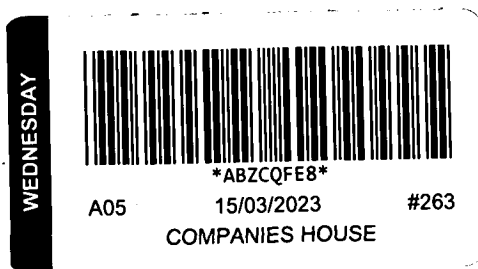


Registered number
13808049

OVER 50'S BLACK MEN FORUM CIC

Accounts

31 December 2022



OVER 50'S BLACK MEN FORUM CIC
Report and accounts
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OVER 50'S BLACK MEN FORUM CIC
Company Information

Directors

Enitan Motolani KANE
Oladimeji ALLI

Accountants

Timi and Co.
Unit One
Kings Estate
Broadway Parade
Hornchurch
RM12 4RS

Bankers

Metro Bank
One Southampton Row
London
WC1B 5HA

Registered office

2 Cuton Grove
Springfield
Chelmsford
CM2 6TA

Registered number

13808049

OVER 50'S BLACK MEN FORUM CIC

Report to the directors on the preparation of the unaudited statutory accounts of OVER 50'S BLACK MEN FORUM CIC for the year ended 31 December 2022

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of OVER 50'S BLACK MEN FORUM CIC for the year ended 31 December 2022 which comprise of the Profit and Loss Account and the Balance Sheet from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://rulebook.accaglobal.com/>

This report is made solely to the Board of Directors of OVER 50'S BLACK MEN FORUM CIC, as a body, in accordance with the terms of our engagement letter dated 15 September 2022. Our work has been undertaken solely to prepare for your approval the accounts of OVER 50'S BLACK MEN FORUM CIC and state those matters that we have agreed to state to the Board of Directors of OVER 50'S BLACK MEN FORUM CIC, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/factsheet163>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than OVER 50'S BLACK MEN FORUM CIC and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that OVER 50'S BLACK MEN FORUM CIC has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of OVER 50'S BLACK MEN FORUM CIC. You consider that OVER 50'S BLACK MEN FORUM CIC is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of OVER 50'S BLACK MEN FORUM CIC. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.



Timi and Co.
Chartered Certified Accountants
Unit One
Kings Estate
Broadway Parade
Hornchurch
RM12 4RS

8 February 2023

OVER 50'S BLACK MEN FORUM CIC
Profit and Loss Account
for the year ended 31 December 2022

	2022
	£
Grants	108,310
Staff costs	(25,943)
Other charges	(66,313)
Profit before taxation	<u>16,054</u>
Profit	<u>16,054</u>

OVER 50'S BLACK MEN FORUM CIC**Registered number: 13808049****Balance Sheet****as at 31 December 2022**

	2022
	£
Current assets	17,507
Creditors: amounts falling due within one year	<u>(1,453)</u>
Net current assets	<u>16,054</u>
Total assets less current liabilities	<u>16,054</u>
Net assets	<u>16,054</u>
 Capital and reserves	 <u>16,054</u>
	Number
Average number of employees	<u>1</u>

The company is a private company limited by shares and incorporated in England. Its registered office is 2 Cuton Grove, Springfield, Chelmsford CM2 6TA.

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 in accordance with the micro entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

**Enitan Motolani KANE****Director****Approved by the board on 8 February 2023**

15/100042

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

OVER 50's BLACK MEN FORUM CIC

Company Number

13808049

Year Ending

(31/12/2022)

(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.

The organisation serves as a focal point for older black men in UK to come together as a community to come together, share ideas, learn together, mentor and support one another; Also, to have health information, build our leadership abilities and capabilities to address issues affecting our social-economic lives. The organisation implements these through a variety of activities that equip us to address the challenges faced by over 50's black men, challenges such as physical/financial isolation, loneliness, diabetes, high blood pressure, feelings of depression and fear of unemployment to name a few.

The activities of the organisation will benefit the community through:

- Improving the health of Over 50's Black Men in the UK making sure that nobody is missing out on a good later life:
- Access to lifelong preventative health care (social health prescribing) through health webinars/group consultations addressing health issues facing Black people of a certain age, who find it increasingly difficult to discuss with their GPs due to cultural sensitivity especially e.g., prostate cancer.
- Improving mental health through reduced isolation, reduced loneliness and reduced feeling of abandonment. They will have a support ecosystem for support and assistance.
- Improving Community cohesion and togetherness – through provision of services and support that brings together a disperse and marginalised community to learn from each other to share and address challenges.
- Reducing Economic inequalities - knowledge is power. Provision of financial information and services (best banking, insurance, mortgages etc) and digital training geared towards reducing the 'poverty premium' faced by black community.

(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 Over 50s Black Men Forum(O5BM) CIC is a membership organisation. Therefore, all our members are stakeholders. We currently have informal consultations in the form of online surveys or WhatsApp chats as to activities that we should be engaging in.

In the future and as we grow our membership, we will formalise a consultation mechanism as well as formulate strategy paper for consultation and feedback from our members.

(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)

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

Signed

Jane

(DD/MM/YY)

Date

10/02/23

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.

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

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