

TIME4CALM COMMUNITY INTEREST COMPANY

Company limited by guarantee

**Company Registration Number:
11397810 (England and Wales)**

Unaudited statutory accounts for the year ended 30 June 2020

Period of accounts

Start date: 1 July 2019

End date: 30 June 2020

TIME4CALM COMMUNITY INTEREST COMPANY

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TIME4CALM COMMUNITY INTEREST COMPANY

Directors' report period ended 30 June 2020

The directors present their report with the financial statements of the company for the period ended 30 June 2020

Directors

The directors shown below have held office during the whole of the period from
1 July 2019 to 30 June 2020

Laura Ann Hind
Michelle Booth
Patricia Thompson

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
29 June 2021

And signed on behalf of the board by:

Name: Laura Ann Hind
Status: Director

TIME4CALM COMMUNITY INTEREST COMPANY

Balance sheet

As at 30 June 2020

	<i>Notes</i>	<i>2020</i>	<i>13 months to 30 June 2019</i>
		£	£
Current assets			
Cash at bank and in hand:		2,747	28
Total current assets:		<u>2,747</u>	<u>28</u>
Creditors: amounts falling due within one year:	3	(2,751)	(28)
Net current assets (liabilities):		<u>(4)</u>	<u>0</u>
Total assets less current liabilities:		<u>(4)</u>	<u>0</u>
Total net assets (liabilities):		<u>(4)</u>	<u>0</u>
Members' funds			
Profit and loss account:		(4)	0
Total members' funds:		<u>(4)</u>	<u>0</u>

The notes form part of these financial statements

TIME4CALM COMMUNITY INTEREST COMPANY

Balance sheet statements

For the year ending 30 June 2020 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.

The directors have chosen not to file a copy of the company's profit and loss account.

**This report was approved by the board of directors on 29 June 2021
and signed on behalf of the board by:**

Name: Laura Ann Hind
Status: Director

The notes form part of these financial statements

TIME4CALM COMMUNITY INTEREST COMPANY

Notes to the Financial Statements

for the Period Ended 30 June 2020

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

Other accounting policies

Basis of preparationThe accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.Presentation currencyThe accounts are presented in £ sterling.

TIME4CALM COMMUNITY INTEREST COMPANY

Notes to the Financial Statements for the Period Ended 30 June 2020

2. Employees

	<i>2020</i>	<i>13 months to 30 June 2019</i>
Average number of employees during the period	0	0

TIME4CALM COMMUNITY INTEREST COMPANY

Notes to the Financial Statements

for the Period Ended 30 June 2020

3. Creditors: amounts falling due within one year note

	<i>2020</i>	<i>13 months to 30 June 2019</i>
	£	£
Accruals and deferred income	300	18
Other creditors	2,451	10
Total	<u>2,751</u>	<u>28</u>

COMMUNITY INTEREST ANNUAL REPORT

TIME4CALM COMMUNITY INTEREST COMPANY

Company Number: 11397810 (England and Wales)

Year Ending: 30 June 2020

Company activities and impact

Time4Calm CIC is a community interest company based in Sunderland and facilitates talks, workshops and projects with the aim of improving health and wellbeing of Carers and teachers in Sunderland, North and South Tyneside and Durham. Between June 2019 and May 2020 our activities have benefited the local community in a number of ways: Funded and commissioned Partnership Work: we have supported a number of local organisations promoting health and wellbeing for Carers. Examples: Keep Active Men's Group, North Tyneside Carers Charity, Grace House Parents Charity, ELCAP/ 3TBL Charity, Groundworks Charity, Schools: We have facilitated Mindful workshops for: Farringdon Academy, Easington Lane Primary, New Durham College, Keep Active 'Social Kitchen' in schools. The impact is variable depending on the activity. Workshops and Talks give valuable information on Mindfulness and encourage participation in projects and programmes. The Projects and programmes have been attended by approximately 100 residents across the city of Sunderland, Durham and North Tyneside during this time and the impact shows a significant increase in positive mental attitude for those who participated. The outcomes were captured using a measuring tool similar to the Warwick & Edinburgh Mental wellbeing Scale together with participant feedback using surveys.

Consultation with stakeholders

The company's stakeholders are local residents, community groups, schools and business who participate in Time4Calm projects. The directors of the company have lived and worked in Sunderland for a number of years. They have developed the business model for the company based on their past working experience together with discussions with local residents and existing business partners. The company participates in local events to consult with everyone attending and ask them to fill in a short questionnaire about mental health and their understanding of Mindfulness. This has helped the company build a register of residents who expressed an interest in attending a mindful project. Partnership work has enabled the company to reach over 300 local people which has allowed them to facilitate talks and tasters to promote the service they offer. They attend regular networking events across the city to encourage discussion on mental health and the benefits of mindfulness. From feedback and consultation with participants and partner organisations, addressing fears around COVID is a priority for the people of Sunderland. Using a whole system approach, it's been recognised that Mindfulness is truly raising awareness in addressing health issues and managing anxiety. We currently work with Schools, Carers Centres and Community Groups to promote stress reduction using mindfulness as a practice for teachers and support workers in Sunderland, North Tyneside and Durham. Our goal is to reduce health inequalities and improve health outcomes for supporters of the most vulnerable people in our city to ensure they stay well and continue to help others in their care. We aim to work in co-production with other voluntary community services to increase access to our service. We are currently involved with the Sunderland 'Connectedness Action Plan' to reduce social isolation and loneliness which are key challenges for both the young and ageing population of Sunderland.

Directors' remuneration

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £6,765. 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.

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
7 June 2021

And signed on behalf of the board by:

Name: Laura Ann Hind

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.