

Registered number  
11876979

Mind Balance Solutions CIC

Report and Accounts

31 March 2020

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20/11/2020

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COMPANIES HOUSE

**Mind Balance Solutions CIC**

**Registered number: 11876979**

**Directors' Report**

The directors present their report and accounts for the year ended 31 March 2020.

**Principal activities**

The company's principal activity during the year continued to be the provision of health and wellbeing services

**Directors**


The following persons served as directors during the year:

Katarzyna Paulina Gajowy  
Alexandra Magdalena Kania  
Justyna Spyрка

**Small company provisions**

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 13 November 2020 and signed on its behalf.

  
Alexandra Kania  
Director

**Mind Balance Solutions CIC**  
**Profit and Loss Account**  
**for the year ended 31 March 2020**

	<b>2020</b>
	<b>£</b>
<b>Turnover</b>	230
Administrative expenses	(290)
<b>Operating loss</b>	<u>(60)</u>
<b>Loss before taxation</b>	<u>(60)</u>
Tax on loss	-
<b>Loss for the financial year</b>	<u>(60)</u>

**Mind Balance Solutions CIC****Registered number:** 11876979**Balance Sheet****as at 31 March 2020**

	Notes	2020 £
<b>Current assets</b>		
Cash at bank and in hand	15	
<b>Creditors: amounts falling due within one year</b>	3	(75)
<b>Net current liabilities</b>		<u>(60)</u>
<b>Net liabilities</b>		<u>(60)</u>
<b>Capital and reserves</b>		
Profit and loss account		(60)
<b>Shareholders' funds</b>		<u>(60)</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.



Aleksandra Kania

Director

Approved by the board on 13 November 2020

**Mind Balance Solutions CIC**  
**Statement of Changes in Equity**  
**for the year ended 31 March 2020**

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
<b>At 1 April 2019</b>	-	-	-	-	-
Loss for the financial year				(60)	(60)
<b>At 31 March 2020</b>	<u>-</u>	<u>-</u>	<u>-</u>	<u>(60)</u>	<u>(60)</u>

**Mind Balance Solutions CIC**  
**Notes to the Accounts**  
**for the year ended 31 March 2020**

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

***Turnover***

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

***Debtors***

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

***Creditors***

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

**2 Employees**

**2020  
Number**

Average number of persons employed by the company

0

**3 Creditors: amounts falling due within one year**

**2020  
£**

Trade creditors

50

Amounts owed to group undertakings and undertakings in which the company has a participating interest

25

75

**4 Other information**

Mind Balance Solutions CIC is a private company limited by shares and incorporated in England. Its registered office is:  
 14 Denmark Street  
 Liverpool

**Mind Balance Solutions CIC**  
**Notes to the Accounts**  
**for the year ended 31 March 2020**

Merseyside  
L22 9RG

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# 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**

Mind Balance Solutions CIC

**Company Number**

11876979

**Year Ending**

(31/03/2020)

*(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)**

**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.

Mind Balance Solutions CIC started trading on 12/3/2019 offering mental health support to the Polish Community within the North West. We have delivered 2in1 mindfulness workshops for both women and children with the aim to recognise their emotional needs and how best to respond to them. We have delivered the Academy of a Young Achiever workshops for children aged 5+ to develop emotional intelligence, in order for them to learn how to respect themselves and others. We have delivered yoga classes for adults and children creating a relaxing space for meditation.

The beneficiaries have benefited from wider understanding their emotions, what triggers them to lose control, and how to become more emotionally resilient.

*(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 Polish people living in the North West with some minor to moderate symptoms of poor mental health, they have difficulties with communicating in English and therefore understanding the local provisions which are available to tackle their mental health issues.

We encouraged our beneficiaries to engage in consultations and share their opinions. After each event we ask the participants to fill in the comments forms which help us to improve our services.

Many people leave the comments on MBS CIC social media accounts.

We have learned that there is an increase need among women for services related to mental health. Almost 75% of our service users were woman from a poor economic background. The problems they face varies from a child abuse trauma, anxiety to post-natal depression. We have also noticed that there are more enquires related to children, including self-harm, addiction related to technology and loneliness.

As a result, we have applied for funding to cover the projects' costs with the aim to provide the free emotional support sessions for women and children in poor financial situations.

*(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.)*

**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

*Aleksandra Kania*

Date

9/11/2020

**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.

Aleksandra Kania

14 Denmark Street

Liverpool

L22 9RG

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)**