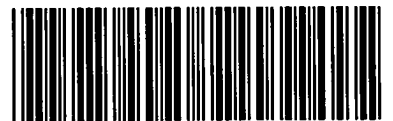


Company Registration No. 11168125 (England and Wales)

**THE SWANSEA WELLBEING CENTRE CIC  
ANNUAL REPORT AND UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 31 MARCH 2023**

FRIDAY



A39      \*ACIF7IXD\*      #131  
15/12/2023  
COMPANIES HOUSE

**THE SWANSEA WELLBEING CENTRE CIC  
ANNUAL REPORT AND UNAUDITED ACCOUNTS  
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**THE SWANSEA WELLBEING CENTRE CIC**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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<b>Directors</b>	Lucy Heavens Emma Evans Rachel Parkyn Janice Wigley
<b>Company Number</b>	11168125 (England and Wales)
<b>Registered Office</b>	168 Bishopston Road Bishopston Swansea SA3 3EX

**THE SWANSEA WELLBEING CENTRE CIC**  
**(COMPANY NO: 11168125 ENGLAND AND WALES)**  
**DIRECTORS' REPORT**

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The directors present their report and accounts for the year ended 31 March 2023.

**Directors**

The following directors held office during the whole of the period:

Lucy Heavens  
Emma Evans  
Rachel Parkyn  
Janice Wigley

**Statement of directors' responsibilities**

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

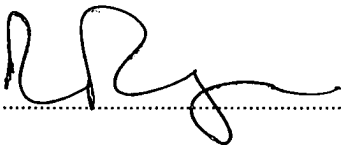
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**Small company provisions**

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

Signed on behalf of the board of directors



Rachel Parkyn  
Director

Approved by the board on: 4 December 2023

**THE SWANSEA WELLBEING CENTRE CIC**  
**INCOME STATEMENT**  
**FOR THE YEAR ENDED 31 MARCH 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Turnover</b>	58,913	51,011
Cost of sales	(99,030)	(55,994)
<b>Gross loss</b>	(40,117)	(4,983)
Administrative expenses	(68,623)	(57,294)
Other operating income	126,527	66,241
<b>Operating surplus</b>	17,787	3,964
<b>Surplus on ordinary activities before taxation</b>	17,787	3,964
Tax on surplus on ordinary activities	(3,245)	(993)
<b>Surplus for the financial year</b>	14,542	2,971

**THE SWANSEA WELLBEING CENTRE CIC**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 MARCH 2023**

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	4	4,210	5,902
<b>Current assets</b>			
Cash at bank and in hand		90,737	62,494
<b>Creditors: amounts falling due within one year</b>	5	(66,218)	(54,209)
<b>Net current assets</b>		<u>24,519</u>	<u>8,285</u>
<b>Net assets</b>		<u>28,729</u>	<u>14,187</u>
<b>Reserves</b>	6		
Profit and loss account		<u>28,729</u>	<u>14,187</u>
<b>Members' funds</b>		<u>28,729</u>	<u>14,187</u>

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board of Directors and authorised for issue on 4 December 2023 and were signed on its behalf by



Rachel Parkyn  
Director

Company Registration No. 11168125

**THE SWANSEA WELLBEING CENTRE CIC**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

**1 Statutory information**

The Swansea Wellbeing Centre CIC is a private company, limited by guarantee, registered in England and Wales, registration number 11168125. The registered office is 168 Bishopston Road, Bishopston, Swansea, SA3 3EX.

**2 Compliance with accounting standards**

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

**3 Accounting policies**

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

***Basis of preparation***

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

***Presentation currency***

The accounts are presented in £ sterling.

***Tangible fixed assets and depreciation***

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Plant & machinery	20% straight line basis
Fixtures & fittings	20% straight line basis
Computer equipment	20% straight line basis

**4 Tangible fixed assets**

	<b>Plant &amp; machinery</b>	<b>Fixtures &amp; fittings</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost or valuation</b>	At cost	At cost	
At 1 April 2022	4,934	11,987	16,921
Additions	2,114	-	2,114
At 31 March 2023	7,048	11,987	19,035
<b>Depreciation</b>			
At 1 April 2022	2,280	8,739	11,019
Charge for the year	1,409	2,397	3,806
At 31 March 2023	3,689	11,136	14,825
<b>Net book value</b>			
At 31 March 2023	3,359	851	4,210
At 31 March 2022	2,654	3,248	5,902

**THE SWANSEA WELLBEING CENTRE CIC**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2023**

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<b>5 Creditors: amounts falling due within one year</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Taxes and social security	3,701	1,449
Other creditors	4,802	4,802
Loans from directors	2,877	2,958
Accruals	5,650	750
Deferred income	49,188	44,250
	<u>66,218</u>	<u>54,209</u>

**6 Company limited by guarantee**

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

**7 Average number of employees**

During the year the average number of employees was 0 (2022: 0).



