

Company registration number 10113987 (England and Wales)

**FINANCIAL STATEMENTS
FOR THE 15 MONTH PERIOD ENDED 31 JULY 2019
FOR
REACH OUT FOR MENTAL HEALTH CIC**



REACH OUT FOR MENTAL HEALTH CIC (REGISTERED NUMBER: 10113987)

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REACH OUT FOR MENTAL HEALTH CIC (REGISTERED NUMBER: 10113987)

INCOME STATEMENT

For the 15 month period ended 31 July 2019

	For the period Ended 31/07/2019 £	For the year Ended 30/04/2018 £
TURNOVER	13,325	-
Other income		150
Other charges	(12,921)	(530)
Taxation	(5)	-
PROFIT/LOSS	<u>399</u>	<u>(380)</u>

REACH OUT FOR MENTAL HEALTH CIC (REGISTERED NUMBER: 10113987)

BALANCE SHEET

	31/07/2019 £	30/04/2018 £
CURRENT ASSETS	5,818	40
CREDITORS		
Amounts falling due within one year	(5,799)	(420)
NET CURRENT LIABILITIES	<u>19</u>	<u>(380)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>19</u>	<u>(380)</u>
RESERVES	<u>19</u>	<u>(380)</u>

NOTE TO THE FINANCIAL STATEMENTS

1 STATUTORY INFORMATION

Reach Out For Mental Health CIC is a private company, limited by shares, registered in England and Wales.

The company's registration number and registered address are as below:

Registered Number 10113987

Registered office 20-22 Wenlock Road, London, N1 7GU

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

The members have not required the company to obtain an audit of its financial statements for the period ended 31 July 2019 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her 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.

The financial statements have been prepared in accordance with the micro-entity provisions. The financial statements were approved by the director 30 November 2019 and were signed by:

Ms K E Eaton - Director



REACH OUT FOR MENTAL HEALTH CIC (REGISTERED NUMBER: 10113987)**DETAILED PROFIT AND LOSS ACCOUNT**

For the 15 month period ended 31 July 2019

	For the period Ended 31/07/2019		For the year Ended 30/04/2018	
	£	£	£	£
Income		13,325		
Other income				150
Sundry receipts				
		<u>13,325</u>		<u>150</u>
Expenditure				
Directors remuneration	6,032			
Accountancy fees	365		420	
Legal and Professional fees	134		75	
Administration, Post and stationary	3,125		35	
Advertising and promotion	399			
Insurance	576			
Travel	454			
Sundry expenditure	<u>1,836</u>			
		<u>12,921</u>		<u>530</u>
NET PROFIT / LOSS		<u><u>404</u></u>		<u><u>(380)</u></u>

This page does not form part of the statutory accounts

REACH OUT FOR MENTAL HEALTH CIC (REGISTERED NUMBER: 10113987)

DETAILED BALANCE SHEET

31 July 2019

	31/07/2019 £	30/04/2018 £
CURRENT ASSETS		
Bank Account Reach out for Mental Health CIC	5,364	40
Prepayments and other debtors	454	
CREDITORS		
Accrued expenses	(224)	(420)
Deferred income	(5,575)	
NET CURRENT LIABILITIES	<u>19</u>	<u>(380)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES	<u>19</u>	<u>(380)</u>
NET LIABILITIES	<u>19</u>	<u>(380)</u>
RESERVES	<u>19</u>	<u>(380)</u>

This page does not form part of the statutory accounts

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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**

Reach Out for Mental Health CIC

Company Number

10113987

Year Ending

July 2019

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.

- For the last financial year Reach Out for Mental Health (ROFMH) has been operating a befriending service supporting individuals who are feeling suicidal or feel they are approaching a point of crisis.
- We have supported around 30 people either face to face in one of our community hubs, over the phone or by text with feelings of hopelessness, worthlessness and overwhelming exhaustion.
- We cover the entire borough of Thurrock and have accepted referrals from GP's, Local Area Coordinators, Care Coordinators, Social Workers and self-referrals.
- We have also trained around 20 gatekeepers in suicide prevention thereby providing them with the techniques and confidence in how best to identify someone who is suicidal, who may be at high risk of suicide and how to support someone who is suicidal.
- We have advertised our service and worked to reduce the stigma around suicide on regional radio, local fundraising events, have been asked to appear at a number of conferences and provide workshops in suicide prevention

(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.

We have no stakeholders, therefore there has been no consultation.

(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.

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £6,032.

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

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

Signed



Date

21/2/19

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.

20-22 Wenlock Road, London, N1 7GU

Tel 07898 220 384

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)