

A.M WELLBEING CIC
Company limited by guarantee

Company Registration Number:
SC648542 (Scotland)

Unaudited statutory accounts for the year ended 31 December 2021

Period of accounts

Start date: 1 January 2021

End date: 31 December 2021

A.M WELLBEING CIC

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Community Interest Report

A.M WELLBEING CIC

Directors' report period ended 31 December 2021

The directors present their report with the financial statements of the company for the period ended 31 December 2021

Principal activities of the company

The Director presents the report and unaudited financial statements of the company year ended December 2020. Principle Activities The principal activity of the company during this period was to provide mental health support and training to schools, businesses and communities.

Directors

The director shown below has held office during the whole of the period from
1 January 2021 to 31 December 2021

Andrea-Maria McGowan

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
29 September 2022

And signed on behalf of the board by:
Name: Andrea-Maria McGowan
Status: Director

A.M WELLBEING CIC

Profit And Loss Account for the Period Ended 31 December 2021

	<i>2021</i>	<i>13 months to 31 December 2020</i>
	£	£
Turnover:	56,113	40,539
Gross profit(or loss):	<u>56,113</u>	<u>40,539</u>
Administrative expenses:	(48,601)	(34,292)
Operating profit(or loss):	<u>7,512</u>	<u>6,247</u>
Profit(or loss) before tax:	<u>7,512</u>	<u>6,247</u>
Profit(or loss) for the financial year:	<u>7,512</u>	<u>6,247</u>

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Balance sheet

As at 31 December 2021

	<i>Notes</i>	<i>2021</i>	<i>13 months to 31 December 2020</i>
		£	£
Fixed assets			
Tangible assets:	3	408	612
Total fixed assets:		408	612
Current assets			
Cash at bank and in hand:		7,512	5,490
Total current assets:		7,512	5,490
Creditors: amounts falling due within one year:	4	(7,000)	0
Net current assets (liabilities):		512	5,490
Total assets less current liabilities:		920	6,102
Total net assets (liabilities):		920	6,102
Members' funds			
Profit and loss account:		920	6,102
Total members' funds:		920	6,102

The notes form part of these financial statements

A.M WELLBEING CIC

Balance sheet statements

For the year ending 31 December 2021 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.

**This report was approved by the board of directors on 29 September 2022
and signed on behalf of the board by:**

Name: Andrea-Maria McGowan
Status: Director

The notes form part of these financial statements

A.M WELLBEING CIC

Notes to the Financial Statements for the Period Ended 31 December 2021

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

Turnover policy

All profits will remain within the company and used towards the following years expenses as part of the Community Interest Company.

Tangible fixed assets depreciation policy

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows: Equipment and computers - 33.3% straight line

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Notes to the Financial Statements for the Period Ended 31 December 2021

2. Employees

	<i>2021</i>	<i>13 months to 31 December 2020</i>
Average number of employees during the period	2	2

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Notes to the Financial Statements

for the Period Ended 31 December 2021

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 January 2021				612		612
Additions						
Disposals						
Revaluations						
Transfers						
At 31 December 2021				612		612
Depreciation						
At 1 January 2021				0		0
Charge for year				204		204
On disposals						
Other adjustments						
At 31 December 2021				204		204
Net book value						
At 31 December 2021				408		408
At 31 December 2020				612		612

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Notes to the Financial Statements for the Period Ended 31 December 2021

4. Creditors: amounts falling due within one year note

	<i>2021</i>	<i>13 months to 31 December 2020</i>
	<i>£</i>	<i>£</i>
Bank loans and overdrafts	7,000	0
Total	<u>7,000</u>	<u>0</u>

COMMUNITY INTEREST ANNUAL REPORT

A.M WELLBEING CIC

Company Number: SC648542 (Scotland)

Year Ending: 31 December 2021

Company activities and impact

The principal activity of the company during this period was to provide mental health support and training to schools, businesses and communities.

Consultation with stakeholders

No consultation with stakeholders

Directors' remuneration

No remuneration was received

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
29 September 2022

And signed on behalf of the board by:

Name: Andrea-Maria McGowan

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.