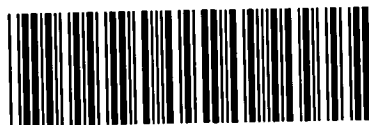


Registered number
08880347

Equilibrium North West CIC
Report and Unaudited Accounts
28 February 2022

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23/11/2022

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COMPANIES HOUSE

Equilibrium North West CIC
Registered number: 08880347
Directors' Report

The directors present their report and accounts for the year ended 28 February 2022.

Principal activities

The company's principal activity during the period was the provision of services tackling inequalities and improving health and wellbeing in communities.

Directors

The following persons served as directors during the year:

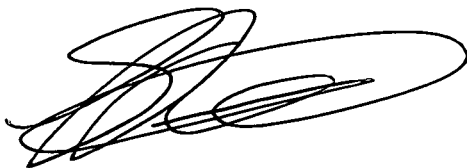
Sharon Munroe
Sehan Hariz
Mark Lyth

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 21 November 2022 and signed on its behalf.

Sharon Munroe
Director

A handwritten signature in black ink, appearing to be 'Sharon Munroe', written in a cursive style.

Equilibrium North West CIC

Chartered Accountants' report to the board of directors on the preparation of the unaudited statutory accounts of Equilibrium North West CIC for the year ended 28 February 2022

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Equilibrium North West CIC for the year ended 28 February 2022 which comprise of the Profit and Loss Account, the Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales, we are subject to its ethical and other professional requirements which are detailed at www.icaew.com/en/members/regulations-standards-and-guidance

Our work has been undertaken in accordance with ICAEW Technical Release 07/16 AAF.

Elpizo Limited

Elpizo Limited
Chartered Accountants
13 Village Road
Higher Bebington
Wirral

CH63 8PP

21 November 2022

**Equilibrium North West CIC
Profit and Loss Account
for the year ended 28 February 2022**

	2022	2021
	£	£
Turnover	58,504	17,573
Cost of sales	(8,707)	(6,129)
Gross profit	49,797	11,444
Administrative expenses	(56,936)	(11,375)
Operating (loss)/profit	(7,139)	69
(Loss)/profit before taxation	(7,139)	69
Tax on (loss)/profit	-	-
(Loss)/profit for the financial year	(7,139)	69

Equilibrium North West CIC**Registered number:****08880347****Balance Sheet****as at 28 February 2022**

	Notes	2022 £	2021 £
Current assets			
Cash at bank and in hand		38,239	11,131
Creditors: amounts falling due within one year	3	(45,397)	(11,150)
Net current liabilities		(7,158)	(19)
Net liabilities		(7,158)	(19)
Capital and reserves			
Profit and loss account		(7,158)	(19)
Shareholder's funds		(7,158)	(19)

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 profit and loss account has not been delivered to the Registrar of Companies.

Sharon Munroe
Director

Approved by the board on 21 November 2022



Equilibrium North West CIC
Notes to the Accounts
for the year ended 28 February 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).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

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.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. 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. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Provisions

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

2 Employees

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

3 Creditors: amounts falling due within one year

	2022	2021
	£	£
Other creditors	<u>45,397</u>	<u>11,150</u>

Equilibrium North West CIC
Notes to the Accounts
for the year ended 28 February 2022

4 Other information

Equilibrium North West CIC is a private company limited by guarantee and incorporated in England. Its registered office is:
Livingstone Street Play & Community Centre
130 St Anne Street
Birkenhead
Wirral
CH41 3HX

Equilibrium North West CIC
Detailed profit and loss account
for the year ended 28 February 2022
This schedule does not form part of the statutory accounts

	2022 £	2021 £
Sales	58,504	17,573
Cost of sales	(8,707)	(6,129)
Gross profit	<u>49,797</u>	<u>11,444</u>
Administrative expenses	(56,936)	(11,375)
Operating (loss)/profit	<u>(7,139)</u>	<u>69</u>
(Loss)/profit before tax	<u>(7,139)</u>	<u>69</u>

Equilibrium North West CIC
Detailed profit and loss account
for the year ended 28 February 2022
This schedule does not form part of the statutory accounts

