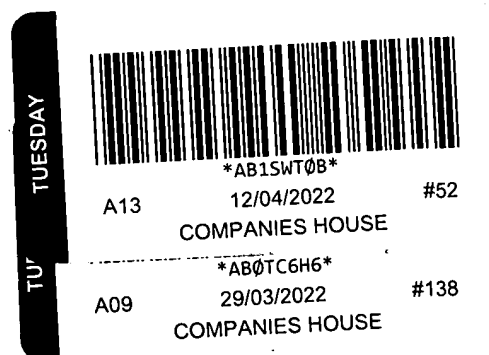


BOX POSITIVE CIC

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2021



Bollands Chartered Accountants
Cedar Place
18 Middlefield Road
Bromsgrove
Worcestershire
B60 2PW

BOX POSITIVE CIC

**CONTENTS OF THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2021**

	Page
Balance Sheet	1

BALANCE SHEET
31 March 2021

	2021		2020
	£	£	£
FIXED ASSETS		1,698	399
CURRENT ASSETS	10,013		11,163
CREDITORS			
Amounts falling due within one year	<u>(5,730)</u>		<u>(2,531)</u>
NET CURRENT ASSETS		<u>4,283</u>	<u>8,632</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>5,981</u>	<u>9,031</u>
CAPITAL AND RESERVES		<u>5,981</u>	<u>9,031</u>

NOTES TO THE FINANCIAL STATEMENTS

1. STATUTORY INFORMATION

Box Positive CIC is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address are as below:

Registered number: 11223475

Registered office: C/o Bollands, Minerva Mill
Station Road
Alcester
Warwickshire
B49 5ET

2. AVERAGE NUMBER OF EMPLOYEES

The average number of employees during the year was 1 (2020 - 1).

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2021 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 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.

BALANCE SHEET - continued
31 March 2021

The financial statements have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 28 March 2022 and were signed on its behalf by:

A handwritten signature in black ink, appearing to read 'D E Delve', written over a horizontal line.

D E Delve BSc (hons) FCA - Director

000056/15

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

--

*Please
complete in
typescript, or
in bold black
capitals.*

Company Name in
full

Box Positive CIC

Company Number

11223475

Year Ending

31/03/2021

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.

Box Positive CIC delivers non- contact boxing sessions for people with Parkinson's and for some people with other neurological and mental health conditions. These other conditions have included; Dementia, Stroke, Traumatic brain injury, Bells Palsy and depression

Sessions are based on research evidencing the benefits of exercise, activity and specific movements that counteract Parkinson's symptoms. Classes and individual sessions offer people an opportunity to take constructive action against Parkinson's symptoms. Currently people are prescribed medication to help manage symptoms although exercise has now been proven to slow disease symptom progression. Non-motor symptoms include apathy and people can find it difficult to engage in exercise classes due to low levels of motivation and low mood that can result from being diagnosed with an incurable, progressive condition. Box Positive offers an opportunity for people to work together within a social setting and take part in a fun programme that is led by Charles Delve who is an Occupational Therapist, former England boxer and prior Head Coach at Droitwich Amateur Boxing Club.

The Covid pandemic initially presented the community with a number of challenges. In order to overcome these challenges Zoom was introduced. Box Positive also formed a partnership with Sport Parkinson's. This organisation was set up to spread awareness about the condition and encourage people that are living with Parkinson's to stay active. Charles provided free sessions as part of an online 8 week trial to keep people active using an online programme where people could choose weekly classes that they wanted to attend. One positive of the Zoom sessions have been that Box Positive has been able to reach people living in Scotland, Wales, North and South of England, even Germany so the community has in fact grown as a result of the pandemic.

Charles continued seeing some people at their homes, this included people that were unable to mobilise independently and needed hands on support with their exercise routines.

Contributing member of the Parkinson's Excellence Network this is a network of healthcare and fitness professionals that share best practice and inform guidelines for people that work with people with Parkinson's.

Supported the development of a social support group for partners of people with Parkinson's. This support group has designed leaflets for people with Parkinson's to take in to hospital to inform hospital staff about the importance of taking medication at the correct times.

Set up a participant led committee and steering group to advise on CIC direction.

Contributed towards maintaining the facility at Droitwich Amateur Boxing Club a Community Amateur Sports Club by paying a regular fee to hire the venue, cleaning the equipment before and after sessions.

(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 main stakeholders are participants that attend the group and one to one sessions and their partners and families.

The company seeks consultation with stakeholders at the start of their engagement in the programme by finding out how the company can best meet their needs.

Box Positive has supported the development of a social support group for partners of people with Parkinson's.

Set up a participant led committee and steering group to advise on CIC direction. During the pandemic the group met outside and collaboratively agreed how to take the company forward and keep all participants enthused and engaged.

Sent out a monthly newsletter and invite contributions from Box Positive members.

Stakeholders also include the gyms that are hired as venues for the programme. Box Positive has brought in new revenue to Droitwich Boxing club and improved the clubs reputation as the club is now seen as an inclusive setting that offers a centre for competitive boxers, people that would like to keep fit and that people with disabilities are welcome.

Group and one to one sessions integrate evaluation and an opportunity for stakeholders to give feedback on how to further improve the reputation of the organisation.

(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.

Full accounts, and not the "Micro" accounts filed at Companies House include directors' remuneration of £3,942 paid to Charles Delve.

It is confirmed 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"*

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

28/03/22

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 07980192053	
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)