

Registered number
NI670786

Changing Cycles C.I.C.

Report and Accounts

31 July 2022

WEDNESDAY



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05/04/2023

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COMPANIES HOUSE

Changing Cycles C.I.C.
Report and accounts
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**Changing Cycles C.I.C.
Company Information**

Directors

Joanne Callan (Appointed 03/07/2020)

Orla Boden (Appointed 03/07/2020)

Accountants

McCann Teggart Ltd

2 Patrick Street

Newry

Down

BT35 8EB

Registered office

54 Drumintee Road

Killeavy

Newry

Co Down

BT35 8SJ

Registered number

NI670786

Changing Cycles C.I.C.

Registered number: NI670786

Directors' Report

The directors present their report and accounts for the year ended 31 July 2022.

Principal activities

The company's principal activity during the period was the delivery of menstrual health and wellbeing programs for women and families.

Directors

The following persons served as directors during the year:


Joanne Callan (Appointed 03/07/2020)

Orla Boden (Appointed 03/07/2020)

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 28 March 2023 and signed on its behalf.

A handwritten signature in black ink, appearing to read 'Joanne Callan', followed by a period.

Joanne Callan
Director

**Changing Cycles C.I.C.
Accountants' Report**

**Accountants' report to the directors of
Changing Cycles C.I.C.**

You consider that the company is exempt from an audit for the year ended 31 July 2022. You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its net income or net loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Income and Expenditure Account, the Balance Sheet and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.



McCann Teggart Ltd
Accountancy Services

2 Patrick Street
Newry
Down
BT35 8EB

28 March 2023

Changing Cycles C.I.C.
Income and Expenditure Account
for the year ended 31 July 2022

	2022	2021
	£	£
Generated income	14,613	21,443
Funding	836	1,650
Bank compensation	-	300
	<u>15,449</u>	<u>23,393</u>
Expenditure		
Purchase of stock	2,490	11,702
(Increase)/decrease in stocks	1,900	(5,500)
Carriage	-	140
Facilitator fees	2,114	1,442
Directors salaries	7,200	15,941
Staff uniforms	-	77
Staff training and welfare	-	282
Admin Support	883	-
Insurance	695	761
Venue hire	270	1,100
Event catering	407	713
Accountancy fees	900	960
Advertising and PR	445	2,399
Legal and professional costs	15	-
Stationery and printing	26	-
Postage	336	465
Packaging	-	75
I T costs	379	1,194
Software	-	140
Repairs and maintenance	-	30
Bank charges	11	15
Sundry expenses	60	-
Depreciation	570	570
Amortisation of goodwill	2,300	2,300
	<u>21,001</u>	<u>34,806</u>
Excess expenditure over income	<u>(5,552)</u>	<u>(11,413)</u>

Changing Cycles C.I.C.**Registered number:****NI670786****Balance Sheet****as at 31 July 2022**

	Notes	2022 £	2021 £
Fixed assets			
Intangible assets	3	6,900	9,200
Tangible assets	4	<u>1,711</u>	<u>2,282</u>
		8,611	11,482
Current assets			
Stocks		3,600	5,500
Cash at bank and in hand		<u>1,784</u>	<u>2,751</u>
		5,384	8,251
Creditors: amounts falling due within one year	5	(960)	(1,146)
Net current assets		<u>4,424</u>	<u>7,105</u>
Total assets less current liabilities		<u>13,035</u>	<u>18,587</u>
Creditors: amounts falling due after more than one year	6	(30,000)	(30,000)
Net liabilities		<u>(16,965)</u>	<u>(11,413)</u>
Reserves			
Income and Expenditure Account		(16,965)	(11,413)
Member's funds		<u>(16,965)</u>	<u>(11,413)</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 member has 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 income and expenditure account has not been delivered to the Registrar of Companies.



Joanne Callan

Director

Approved by the board on 28 March 2023

Changing Cycles C.I.C.
Notes to the Accounts
for the year ended 31 July 2022

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).

