: Stacie Clark

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.