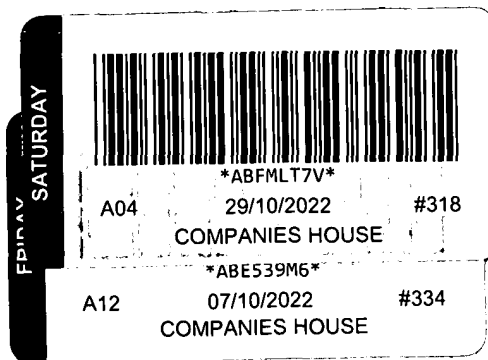


**Report of the Directors and
Financial Statements for the Year Ended 28th February 2022
for
Wellbeing 4 Life CIC**



Wellbeing 4 Life CIC

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Wellbeing 4 Life CIC
Company Information
for the Year Ended 28th February 2022

DIRECTORS:

Ms C R Andrews
Ms V J Kavanagh
D M Lawrence
Miss L Voyce

REGISTERED OFFICE:

28 Little Spenders
Basildon
Essex
SS14 2NR

REGISTERED NUMBER:

09423090 (England and Wales)

ACCOUNTANTS:

Dormer Finance Limited
8 Hemmells
Basildon
Essex
SS15 6ED

Wellbeing 4 Life CIC

**Report of the Directors
for the Year Ended 28th February 2022**

The directors present their report with the financial statements of the company for the year ended 28th February 2022.

DIRECTORS

The directors shown below have held office during the whole of the period from 1st March 2021 to the date of this report.

Ms C R Andrews
Ms V J Kavanagh
D M Lawrence
Miss L Voyce

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

ON BEHALF OF THE BOARD:

A handwritten signature in black ink, appearing to read 'C Andrews', with a long horizontal flourish extending to the right.

Ms C R Andrews - Director

3rd October 2022

Wellbeing 4 Life CIC
Income Statement
for the Year Ended 28th February 2022

	Notes	2022 £	2021 £
TURNOVER		422,408	228,694
Cost of sales		319,580	181,424
GROSS PROFIT		102,828	47,270
Administrative expenses		65,198	42,267
		37,630	5,003
Other operating income		-	5,956
OPERATING PROFIT	4	37,630	10,959
Interest payable and similar expenses		58	-
PROFIT BEFORE TAXATION		37,572	10,959
Tax on profit		6,904	662
PROFIT FOR THE FINANCIAL YEAR		30,668	10,297

The notes form part of these financial statements

Balance Sheet
28th February 2022

	Notes	2022 £	2021 £
FIXED ASSETS			
Intangible assets	5	352	396
Tangible assets	6	10,542	9,032
		<u>10,894</u>	<u>9,428</u>
CURRENT ASSETS			
Debtors	7	15,346	33,944
Cash at bank and in hand		134,605	172,499
		<u>149,951</u>	<u>206,443</u>
CREDITORS			
Amounts falling due within one year	8	103,509	189,203
NET CURRENT ASSETS		<u>46,442</u>	<u>17,240</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>57,336</u>	<u>26,668</u>
RESERVES			
Retained earnings		<u>57,336</u>	<u>26,668</u>
		<u>57,336</u>	<u>26,668</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28th February 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 28th February 2022 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.

The financial statements have been prepared 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 3rd October 2022 and were signed on its behalf by:



Ms C R Andrews - Director

The notes form part of these financial statements

Wellbeing 4 Life CIC

Notes to the Financial Statements for the Year Ended 28th February 2022

1. STATUTORY INFORMATION

Wellbeing 4 Life CIC is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Intangible assets

Intangible assets are initially measured at cost. After initial recognition, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Patents and licences are being amortised evenly over their estimated useful life of nil years.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery	- 33% on cost and 25% on cost
Fixtures and fittings	- 25% on reducing balance

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

Wellbeing 4 Life CIC

Notes to the Financial Statements - continued for the Year Ended 28th February 2022

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 11 (2021 - 6).

4. OPERATING PROFIT

The operating profit is stated after charging:

	2022	2021
	£	£
Depreciation - owned assets	3,525	2,215
Patents and licences amortisation	44	44
	<u> </u>	<u> </u>

5. INTANGIBLE FIXED ASSETS

	Patents and licences £
COST	
At 1st March 2021 and 28th February 2022	440
AMORTISATION	
At 1st March 2021	44
Amortisation for year	44
	<u> </u>
At 28th February 2022	88
NET BOOK VALUE	
At 28th February 2022	352
	<u> </u>
At 28th February 2021	396
	<u> </u>