	2022 £	2021 £
Sales		
Sales - income from grants	<u>58,504</u>	<u>17,573</u>
Cost of sales		
Purchases	4,407	1,129
Subcontractor costs	<u>4,300</u>	<u>5,000</u>
	<u>8,707</u>	<u>6,129</u>
Administrative expenses		
Employee costs:		
Wages and salaries	19,756	9,365
Staff training and welfare	298	55
Travel and subsistence	<u>16,733</u>	<u>237</u>
	<u>36,787</u>	<u>9,657</u>
General administrative expenses:		
Telephone and fax	-	112
Postage, stationery and printing	10,497	520
Insurance	483	288
Equipment expensed	5,362	257
Software	2,902	-
Sundry expenses	<u>236</u>	<u>-</u>
	<u>19,480</u>	<u>1,177</u>
Legal and professional costs:		
Accountancy fees	390	150
Marketing, advertising and PR	72	9
Other legal and professional	<u>207</u>	<u>382</u>
	<u>669</u>	<u>541</u>
	<u>56,936</u>	<u>11,375</u>

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**

Equilibrium North West CIC

Company Number

8880347

Year Ending

28 February 2022

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.

Aims and objectives

Equilibrium North West CIC is a not-for-profit Community Interest Company Limited by Guarantee designed to tackle inequalities and improve health and wellbeing in our Communities

Summary of the main achievements during the period

During this year in July 2021 Equilibrium North West CIC has taken over a local Community Centre in one of the most seriously deprived communities on the Wirral. We have had the privilege of hosting numerous organisations and creating a timetable of activities to help support and bridge gaps for our community. We have a programme of activities for ages 0-100 and we continue to strive to reduce and tackle inequalities for health and wellbeing as we experience them. As our targets and outputs have spectacularly increased and our social value has dramatically increased

Young adults debate workshop

Equilibrium NW supplied Debate Workshops across 4 settings on The Wirral to engage Young Adults who are high risk for involvement with probation services; ex-offenders and those at high risk of involvement in criminal activities. In total, 71 people participated. Which included 22 hours of debate. One participant who attended, also received food packages and CBT at the open door. Every participant gave positive feedback and found them very helpful.

Walk and Talks

Post pandemic it was really important to get our communities out and about and engaging again. We provided we facilitated 12 Buggy walks; 26 wellbeing walks for people with long term health conditions; and 4 family sports days. 399 places were attended across the 26 sessions. The session helped people to reconnect, get moving and having fun in a social setting.

100 Homeless Young Adults Packages

We provided 100 young adults basic food and daily packages who were homeless. These included food basics, and daily such as deodorant, shower gel, shampoo and conditioner including sanitary care. We also provided arts and crafts for them.

Children and Young People

Equilibrium Has provided 36 free mini sensory sessions for children and babies who are differently diagnosed for 17 families; 36 free sing and play baby and toddler groups (Bubba Tots) with more than 318 attendees; and 36 free 'Stay and Play after school clubs for 252 attendees.

Toy Tables and Upcycling

Equilibrium North West has received and passed on more than 3,000 baby items, toys and games for children and families who may be struggling at one time or another. This project has helped families on low incomes and also prevented lots of plastic waste from going to landfill.

New-born packages

Equilibrium North West CIC have upcycled 17 Moses baskets that have been donated to the centre creating packages for Mums to be in need. The packages are for new mums, and are

filled with nappies, wipes, newborn clothes, bottles, dummies and breastfeeding bottles and pumps if required, vests, sleep suits and blankets. Everything a struggling family may need to help bring their little one into the world.

White goods - 12 first time 16 second time for those in need

Equilibrium offered 32 households' new appliances; 6 cookers, 13 washing machines and 8 tumble driers; 5 fridge freezers; and one cooker was provided for Equilibrium North West CIC, to enable us to provide hot meals to members of the community with additional needs, financial difficulties and other circumstances, helping us to further feed the community.