**THE SWANSEA WELLBEING CENTRE CIC  
DETAILED PROFIT AND LOSS ACCOUNT  
FOR THE YEAR ENDED 31 MARCH 2023**

This schedule does not form part of the statutory accounts.

	<b>2023</b> <b>£</b>	<b>2022</b> <b>£</b>
<b>Turnover</b>		
Sales	58,913	51,011
<b>Cost of sales</b>		
Subcontractor costs	97,513	54,448
Other direct costs	1,517	1,546
	99,030	55,994
<b>Gross loss</b>	(40,117)	(4,983)
<b>Administrative expenses</b>		
Wages and salaries	15,566	12,086
Staff training and welfare	-	204
Travel and subsistence	-	278
Rent	7,300	7,910
Rates	186	171
Light and heat	3,784	2,724
Cleaning	4,259	5,259
Telephone and fax	226	291
Internet	137	147
Stationery and printing	610	741
Insurance	489	489
Software	478	508
Repairs and maintenance	5,693	2,807
Depreciation	3,806	3,268
Sundry expenses	425	1,310
Accountancy fees	750	1,451
Consultancy fees	24,880	17,650
Advertising and PR	34	-
	68,623	57,294
<b>Other operating income</b>		
Other operating income	126,527	66,241
<b>Operating profit</b>	17,787	3,964
<b>Profit on ordinary activities before taxation</b>	17,787	3,964

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# CIC 34

## Community Interest Company Report

**For official use**  
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*Please  
complete in  
typescript, or  
in bold black  
capitals.*

**Company Name in  
full**

The Swansea Wellbeing Centre CIC

**Company Number**

11168125

**Year Ending**

31<sup>st</sup> March 2023

*(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)**

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## **PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT**

This year at the centre has been our busiest year and a post covid period where we have seen huge increases in referrals for mental health support. The centre has added additional counsellors to meet this need and new projects for wellbeing. We started an art and singing group in conjunction with the Health Board which attracted high numbers. We have seen record calls on the centre phonenumber requesting support and also an increase in safeguarding. We have trained all volunteers in safeguarding and mental health first aid during this period. We were able to increase our mental health support largely in part due to a WCVA support grant which made a huge difference in the community. We added a woman only trauma specific session to the programme and continue to expand our free to access Community inclusion Programme. We are maximising our connections with Community partners and in January held a celebration for the Chinese New Year with CIWA, which was a great success. We continue to move forwards increasing partnerships with other support providers and now have the City cluster social prescriber based at the centre on Mondays.

The Swansea Wellbeing Centre operates with a clear vision for offering a well rounded programme of wellbeing classes, sessions and services which meet the needs of people from the local community including and prioritising vulnerable people. Central to the vision is the notion of quality; that all people have access to excellent services, much needed services, at an affordable and accessible dates. The Centre has been used this year by a range of people from a variety of demographics. There is no restriction on who the centre can be used by and people come from Swansea, the surrounding area and even travel from other areas in the UK to work with specific teachers or facilitators, due to their excellent reputation.

The centre is in partnership with organisations and groups who offer low cost and often free services and clinics to asylum seekers, vulnerable people and refugees. We offer workshops, courses and 1:1 support for people dealing with mental health challenges. We support participants from a range of backgrounds; people whose lives have been touched by homelessness, addiction, abuse and harm. We are providing vital support for people who have suffered from the effects of lockdown.

We are offering low cost and accessible counselling and support groups which are run by experienced and highly qualified practitioners. We have a free/by donation Men's Group and also a free evening drop in for mental health support. We have free and low cost/ by donation meditation groups, Mindfulness and inspirational talks.

Therapeutic yoga for children with additional needs is offered each week, and we also are hosting a positive and empowering mental health skill building programme for young people who may be experiencing detrimental impacts of mental health conditions and illness.

We have a range of classes led by excellent teachers in a variety of yoga disciplines, Feldenkrais method, Zumba, Pilates and Tai Chi.

There are anxiety management courses and a regular course in supporting people who are at the impact of losing a loved one to suicide.

We have massage therapy, acupuncture, homeopathic treatments and nutrition chiropractic work and holistic healing as well as psychotherapists and counsellors. We have hypnobirthing courses and pre natal support, as well as a baby group which offers a range of activities for parents and babies.

The centre is an accessible venue, and we have wheelchair access to the front of the

building. We also have temporary ramps for wheelchair access to the foyer. We have a beautiful and accessible wheelchair access WC.

*(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.

Throughout the year, open days were held and feedback was collected on what changes participants would like to see. Volunteers and front of house received verbal feedback and this information was communicated with the directors. This information will be used to define future decisions about the centre. There is a feedback form in the foyer which gives people the opportunity to communicate matters anonymously.

*(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.

Within the accounts is a total amount of £24880 paid to directors for management and consultancy fees.

**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

*Lucy Evans*

(DD/MM/YY)

Date

04/12/2023

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, 4<sup>th</sup> 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)**