

HEADS ABOVE THE WAVES CIC

Company limited by guarantee

**Company Registration Number:
09534155 (England and Wales)**

Unaudited statutory accounts for the year ended 30 April 2023

Period of accounts

Start date: 1 May 2022

End date: 30 April 2023

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for the Period Ended 30 April 2023

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Directors' report period ended 30 April 2023

The directors present their report with the financial statements of the company for the period ended 30 April 2023

Directors

The director shown below has held office during the whole of the period from
1 May 2022 to 30 April 2023

Simon Martin

The director shown below has held office during the period of
1 May 2022 to 23 January 2023

Hannah Morgan

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on
26 January 2024

And signed on behalf of the board by:

Name: Simon Martin

Status: Director

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Balance sheet

As at 30 April 2023

	<i>Notes</i>	<i>2023</i>	<i>2022</i>
		£	£
Fixed assets			
Tangible assets:	3	2,697	3,470
Total fixed assets:		<u>2,697</u>	<u>3,470</u>
Current assets			
Stocks:	4	8,907	3,500
Debtors:	5	912	2,414
Cash at bank and in hand:		6,852	17,744
Total current assets:		<u>16,671</u>	<u>23,658</u>
Creditors: amounts falling due within one year:	6	(1,350)	(3,268)
Net current assets (liabilities):		<u>15,321</u>	<u>20,390</u>
Total assets less current liabilities:		<u>18,018</u>	<u>23,860</u>
Total net assets (liabilities):		<u>18,018</u>	<u>23,860</u>
Members' funds			
Profit and loss account:		18,018	23,860
Total members' funds:		<u>18,018</u>	<u>23,860</u>

The notes form part of these financial statements

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Balance sheet statements

For the year ending 30 April 2023 the company was entitled to exemption 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 and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen not to file a copy of the company's profit and loss account.

**This report was approved by the board of directors on 26 January 2024
and signed on behalf of the board by:**

Name: Simon Martin
Status: Director

The notes form part of these financial statements

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Notes to the Financial Statements

for the Period Ended 30 April 2023

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

Tangible fixed assets depreciation policy

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: Fixtures & fittings 15% Reducing balance

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Notes to the Financial Statements for the Period Ended 30 April 2023

2. Employees

	2023	2022
Average number of employees during the period	0	0

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Notes to the Financial Statements

for the Period Ended 30 April 2023

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 May 2022			4,770			4,770
Additions			97			97
Disposals			(483)			(483)
Revaluations						
Transfers						
At 30 April 2023			4,384			4,384
Depreciation						
At 1 May 2022			1,300			1,300
Charge for year			520			520
On disposals			(133)			(133)
Other adjustments						
At 30 April 2023			1,687			1,687
Net book value						
At 30 April 2023			2,697			2,697
At 30 April 2022			3,470			3,470

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Notes to the Financial Statements

for the Period Ended 30 April 2023

4. Stocks

	<i>2023</i>	<i>2022</i>
	£	£
Stocks	8,907	3,500
Total	<u>8,907</u>	<u>3,500</u>

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Notes to the Financial Statements

for the Period Ended 30 April 2023

5. Debtors

	<i>2023</i>	<i>2022</i>
	£	£
Trade debtors		1,800
Prepayments and accrued income	646	614
Other debtors	266	
Total	<u>912</u>	<u>2,414</u>

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Notes to the Financial Statements

for the Period Ended 30 April 2023

6. Creditors: amounts falling due within one year note

	<i>2023</i>	<i>2022</i>
	£	£
Accruals and deferred income	1,350	276
Other creditors		2,992
Total	<u>1,350</u>	<u>3,268</u>

COMMUNITY INTEREST ANNUAL REPORT

HEADS ABOVE THE WAVES CIC

Company Number: 09534155 (England and Wales)

Year Ending: 30 April 2023

Company activities and impact

The primary activity of Heads Above The Waves (HATW) is using merch with a message to help start conversations – and distributing printed literature with every purchase to help share mental health tips. Our website had 28,157 visitors, with over 6,500 hits on our “Things to Try” page with suggestions of healthy coping mechanisms, and over 2,200 hits on our “Helplines” pages with links to helplines like Samaritans & Papyrus. We continued to deliver school sessions, including staff training and had our workshop groups back up & running, after a pause due to Covid restrictions. Our new brand website launched, following input from the community via Google Forms surveys for suggestions of improvements to website. Including improving our “things to try” page to allow users to search for suggestions of what might work for them based on how they’re feeling. We also hosted another work placement intern, to help develop their skills with online marketing. We moved to a new shop space in March 23. This allowed us to share a message onto the street, with posters & window displays. Our shop had 6,317 visitors over the year, which was an opportunity to start conversations with all of these folks & hand out printed literature. We attended festivals & events, including large scale events at the arena in Cardiff, to hand out flyers with our messaging on. We gave out over 3,200 pieces of printed literature in the shop, at events, and with online orders. In April we launched our free school resources packs, which also featured our printed literature in Welsh for the first time. These packs are given away for free to schools, with signage about spotting signs of self-harm in young people, identifying a safe space in school, tips for managing mental health in school, conversation starter activities, and flyers & postcards. We also took part in several health & wellbeing days across Rhondda Cynon Taff, to share ideas for staying mentally healthy for the whole family.

Consultation with stakeholders

HATW’s stakeholders are primarily young people aged 11-25, in particular, those within the South Wales area, and with a real focus on those who have struggled or continue to struggle with their mental health. With this in mind, the main ways we consult with the stakeholders is through a) social media interactions (Instagram polls & Lives) and b) In person conversations – within our shop, at events, and in our school sessions. The school sessions are also complimented with a feedback form, for the opportunity to make suggestions of improvements to our sessions. The main feedback is that students would like more sessions, so we’ve increased our workshop offering from a 4 week set of sessions to a 5 week set of sessions. We also used Google Forms to get users feedback on our website, which encompassed a range of users, from young people themselves, to professionals who access the site as a resource to share with the young people they work with. The most noteworthy feedback was the addition of a filtering option for our “things to try” page. Users are now able to select how they’re feeling, and are presented with a range of coping mechanisms that might help manage those particular feelings.

Directors' remuneration

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £7,538. 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. The directors donated a portion of their time for services provided on a voluntary basis.

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
26 January 2024

And signed on behalf of the board by:

Name: Simon Martin

Status: Director

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.