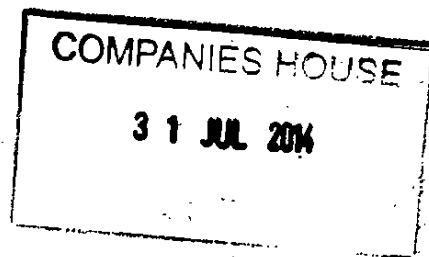


Registration number NI604751

Abbey Gymnastics C.I.C.
Company limited by guarantee

Abbreviated accounts
for the year ended 31 October 2013



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31/07/2014

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COMPANIES HOUSE

Abbey Gymnastics C.I.C.
Company limited by guarantee

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Abbey Gymnastics C.I.C.
Company limited by guarantee

Abbreviated balance sheet
as at 31 October 2013

| | | 2013 | | 2012 | |
|---|-------|-----------------|-----------------|-----------------|-----------------|
| | Notes | £ | £ | £ | £ |
| Fixed assets | | | | | |
| Tangible assets | 2 | | 13,282 | | 15,743 |
| Current assets | | | | | |
| Debtors | | - | | 4,990 | |
| Cash at bank and in hand | | 14,251 | | 2,316 | |
| | | <u>14,251</u> | | <u>7,306</u> | |
| Creditors: amounts falling due within one year | | <u>(28,375)</u> | | <u>(25,587)</u> | |
| Net current liabilities | | | <u>(14,124)</u> | | <u>(18,281)</u> |
| Total assets less current liabilities | | | (842) | | (2,538) |
| Deficiency of assets | | | <u>(842)</u> | | <u>(2,538)</u> |
| Reserves | | | | | |
| Profit and loss account | | | (842) | | (2,538) |
| Members' funds | | | <u>(842)</u> | | <u>(2,538)</u> |

The directors' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on page 3 form an integral part of these financial statements.

Abbey Gymnastics C.I.C.
Company limited by guarantee

Abbreviated balance sheet (continued)

**Directors' statements required by Sections 475(2) and (3)
for the year ended 31 October 2013**

In approving these abbreviated accounts as directors of the company we hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006 ;
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 October 2013 ; and
- (c) that we acknowledge our responsibilities for:
 - (1) ensuring that the company keeps accounting records which comply with Section 386 ; and
 - (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Section 393 and which otherwise comply with the provisions of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies .

The abbreviated accounts were approved by the Board on 29 July 2014 and signed on its behalf by



Alison McMullan
Director

Registration number NI604751

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The notes on page 3 form an integral part of these financial statements.

Abbey Gymnastics C.I.C.
Company limited by guarantee

Notes to the abbreviated financial statements
for the year ended 31 October 2013

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2. Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods falling within the company's ordinary activities.

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings
and equipment - 25% Reducing balance

2. Fixed assets

**Tangible
fixed
assets
£**

Cost

| | |
|--------------------|---------------|
| At 1 November 2012 | 24,751 |
| Additions | 1,966 |
| At 31 October 2013 | <u>26,717</u> |

Depreciation

| | |
|--------------------|---------------|
| At 1 November 2012 | 9,008 |
| Charge for year | 4,427 |
| At 31 October 2013 | <u>13,435</u> |

Net book values

| | |
|--------------------|---------------|
| At 31 October 2013 | <u>13,282</u> |
| At 31 October 2012 | <u>15,743</u> |

3. Company limited by guarantee

The Company is limited by guarantee and does not have a share capital.



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

Abbey Gymnastics CIC

Company Number

NI604751

Year Ending

31 October 2013

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.

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 fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

At Abbey Gymnastics C.I.C we provide professional gymnastics and fitness programmes with a child centered approach. Our range of classes are open to children, young people and adults of all ages and abilities. Our coaches endeavour to instill discipline and team work while increasing each child's self confidence and self esteem while encouraging them to reach their full potential within the sport and providing an outlet for health related activities for all.

A priority of the programme is to engage the community in West Belfast and give opportunities through sport, health and fitness and coach education to those who have experienced long-standing levels of deprivation.

Abbey Gymnastics opened in October 2010 and has 2 full time and 6 part-time staff, both in a paid and voluntary capacity. During our 2012/2013 year 2 coaches achieved Level 1 & Level 2 Qualifications and also additional "add-on" modules catering for freestyle gymnastics and disabilities. The club is a real part of the community and is recognised as a safe and caring environment by British Gymnastics, Gymnastics Ireland and Sport Northern Ireland.

(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.

The Company's stakeholders are the gymnasts who take part in our classes and their parents.

Coaches are encouraged to talk to parents/gymnasts and listen to any comments they may have and parents are made aware that they are welcome to discuss issues with coaches at any time. In addition to the boys only class from 2011/12 we have now introduced Freestyle Gymnastics, Team Gym and Trampolining classes

The Club has a Parents' Committee/Fundraising Committee. Regular joint coaches'/parents' meetings take place which are a platform for issues to be discussed and ideas to be put forward and actions agreed.

The Club makes use of a Website, Facebook page and Twitter which, as well as being a means of relaying information, are also a means of receiving feedback.

(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.


(Please continue on separate continuation sheet if necessary.)

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

PART 5 – SIGNATORY

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

Signed



Date

30/07/14

Office held (tick 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.

| | |
|--|------------------------|
| Alison McMullan | |
| c/o Abbey Gymnastics CIC | |
| Unit 37 Argyle Business Centre, 29 North Howard Street | |
| Belfast | Telephone 07899 783990 |
| DX Number | DX Exchange |

When you have completed and signed the form, please send it 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