

REGISTERED NUMBER: 09035694 (England and Wales)

REPORT OF THE DIRECTORS AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MAY 2016
FOR
LET'S MOVE HEALTH AND FITNESS C.I.C

Ark Aurora Ltd
(incorporating Gompertz Kendall & Co)
Chartered Accountants & Chartered Tax Advisers
The Maltings
2 Anderson Rd
Bearwood
Birmingham
West Midlands
B66 4AR



LETS MOVE HEALTH AND FITNESS C.I.C

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FOR THE YEAR ENDED 31 MAY 2016

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LETS MOVE HEALTH AND FITNESS C I C

COMPANY INFORMATION
FOR THE YEAR ENDED 31 MAY 2016

DIRECTORS:

Mr Jaspal Singh Heir
Mrs Ekbinder Kaur Shocker
Mr Preetpal Randhawa

REGISTERED OFFICE:

12 Abbey Road
Smethwick
Bearwood
Birmingham
B67 5RD

REGISTERED NUMBER:

09035694 (England and Wales)

ACCOUNTANTS:

Ark Aurora Ltd
(incorporating Gompertz Kendall & Co)
Chartered Accountants & Chartered Tax Advisers
The Maltings
2 Anderson Rd
Bearwood
Birmingham
West Midlands
B66 4AR

LETS MOVE HEALTH AND FITNESS C I C

REPORT OF THE DIRECTORS
FOR THE YEAR ENDED 31 MAY 2016

The directors present their report with the financial statements of the company for the year ended 31 May 2016.

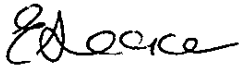
DIRECTORS

The directors shown below have held office during the whole of the period from 1 June 2015 to the date of this report

Mr Jaspal Singh Heir
Mrs Ekbinder Kaur Shocker
Mr Preetpal Randhawa

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies

ON BEHALF OF THE BOARD:



Mrs Ekbinder Kaur Shocker - Director

14 March 2017

LETS MOVE HEALTH AND FITNESS C I C

INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MAY 2016

		Year Ended 31.5.16 £	Period 12.5 14 to 31 5 15 £
	Notes		
TURNOVER		450	1,585
Administrative expenses		<u>1,241</u>	<u>1,480</u>
OPERATING (DEFICIT)/SURPLUS and (DEFICIT)/SURPLUS ON ORDINARY ACTIVITIES BEFORE TAXATION	2	(791)	105
Tax on (deficit)/surplus on ordinary activities	3	<u>-</u>	<u>51</u>
(DEFICIT)/SURPLUS FOR THE FINANCIAL YEAR		<u><u>(791)</u></u>	<u><u>54</u></u>

The notes form part of these financial statements

LETS MOVE HEALTH AND FITNESS C.I.C (REGISTERED NUMBER: 09035694)

BALANCE SHEET

31 MAY 2016

	Notes	31.5.16 £	31.5.15 £
CURRENT ASSETS			
Cash at bank		1,401	555
CREDITORS			
Amounts falling due within one year	4	<u>2,138</u>	<u>501</u>
NET CURRENT (LIABILITIES)/ASSETS		<u>(737)</u>	<u>54</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>(737)</u>	<u>54</u>
RESERVES			
Income and expenditure account	5	<u>(737)</u>	<u>54</u>
		<u>(737)</u>	<u>54</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2016

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2016 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 surplus or deficit 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

The financial statements have been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The financial statements were approved by the Board of Directors on 14 March 2017 and were signed on its behalf by.



Mrs Ekbinder Kaur Shocker - Director

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MAY 2016

1 ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover

Turnover represents net invoiced sales of services, excluding value added tax

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

2. OPERATING (DEFICIT)/SURPLUS

The operating deficit (2015 - operating surplus) is stated after charging:

	Year Ended 31.5.16 £	Period 12.5.14 to 31.5.15 £
Formation costs	<u>-</u>	<u>150</u>
Directors' remuneration	<u>-</u>	<u>-</u>

3. TAXATION

Analysis of the tax charge

The tax charge on the deficit on ordinary activities for the year was as follows

	Year Ended 31.5.16 £	Period 12.5.14 to 31.5.15 £
Current tax		
UK corporation tax	<u>-</u>	<u>51</u>
Tax on (deficit)/surplus on ordinary activities	<u>-</u>	<u>51</u>

4 CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.16 £	31.5.15 £
Trade creditors	1	-
Tax	51	51
Directors' current accounts	1,486	150
Accrued expenses	<u>600</u>	<u>300</u>
	<u>2,138</u>	<u>501</u>

LETS MOVE HEALTH AND FITNESS C I C

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MAY 2016

5 RESERVES

	Income and expenditure account £
At 1 June 2015	54
Deficit for the year	<u>(791)</u>
At 31 May 2016	<u>(737)</u>

LETS MOVE HEALTH AND FITNESS C I C

DETAILED INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 MAY 2016

	Year Ended 31.5.16 £	£	Period 12.5.14 to 31.5.15 £	£
Sales		450		1,585
Expenditure				
Rent	100		-	
Advertising	431		-	
Sundry expenses	410		-	
Accountancy	300		300	
Professional fees	-		1,030	
Formation costs	-		150	
		<u>1,241</u>		<u>1,480</u>
NET (DEFICIT)/SURPLUS		<u>(791)</u>		<u>105</u>

This page does not form part of the statutory financial statements

100133/15

CIC 34

Community Interest Company Report

Please complete in typescript, or in bold black capitals.	For official use (Please leave blank)	
	Company Name in full	LETS MOVE HEALTH AND FITNESS C.I.C.
	Company Number	09035694
	Year Ending	31 May 2016

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.

Our activity has been in the service of reducing human suffering, promoting well-being and creating the conditions in which people can flourish. We have pursued two main activities (1) Providing mindfulness-based stress reduction classes in the community, and (2) Providing ownership through sport and allowing responsibility to be taken for their actions.

(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 CIC has different stakeholder like community, police, local authorities and educational institutions and national government bodies.

The directors of the company have a contact with all these people in a variety of contexts and are embedded in the development of mindfulness-based work throughout West Midlands

(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 taken by the directors


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.

(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

11/03/17

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)