

**A.M WELLBEING CIC**  
**Company limited by guarantee**

**Company Registration Number:**  
**SC648542 (Scotland)**

**Unaudited statutory accounts for the year ended 31 December 2020**

**Period of accounts**

**Start date: 2 December 2019**

**End date: 31 December 2020**

# **A.M WELLBEING CIC**

## **Contents of the Financial Statements for the Period Ended 31 December 2020**

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# **A.M WELLBEING CIC**

## **Directors' report period ended 31 December 2020**

The directors present their report with the financial statements of the company for the period ended 31 December 2020

### **Principal activities of the company**

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  
**2 December 2019 to 31 December 2020**

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  
**20 August 2021**

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 2020

*13 months to 31  
December 2020*

	£
Turnover:	40,359
<b>Gross profit(or loss):</b>	<u>40,359</u>
Administrative expenses:	( 34,929 )
<b>Operating profit(or loss):</b>	<u>5,430</u>
<b>Profit(or loss) before tax:</b>	<u>5,430</u>
<b>Profit(or loss) for the financial year:</b>	<u>5,430</u>

# A.M WELLBEING CIC

## Balance sheet

As at 31 December 2020

	<i>Notes</i>	<i>13 months to 31 December 2020</i>
		£
<b>Fixed assets</b>		
Intangible assets:		0
Tangible assets:	3	612
Investments:		0
<b>Total fixed assets:</b>		<u>612</u>
<b>Current assets</b>		
Stocks:		0
Debtors:		0
Cash at bank and in hand:		5,490
<b>Total current assets:</b>		<u>5,490</u>
<b>Net current assets (liabilities):</b>		<u>5,490</u>
<b>Total assets less current liabilities:</b>		<u>6,102</u>
Creditors: amounts falling due after more than one year:		0
Provision for liabilities:		0
Accruals and deferred income:		0
<b>Total net assets (liabilities):</b>		<u>6,102</u>
<b>Members' funds</b>		
Profit and loss account:		6,102
<b>Total members' funds:</b>		<u>6,102</u>

The notes form part of these financial statements

## **A.M WELLBEING CIC**

### **Balance sheet statements**

For the year ending 31 December 2020 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 20 August 2021  
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 2020**

### **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**

The organisation has established the straight-line methodology for depreciating all fixed assets. Depreciation will begin in the month the asset is placed in service. Under the straight-line depreciation method, the basis of the asset is written off evenly over the useful life of the asset. The amount of annual depreciation is determined by dividing an asset's cost reduced by the salvage value, if any, by its estimated life. The total amount depreciated can never exceed the asset's historic cost less salvage value. At the end of the asset's estimated life, the salvage value will remain. Estimated each current asset will depreciate 33% per year.

# A.M WELLBEING CIC

## Notes to the Financial Statements for the Period Ended 31 December 2020

### 2. Employees

*13 months to 31  
December 2020*

Average number of employees during the period

2

Andrea-Maria McGowan is classified as director and employee

# A.M WELLBEING CIC

## Notes to the Financial Statements

for the Period Ended 31 December 2020

### 3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
<b>Cost</b>	£	£	£	£	£	£
Additions	0	0	0	612		612
Disposals	0	0	0	0	0	0
Revaluations	0	0	0	0	0	0
Transfers	0	0	0	0	0	0
At 31 December 2020	<u>0</u>	<u>0</u>	<u>0</u>	<u>612</u>	<u>0</u>	<u>612</u>
<b>Depreciation</b>						
Charge for year	0	0	0	0	0	0
On disposals						
Other adjustments						
At 31 December 2020	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>	<u>0</u>
<b>Net book value</b>						
At 31 December 2020	<u>0</u>	<u>0</u>	<u>0</u>	<u>612</u>	<u>0</u>	<u>612</u>

# COMMUNITY INTEREST ANNUAL REPORT

## A.M WELLBEING CIC

Company Number: SC648542 (Scotland)

Year Ending: 31 December 2020

### Company activities and impact

The company provides mental health and support with primary schools, as well as training on mental health to business and the wider community. The company was established in December 2019. The company's activities have benefited the community in the following ways:- Provided mental health services within 6 schools throughout Glasgow. The services included one to one support for children, teacher training, class room lesson and mindfulness sessions, family support and staff support. - Provided Mental health first aid training to individual within the community and business (2 Sessions due to lock down)- Provided lockdown support for children via youtube. - Provided one off sessions within an Ayrshire school (free of charge) for World Book Day. Providing emotional literacy stories to the classes.

### Consultation with stakeholders

The companies stakeholders are the schools which purchase our services and the families in which we support. The director has worked with schools in the North East of Glasgow for years and had consulted with schools/ families prior to establishing AM Wellbeing to ensure the services met their needs. We have kept our stakeholders up to date in a variety of different ways: Headteacher have had regular meetings and contact from ourselves to discuss the services provided. The meetings were either in person or via telephone (due to lock down restrictions). Their workers ensure informal regular meetings to discuss how they want services provided, director then meets on a more formal basis. During lockdown we consulted headteachers on how they wanted support to continue. We wanted to ensure families and children continued to receive support during this time. We moved to phone and video conferencing format of support. Families are updated via telephone or through letters and meetings. We asked them to feedback on their child/ families progress. This information is then collated into reports which are provided to the school. Families are allowed access to their families/child record on request. We ask all stakeholders to provide suggestions on how the service can be best adapted to meet the needs of the community. If they have any suggestion they can let the workers know via email, phone or through the school. These suggestions are discussed and where possible actioned.

### Directors' remuneration

The total amount paid or receivable by directors in respect of qualifying services was £16,891.59. This was a salary for services provided as director is also employee of the company. 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  
**20 August 2021**

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.