

Registered number
10986457

VPWellbeing (Valuing People's Wellbeing) CIC

Report and Accounts

30 September 2018



VPWellbeing (Valuing People's Wellbeing) CIC

Registered number: 10986457

Directors' Report

The directors present their report and accounts for the period ended 30 September 2018.

Principal activities

The company's principal activity during the year continued to be provision of rehabilitation of health and wellbeing services to the local community.

Directors

The following persons served as directors during the period:

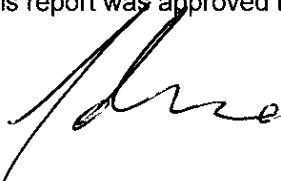
J Shelbourne

R Shelbourne

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 22 May 2019 and signed on its behalf.

A handwritten signature in black ink, appearing to be 'J Shelbourne', written over a horizontal line.

J Shelbourne

Director

VPWellbeing (Valuing People's Wellbeing) CIC
Profit and Loss Account
for the period from 28 September 2017 to 30 September 2018

	2018
	£
Turnover	6,481
Cost of sales	-
Gross profit	6,481
Administrative expenses	(5,540)
Operating profit	941
Profit before taxation	941
Tax on profit	(211)
Profit for the period	<u>730</u>

VPWellbeing (Valuing People's Wellbeing) CIC

Registered number: 10986457

Balance Sheet

as at 30 September 2018

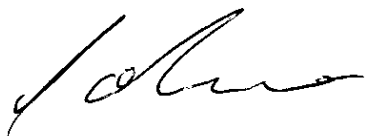
	Notes	2018 £
Fixed assets		
Tangible assets	2	8,531
		<u>8,531</u>
Creditors: amounts falling due within one year	3	(7,590)
Net current liabilities		<u>(7,590)</u>
Total assets less current liabilities		941
Provisions for liabilities		(211)
Net assets		<u>730</u>
Capital and reserves		
Profit and loss account		730
Shareholder's funds		<u>730</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.



J Shelbourne

Director

Approved by the board on 22 May 2019

VPWellbeing (Valuing People's Wellbeing) CIC
Notes to the Accounts
for the period from 28 September 2017 to 30 September 2018

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Plant and machinery	over 5 years
---------------------	--------------

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

2 Tangible fixed assets

VPWellbeing (Valuing People's Wellbeing) CIC
Notes to the Accounts
for the period from 28 September 2017 to 30 September 2018

	Land and buildings £	Plant and machinery etc £	Motor vehicles £	Total £
Cost				
At 28 September 2017	-	-	-	-
Additions	-	10,225	-	10,225
Surplus on revaluation	-	-	-	-
Disposals	-	-	-	-
At 30 September 2018	<u>-</u>	<u>10,225</u>	<u>-</u>	<u>10,225</u>
Depreciation				
At 28 September 2017	-	-	-	-
Charge for the period	-	1,694	-	1,694
Surplus on revaluation	-	-	-	-
On disposals	-	-	-	-
At 30 September 2018	<u>-</u>	<u>1,694</u>	<u>-</u>	<u>1,694</u>
Net book value				
At 30 September 2018	<u>-</u>	<u>8,531</u>	<u>-</u>	<u>8,531</u>
At 27 September 2017	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>

3 Creditors: amounts falling due within one year

**2018
£**

Other creditors	7,590
	<u>7,590</u>

Included within other creditors is a directors loan account for J Shelbourne amounting to £7,490.
The maximum amount outstanding during the period was £10,225.
The loan bears no right to interest and has no set repayment terms.

4 Other information

VPWellbeing (Valuing People's Wellbeing) CIC is a private company limited by guarantee and incorporated in England. Its registered office is:

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**

VPWellbeing(Valuing People's Wellbeing) CIC

Company Number

10986457

Year Ending

28th September 2017 - 30TH September 2018

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.

Since we began operating, we have had to relocate to more suitable premises, This allowed us the opportunity to expand to a more conducive environment. We have purchased another toning table, this allows for more clients to benefit from what we have to offer.

Toning tables are ideal for those with impaired mobility, flexibility and they improve circulation. As they are low impact, they are suitable for all ages and conditions.

We are finding, they are benefitting those with a condition that is excluding them from using mainstream fitness / activity centres.

The conditions include: Fibromyalgia, arthritis, some lung conditions, knee replacements, some skeletal conditions etc. When used with a healthy diet and regular exercise, they can assist with weight control.

We have a link to a cancer support centre at a local hospital, where, following chemotherapy and radiotherapy, the patients attend our studio, and we help with their rehabilitation, through strengthening their muscles, which increases their confidence.

We also go into the community (local church halls) and teach fall prevention exercises, to those who are vulnerable to falls.

Our plans include expanding further in to the local community, so more people have access to improve their health and wellbeing.

(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.

As there are no stakeholders, no consultations, have taken place.

(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 has been 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.

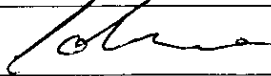
No transfer of assets have been made.

(Please continue on separate continuation sheet if necessary.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

8/6/19.

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)