

GROW WELL WEST CUMBRIA COMMUNITY INTEREST COMPANY

COMPANY NUMBER: 11276836

Accounts for Financial year to 31.03.2022

Amended as
requested 29/12/22
U Leonard

Balance Sheet:

Current assets	2022	2021
Tools & planters	576.69	897.99
Cash at bank	101.06	977.39
Current liabilities	-	-
Net current assets	677.75	1875.38

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

The accounts have been prepared in accordance with the micro-entity provisions.

These accounts have been prepared in accordance with the micro-entity provisions and have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Signed: U Leonard

Date: 13/12/22

URSULA LEONARD, COMPANY DIRECTOR

SAT WEDNESDAY



ABUH23ZK

A16 04/01/2023 #23
COMPANIES HOUSE

ABJ2XG3T

A08 17/12/2022 #10
COMPANIES HOUSE

Trading Account:

Income:	2021/22	2020/21
Operating income (gardening services)	1183.40	1961.27
Customer reimbursements	255.68	-
Other income (grants)	78.65	900.00
Total income:	1517.73	2861.27
Expenditure:		
Travel expenses (mileage)	598.50	527.83
Operating costs (inc. insurance)	1198.83	440.71
Leaflets & banners	-	45.60
Cost of assets (tools, PPE)	576.69	804.99
Administration (inc. petty cash)	126.10	73.00
Bank charges	56.08	61.05
Total expenditure:	2556.20	1953.18
Surplus (loss) before tax:	(1038.47)	908.09

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CIC 34

Community Interest Company Report

For official use
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*Please
complete in
typescript, or
in bold black
capitals.*

Company Name in
full

GROW WELL WEST CUMBRIA COMMUNITY
INTEREST COMPANY

Company Number

11276836

Year Ending

31/03/2022

(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) ✓ *Enclosed*

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.

Grow Well West Cumbria (Grow Well) has continued to support people maintain their own gardens as they are no longer able to do this for reasons of illness. Grow Well has carried out this work for eight customers, who pay £15/hour for this service. (Grow Well has not increased garden service charges from inception of the Company to date). Without this support these customers have told us they would have been distressed to see their gardens deteriorate, which they had previously nurtured over many years. They expressed satisfaction at Grow Well's reliable service which also brought gardening knowledge and skills to maintain a healthy environment for them to enjoy.

The Grow Well Community Garden in Vulcan Park, Workington (Workington Town Council land) continued to flourish despite Covid-19 restrictions still having some impact. There have been four regular volunteers enjoying each other's' company and offering support between ourselves regarding loneliness, bereavement and being a carer. The Volunteers and garden friends benefit from sharing the edible produce grown at the Grow Well Community Garden which promotes healthy eating.

As well as the volunteers who regularly participate in gardening activities, we have others who visit for a chat and to donate garden equipment.

A group from the local hospital who were attending a 'Recovery through Activity' course to support mental well-being came to visit the Grow Well Community Garden. This group were visiting different activity groups in the town to inform and encourage them to become involved in something that interested them.

We have conversations with the general public who use the park for exercise and dog walking. These conversations often lead to people sharing some difficulty they are trying to cope with as well as sharing horticultural knowledge/ideas.

The Grow Well Community Garden is 'minded' by the neighbours who look onto the garden which has helped on occasions when potential vandalism could have occurred.

Passers-by frequently comment how much they enjoy looking into the garden and that the Grow Well volunteers' activities have 'brightened up the place'.

One of the key aims of the Grow Well Community Garden is to enrich an area of low biodiversity by focusing on planting schemes which attract pollinating insects and wildlife. Making our own compost and leaf mould from gardening waste products also ensures we recycle all that we cannot use reducing the Grow Well Community Garden's carbon footprint to a minimum.

The Community Garden was included in the Workington Town Council's entry for the 'Britain in Bloom' award scheme.

A local artist who works with recycled materials shared her skills by creating a woven area on the railings of the Grow Well Community Garden: this lasted for many months for people to enjoy and as a focus of conversation.

(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.

Stakeholders for the Grow Well Community Garden include the volunteers, local neighbours, general public/park users and Workington Town Council. We continue to have good relationships with all these different stakeholders and are particularly encouraged with the feedback given either in a meeting (from the Town Council) or on an ad hoc basis from the general public.

Following a visit from a local Town Councillor (who used a wheelchair for mobility) to the Grow Well Community Garden we invested Cumbria County Council a Covid Recovery grant to buy two table top height planting beds to facilitate gardening activities for people who could not work at ground level.

(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.)

PART 5 – SIGNATORY (Please note this must be a live signature)

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

Signed

Patrick Leonard

(DD/MM/YY)

Date

14/12/22

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this information is incorrect.

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.

Grow Well West Cumbria Community Interest Company	
43, Fitz Road, Cockermouth. Cumbria. CA13 0AN.	
grow-well@hotmail.com	
Tel 07594254042	
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

(N.B. Please enclose a cheque for £15 payable to Companies House)