6. TANGIBLE FIXED ASSETS

	Plant and machinery £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1st March 2021	2,357	8,661	2,508	13,526
Additions	-	-	5,035	5,035
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 28th February 2022	2,357	8,661	7,543	18,561
DEPRECIATION				
At 1st March 2021	947	2,953	594	4,494
Charge for year	553	1,428	1,544	3,525
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 28th February 2022	1,500	4,381	2,138	8,019
NET BOOK VALUE				
At 28th February 2022	857	4,280	5,405	10,542
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
At 28th February 2021	1,410	5,708	1,914	9,032
	<u> </u>	<u> </u>	<u> </u>	<u> </u>

Wellbeing 4 Life CIC

**Notes to the Financial Statements - continued
for the Year Ended 28th February 2022**

7. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade debtors	4,963	25,108
Other debtors	4,317	2,400
Directors' current accounts	127	-
VAT	5,939	6,436
	<u>15,346</u>	<u>33,944</u>

8. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Trade creditors	3,045	15
Corporation tax	6,904	2,231
Social security and other taxes	12,553	-
Other creditors	584	433
Accruals and deferred income	80,423	186,524
	<u>103,509</u>	<u>189,203</u>

9. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to a director subsisted during the years ended 28th February 2022 and 28th February 2021:

	2022	2021
	£	£
Ms C R Andrews		
Balance outstanding at start of year	-	845
Amounts advanced	127	1,338
Amounts repaid	-	(2,183)
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of year	<u>127</u>	<u>-</u>

Wellbeing 4 Life CIC

**Report of the Accountants to the Directors of
Wellbeing 4 Life CIC**

As described on the Balance Sheet you are responsible for the preparation of the financial statements for the year ended 28th February 2022 set out on pages three to seven and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.

Dormer Finance Limited
8 Hemmells
Basildon
Essex
SS15 6ED

3rd October 2022

Wellbeing 4 Life CIC

Trading and Profit and Loss Account for the Year Ended 28th February 2022

	2022		2021	
	£	£	£	£
Turnover		422,408		228,694
Cost of sales				
Directors' salaries	50,000		47,917	
Directors' social security	5,680		4,019	
Wages	156,242		89,152	
Social security	7,204		3,614	
Pensions	2,710		1,196	
Other direct costs	74,643		33,406	
Sub contractors	23,101		2,120	
		319,580		181,424
GROSS PROFIT		102,828		47,270
Other income				
Government grants		-		5,956
		102,828		53,226
Expenditure				
Rent	36,086		15,000	
Insurance	2,131		2,080	
Light and heat	976		-	
Telephone	913		853	
Postage, printing and stationery	872		489	
Advertising and networking	1,311		4,856	
Travelling and subsistence	4,636		5,795	
Training costs	-		2,354	
Repairs and renewals	2,834		3,254	
Household and cleaning	27		136	
Clothing costs	-		192	
Computer costs	503		614	
Sundry expenses	425		36	
Staff training	894		-	
Accountancy	2,375		2,350	
Fines and penalties	200		-	
Subscriptions	822		508	
Legal and professional fees	6,019		950	
Entertainment	273		11	
Bad debts	-		323	
		61,297		39,801
		41,531		13,425
Finance costs				
Bank charges	332		6	
Other interest payable	58		-	
		390		6
Carried forward		41,141		13,419

This page does not form part of the statutory financial statements

Wellbeing 4 Life CIC

**Trading and Profit and Loss Account
for the Year Ended 28th February 2022**

	2022		2021
	£	£	£
Brought forward		41,141	13,419
Depreciation			
Patents and licences	44		44
Plant and machinery	553		513
Fixtures and fittings	1,428		1,108
Computer equipment	1,544		594
	<u>3,569</u>		<u>2,259</u>
		37,572	11,160
Loss on disposal of fixed assets			
Plant and machinery		-	201
		<u>37,572</u>	<u>10,959</u>
NET PROFIT			
		<u><u>37,572</u></u>	<u><u>10,959</u></u>

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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**

Wellbeing 4 Life CIC

Company Number

09423090

Year Ending

28/02/2022

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.

(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.

During 2021 we were as an organisation very much still fighting the pandemic fallout and food poverty. Our work focused on keeping the HAPPY Hub open and offering mental health services within. We did not achieve as much outsourced work as previous years. However, funding from the National Lottery Reaching Communities Fund helped us with essential staffing, and smaller pots from localised funds supported foodbank and households essential living.

(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 prime stakeholders are our customers, who help us design, implement and assist our programmes. Decision making is often a #TeamMotivated exercise through feedback, questionnaires and polls.

Organisational stakeholders include our partners, and again we co-create programmes to meet wider needs, and also invite our customers to be a part of the journey.

(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 are no other transactions or arrangements in connection with the remuneration of Directors, or compensation for Director's loss of office which requires 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 the 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

C. Andrews

(DD/MM/YY)

Date

03/10/22

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)