

**Unaudited Financial Statements for the Year Ended 31 December 2019**

**for**

**Healthy Communities Limited C.I.C.**

MONDAY



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18/05/2020

#263

COMPANIES HOUSE

**Healthy Communities Limited C.I.C. (Registered number: 11320514)**

**Balance Sheet  
31 December 2019**

	31.12.19	31.12.18
	£	£
<b>CURRENT ASSETS</b>	24,787	14,506
<b>CREDITORS</b>		
Amounts falling due within one year	(24,716)	(14,406)
<b>NET CURRENT ASSETS</b>	71	100
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	71	100
<b>CAPITAL AND RESERVES</b>	71	100

**NOTE TO THE FINANCIAL STATEMENTS**

**1. STATUTORY INFORMATION**

Healthy Communities Limited C.I.C. is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address are as below:

**Registered number:** 11320514

**Registered office:** Park View  
Cockhill Farm  
Middleton Lane  
Tamworth  
B78 2BW

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2019 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 profit or loss 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.

Healthy Communities Limited C.I.C. (Registered number: 11320514)

**Balance Sheet - continued**  
**31 December 2019**

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 on 24/03/2020 and were signed on its behalf by:

J Robinson

Mrs J Robinson - Director

100212/15

# 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**

Healthy Communities Limited CIC

**Company Number**

11320514

**Year Ending**

(31/12/19)

*(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)**

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## **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.

Healthy Communities has continued to run community exercise classes for older people as part of the Transform Ageing programme across the south west of England. Attendance, adherence and positive feedback from participants has led to UnLtd giving a further £25,000 grant funding. We have recruited, trained and supported a further 14 people to run community sessions for older people where they exercise and socialise together. The specialist instructors help class members to improve their flexibility, aerobic health, balance and strength (FABS). Instructors are given help and support to start their own business and pay for venue hire, equipment, promotional flyers etc along with equipment, so they can grow class numbers and make the classes viable and sustainable.

The classes also offer opportunities to socialise and make friends to reduce loneliness and encourage them to get out and about in their community again.

As part of the Transform Ageing programme we have run two x 12 week exercise programmes in GP surgeries for patients at risk of falls and frailty. Patients receive, free of charge, 45 minutes of targeted exercise to help improve mobility, strength, balance and confidence. This is followed by 30 minutes to have a cup of tea after the class and discuss a different health topic each week about healthy lifestyles along. Each patient receives a resistance bands and a Stay Fit for Life book showing how to do the exercises at home. They all showed improvements in sit-to-stand tests, walking speed tests and many have continued to attend community classes. Instructors can then signpost class members on to other services or organisations if appropriate.

Two further 12 week programmes in GP surgeries will be delivered later in 2020.

*(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.

Healthy Communities has liaised with UnLtd and their partners for the Transform Ageing programme including the South West Academic Health Science Network, The Design Council and local organisations helping older people in the community. Instructors have collected data from classes including anecdotal evidence from class members regarding the impact of attending classes. Class members show high levels of attendance, adherence and enjoyment and instructors frequently arrange other social gatherings at their request.

Feedback from GPs has also been positive and many are recommending community classes as part of the campaign to end loneliness through the Social Prescribing scheme.

*(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 other than for full consideration has been made.

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

**(DD/MM/YY)**

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

Signed

J Robinson

Date

01/05/20

**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.

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, 4<sup>th</sup> 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)**