

A.M WELLBEING CIC
Company limited by guarantee

Company Registration Number:
SC648542 (Scotland)

Unaudited statutory accounts for the year ended 31 December 2022

Period of accounts

Start date: 1 January 2022

End date: 31 December 2022

A.M WELLBEING CIC

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for the Period Ended 31 December 2022

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A.M WELLBEING CIC

Directors' report period ended 31 December 2022

The directors present their report with the financial statements of the company for the period ended 31 December 2022

Principal activities of the company

The principal activity of the company was to provide mental health and support to schools, business and communities

Directors

The director shown below has held office during the whole of the period from
1 January 2022 to 31 December 2022

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 2023

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 2022

	<i>2022</i>	<i>2021</i>
	<i>£</i>	<i>£</i>
Turnover:	64,519	56,113
Gross profit(or loss):	<u>64,519</u>	<u>56,113</u>
Administrative expenses:	(58,640)	(48,601)
Operating profit(or loss):	<u>5,879</u>	<u>7,512</u>
Profit(or loss) before tax:	<u>5,879</u>	<u>7,512</u>
Profit(or loss) for the financial year:	<u>5,879</u>	<u>7,512</u>

A.M WELLBEING CIC

Balance sheet

As at 31 December 2022

	<i>Notes</i>	<i>2022</i>	<i>2021</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets:	3	724	408
Total fixed assets:		<u>724</u>	<u>408</u>
Current assets			
Cash at bank and in hand:		5,879	7,512
Total current assets:		<u>5,879</u>	<u>7,512</u>
Net current assets (liabilities):		<u>5,879</u>	<u>7,512</u>
Total assets less current liabilities:		<u>6,603</u>	<u>7,920</u>
Creditors: amounts falling due after more than one year:	4	(5,570)	(7,000)
Total net assets (liabilities):		<u>1,033</u>	<u>920</u>
Members' funds			
Profit and loss account:		1,033	920
Total members' funds:		<u>1,033</u>	<u>920</u>

The notes form part of these financial statements

A.M WELLBEING CIC

Balance sheet statements

For the year ending 31 December 2022 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 2023
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 2022

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 for next year's expenses as part of Community Interest Company

Tangible fixed assets depreciation policy

Depreciation is calculated so as to write the cost of an asset, less its estimated residual value, over the useful economic life of that asset ie equipment, computer - 33.3% straight line

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Notes to the Financial Statements for the Period Ended 31 December 2022

2. Employees

	<i>2022</i>	<i>2021</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 2022

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 January 2022				408		408
Additions				452		452
Disposals						
Revaluations						
Transfers						
At 31 December 2022				860		860
Depreciation						
At 1 January 2022				0		0
Charge for year				136		136
On disposals						
Other adjustments						
At 31 December 2022				136		136
Net book value						
At 31 December 2022				724		724
At 31 December 2021				408		408

New Laptop Purchased

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Notes to the Financial Statements for the Period Ended 31 December 2022

4. Creditors: amounts falling due after more than one year note

	<i>2022</i>	<i>2021</i>
	£	£
Bank loans and overdrafts	5,570	7,000
Total	<u>5,570</u>	<u>7,000</u>

Bounce Back Loan - Term 5 years Started January 2021

COMMUNITY INTEREST ANNUAL REPORT

A.M WELLBEING CIC

Company Number: SC648542 (Scotland)

Year Ending: 31 December 2022

Company activities and impact

The principle activity of the company was to provide mental health training and support to schools, businesses and communities

Consultation with stakeholders

No consultation with stakeholders

Directors' remuneration

The total amount paid or receivable by directors in respect of qualifying services was £20893.03 This was a salary for services provided. 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.

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
29 September 2023

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.