

QUIET CONNECTIONS CIC

Company limited by guarantee

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

Unaudited statutory accounts for the year ended 30 April 2023

Period of accounts

Start date: 1 May 2022

End date: 30 April 2023

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Contents of the Financial Statements for the Period Ended 30 April 2023

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Balance sheet notes

Community Interest Report

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Directors' report period ended 30 April 2023

The directors present their report with the financial statements of the company for the period ended 30 April 2023

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 2022 to 30 April 2023

Stacie Clark
Hayley Stanton
Stacey Mills
Phillip Williams

The director shown below has held office during the period of
1 May 2022 to 31 January 2023

Jason Crabtree

The director shown below has held office during the period of
29 July 2022 to 30 April 2023

Alistair Miller

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
23 January 2024

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 2023

	2023	2022
	£	£
Turnover:	15,863	6,721
Cost of sales:	(11,941)	(4,192)
Gross profit(or loss):	<u>3,922</u>	<u>2,529</u>
Distribution costs:	(3,519)	(135)
Administrative expenses:	(76,111)	(57,758)
Other operating income:	77,455	53,470
Operating profit(or loss):	<u>1,747</u>	<u>(1,894)</u>
Profit(or loss) before tax:	<u>1,747</u>	<u>(1,894)</u>
Profit(or loss) for the financial year:	<u>1,747</u>	<u>(1,894)</u>

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Balance sheet

As at 30 April 2023

	<i>Notes</i>	<i>2023</i>	<i>2022</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets:	3	1,529	2,293
Total fixed assets:		<u>1,529</u>	<u>2,293</u>
Current assets			
Debtors:	4	522	942
Cash at bank and in hand:		17,348	79,968
Total current assets:		<u>17,870</u>	<u>80,910</u>
Creditors: amounts falling due within one year:	5	(15,049)	(79,071)
Net current assets (liabilities):		<u>2,821</u>	<u>1,839</u>
Total assets less current liabilities:		<u>4,350</u>	<u>4,132</u>
Creditors: amounts falling due after more than one year:	6	(1,529)	(3,058)
Total net assets (liabilities):		<u>2,821</u>	<u>1,074</u>
Members' funds			
Profit and loss account:		2,821	1,074
Total members' funds:		<u>2,821</u>	<u>1,074</u>

The notes form part of these financial statements

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Balance sheet statements

For the year ending 30 April 2023 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 23 January 2024
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 2023

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 2023

2. Employees

	2023	2022
Average number of employees during the period	2	2

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Notes to the Financial Statements

for the Period Ended 30 April 2023

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 May 2022				3,058		3,058
Additions						
Disposals						
Revaluations						
Transfers						
At 30 April 2023				3,058		3,058
Depreciation						
At 1 May 2022				765		765
Charge for year				764		764
On disposals						
Other adjustments						
At 30 April 2023				1,529		1,529
Net book value						
At 30 April 2023				1,529		1,529
At 30 April 2022				2,293		2,293

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Notes to the Financial Statements for the Period Ended 30 April 2023

4. Debtors

	2023	2022
	£	£
Trade debtors	360	120
Prepayments and accrued income		660
Other debtors	162	162
Total	<u>522</u>	<u>942</u>

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Notes to the Financial Statements

for the Period Ended 30 April 2023

5. Creditors: amounts falling due within one year note

	2023	2022
	£	£
Trade creditors	1,974	669
Taxation and social security	476	476
Accruals and deferred income	11,809	77,693
Other creditors	790	233
Total	<u>15,049</u>	<u>79,071</u>

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Notes to the Financial Statements for the Period Ended 30 April 2023

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

	<i>2023</i>	<i>2022</i>
	£	£
Other creditors	1,529	3,058
Total	<u>1,529</u>	<u>3,058</u>

COMMUNITY INTEREST ANNUAL REPORT

QUIET CONNECTIONS CIC

Company Number: 10767754 (England and Wales)

Year Ending: 30 April 2023

Company activities and impact

Quiet Connections CIC helps individuals who are quiet, shy or experience social anxiety or low confidence and self esteem to improve their wellbeing and social connectedness. During the financial year 2022 to 2023, Quiet Connections has impacted and benefited the community in the following ways.- Improving awareness and sharing educational content via social media, our blog and podcast, thus increasing understanding within communities and individuals. Within this work, we have collaborated with other professionals and companies which has brought broader insights and awareness of alternative support services available for individuals.-Grew our in-person Weekly Meet Ups which provides a safe space to develop high quality connections, therefore increasing positive emotions, self-confidence and feelings of belonging, and reducing isolation and loneliness, and feelings of anxiety in social situations. We delivered over 250 Meet Ups across 8 locations in Cornwall (Penzance, Hayle, Helston, Falmouth, Redruth, Truro, St Austell and Liskeard), supporting over 200 individuals, with a returning rate of 65%.-Continued delivering Pop-Up Meet Ups which offer ways to explore Cornwall and try new things alongside like-minded people for understanding and support. This year we ran 22 events with over 130 attendees, which included activities such as coastal walks, beach cleans, singing for wellbeing, blue health writing for wellbeing, laughter yoga, arts and crafts, Rogue Otherworld woodland theatre, and visiting local attractions. -In December 2022 we organised a 'Quieteers Celebration', bringing together our community members from across Cornwall. Over 50 'quieteers' attended with activities designed to help facilitate meaningful connection, and positively reframing our quiet personalities.-Our Meet Up activities created volunteering opportunities for 8 Quiet Connectors.-This year, we delivered over 180 hours of one-to-one coaching for 50 individuals including referrals from the Positive People Programme, and Private clients. Client feedback shows that coaching has commonly resulted in reduced stress and anxiety; improved coping strategies and self-regulation; increased confidence and wellbeing; improved relationships and social connection; greater self-esteem and self-compassion; leading to changes such as new employment, career changes, taking on new volunteer roles, the ability to go to a supermarket or get support, trying new activities and chairing meetings.- New coaches joined our team, bringing our total to 7 external coaches who consider themselves introverted, shy or socially anxious, and we supported them to increase their confidence and coaching abilities by providing support, supervision and coaching practice within Quiet Connections.- We also delivered 5 wellbeing workshops in collaboration with the Positive People Devon and Somerset teams. We continued to deliver these workshops with the former coaching client who stepped into a paid position to deliver these workshops alongside a team member.

Consultation with stakeholders

Quiet Connections CIC's 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, focus groups, interviews, feedback forms, and informal discussions, and this information has shaped Quiet Connections' service offers.

Directors' remuneration

Directors remuneration for 2 directors included within the accounts is £46,000

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
23 January 2024

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.