Income and expenditure

Income and expenses are included in the financial statements as they become receivable or payable.

Intangible fixed assets

Intangible fixed assets are measured at cost less accumulative amortisation and any accumulative impairment losses.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Equipment	over 5 years
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Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost is determined using the first in first out method. The carrying amount of stock sold is recognised as an expense in the period in which the related revenue is recognised.

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

	2022 Number	2021 Number
Average number of persons employed by the company	<u>1</u>	<u>2</u>

Changing Cycles C.I.C.
Notes to the Accounts
for the year ended 31 July 2022

3 Intangible fixed assets	£
Branding and trade marks:	
Cost	
At 1 August 2021	<u>11,500</u>
At 31 July 2022	<u>11,500</u>
Amortisation	
At 1 August 2021	2,300
Provided during the year	<u>2,300</u>
At 31 July 2022	<u>4,600</u>
Net book value	
At 31 July 2022	<u>6,900</u>
At 31 July 2021	<u>9,200</u>

Goodwill is being written off in equal annual instalments over its estimated economic life of 5 years.

4 Tangible fixed assets	Equipment
	£
Cost	
At 1 August 2021	<u>2,852</u>
At 31 July 2022	<u>2,852</u>
Depreciation	
At 1 August 2021	570
Charge for the year	<u>571</u>
At 31 July 2022	<u>1,141</u>
Net book value	
At 31 July 2022	<u>1,711</u>
At 31 July 2021	<u>2,282</u>

5 Creditors: amounts falling due within one year	2022	2021
	£	£
Taxation and social security costs	-	66
Other creditors	<u>960</u>	<u>1,080</u>
	<u>960</u>	<u>1,146</u>

Changing Cycles C.I.C.
Notes to the Accounts
for the year ended 31 July 2022

6 Creditors: amounts falling due after one year	2022	2021
	£	£
Other creditors	<u>30,000</u>	<u>30,000</u>

7 Members' liability

The company is limited by guarantee, not having a share capital and consequently the liability of the members is limited, subject to an undertaking by each member to contribute to the net assets or liabilities of the company on winding up such amounts as may be required not exceeding £1.

8 Other information

Changing Cycles C.I.C. is a community interest company limited by guarantee and incorporated in Northern Ireland. Its registered office is:

54 Drumintee Road
 Killeavy
 Newry
 Co Down
 BT35 8SJ



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

CHANGING CYCLES C.I.C.

Company Number

NI670786

Year Ending

31st July 2022

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 description of how they have benefited the community.

Changing Cycles Community Interest Company has delivered a range of community based Menstrual Well Being Programs and Piloted a number of Programs in schools that support the Relationship & Sex Education elements of the NI School Curriculum. We have also supported many individuals with their Menstrual Health and overall wellbeing and support the administration and delivery of programs to Newry Mums a local online community of over 12,000 women.

Our activities have educated, empowered & supported women and families to improve their overall health & wellness.

Our reusable menstrual products have also made a positive environmental impact and we continue to education on the health and environmental benefits of out products.

(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.

Our stakeholders are the women and girls within our community who attend our programs/events and who contact us for support and advice. We engage with them by requesting feedback and designing programs to meet their needs.

We hold an annual Sharing & Building Our Vision Event where we connect and identify our key areas of focus.

As a result of feedback received in our 21/22 Year in Sept 22 launch our facilitator and mentor training program to increase the amount of people we can reach and further meet the needs of our stakeholders.

(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.

There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for directors loss of office, which require to be disclosed.

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.

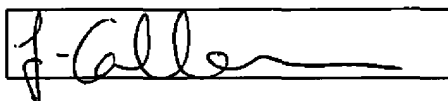
(Please continue on separate continuation sheet if necessary.)

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



Date

30-3-23

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.

Joanne Callan	
54 Drumintee Road	
Meigh	
Tel: 07549889993	
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)