Food Poverty

Equilibrium North West CIC has distributed 625 Reprieve packs; and 68 baby essential packs actually provided 438 'Reprieve' shopping packs to families with children; by providing shopping 'Reprieve Packs' containing shopping items which will really help to sustain them and offer some reprieve. We also provided a further 95 packs to families without children; and a further 92 people who are really struggling that live on their own. We also provided 68 baby essential packs. Packs have been distributed to 533 families and 92 single people, on low incomes in some of the most deprived communities across Wirral, including people living in hostels, and people on health-related benefits.

Through our engagement we were also encouraged 102 adults to utilise other services; including debt advice; wellbeing workshops; baby groups; parent and child stay and play; breakfast morning groups; our weekly social club; knit and natter; 2 young people signed up for the free football training we provide; and 22 children signed up for our Easter Holiday Provision for children who normally receive free school meals. This project enabled 488 Wirral residents to learn more about what Equilibrium North West CIC can do and enabled us to engage them and share information on where and how they could get help if it was needed.

Community Lunch Club

We have provided 24 weekly social lunch clubs for the community with bingo, games, quizzes and giggles. Providing over 435 hot meals and 72 hours of community engagement, helping to reduce isolation, help people meet new friends and visit a safe warm welcoming space.

Community Breakfast Club

Our free community breakfast is supported with information from other organisations helping our communities to get out on a regular basis and access information, advice and guidance about the issues that matter most to them. It enables people to get out, meet others and share any problems they may be experiencing.

Holiday Activity Clubs with Food

During the 5 weeks Summer Holidays we provided Equilibrium North West CIC prepared and served 613 hot meals and deserts over a 20-day provision in this holiday club, for children who normally receive free school meals. We provided Arts and Crafts, Sports, Dance and Create sessions. They baked and made their own pizzas. We helped more than 96 families keep their children safe, happy and fed during the summer break, and helped create positive new experiences and memories, trying new things and feeling a real sense of belonging.

During autumn half term Equilibrium North West CIC self-funded a week's provision with enriching and festive activities; and provided 325 hot meals and deserts for children who normally receive free school meals.

During the Christmas Holiday we provided a very special festive holiday club, helping to create wonderful memories for years to come. We provided over 468 hot meals and desserts and provided new activities to help young people create bond and experience new things.

Additional Christmas Provisions

We also provided 100 Christmas food parcels to 100 families whose children are usually entitled to free meals and 100 activity packs for children. The 100 Christmas parcels were also for struggling families in the local community. These included meat, dairy, bread and goodies for a Christmas dinner with fresh vegetables, fruit and everyday essentials.

We also provided 100 activity packs for their children each with 5 different activities that children love such as sticker books, reading Christmas books, etching, painting kits and craft kits.

Christmas day dinner Saturday 25th December 2021

Equilibrium Northwest CIC raised the funds for Bay Tree Cookery Academy CIC; with the help of our local Tesco and Asda community champions; our neighbours had a Charity fundraising event at a local Church Hall, Sovini Construction donated, One Vision Housing provided two pallets of toys. We also had many other donors to provide the resources for Christmas Dinners to be provided on Christmas Day.

On Christmas day we fed 130 people Christmas dinner which consisted of 30 people with learning difficulties and Carers; there were 32 military veterans; nurses came from abroad to help with COVID response who were living in nursing quarters with no access to kitchens; local residents and older people who would have been on their own; people in recovery; and we also helped 8 families, including with presents for their young children as they had no finances available for it.

Provided 9 courses of counselling sessions for service users

Nine of our service users have now been referred for courses of counselling which is done within our community centre. One mother attends a baby group here, and then goes straight to her counselling session which is perfect.

She stated, 'I left domestic abuse two years ago, but post relationship abuse is very real. I've also been very poorly lately and almost died so the counselling has been helping me to cope and learn to deal with that. The NHS wait list was over 6 months, so this has been invaluable to me. I've also received food packages so that's another weight off my shoulders. Thank you for EVERYTHING Equilibrium NW'. – Mum, Birkenhead aged 27

(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.

Consultations with stakeholders are referred to in the report above

(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 by any Directors during this period

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.

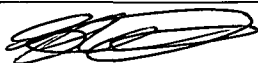
No transfer of assets other than for full consideration has been made

(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



(DD/MM/YY)

Date

21/11/2022

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 is 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)