Registered number
5419521

B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY

Report and Accounts

30 April 2012



COMPLETE BUSINESS SERVICES

J CONNOLLY ACCOUNTANTS
Chartered Certified Accountants

B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY
Report and accounts
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B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY
Registered number: 5419521
Directors' Report

The directors present their report and accounts for the year ended 30 April 2012

Principal activities
The company's principal activity during the year continued to be that of the provision of fitness training for the elderly and disabled

Directors
The following persons served as directors during the year

Mrs E L Summerside
Ms L S Morton
Ms M Smith

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 12/12/12 and signed on its behalf

E L Summerside
Director

B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY

Report to the directors on the preparation of the unaudited statutory accounts of B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY for the year ended 30 April 2012

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY for the year ended 30 April 2012 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 Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at
http //rulebook accaglobal com/

Our work has been undertaken in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at http //www accaglobal com/factsheet163

J Connolly Accountants
54 Villette Road
Grangetown
Sunderland
SR2 8RW

12/12/12

B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY
Profit and Loss Account
for the year ended 30 April 2012

	Notes	2012 £	2011 £
Turnover		83,545	63,578
Administrative expenses		(186,208)	(169,317)
Other operating income		93,019	129,034
Operating (loss)/profit	2	(9,644)	23,295
Interest receivable		5	166
(Loss)/profit on ordinary activities before taxation		(9,639)	23,461
Tax on (loss)/profit on ordinary activities	3	2,283	(2,283)
(Loss)/profit for the financial year		(7,356)	21,178

B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY
Balance Sheet
as at 30 April 2012

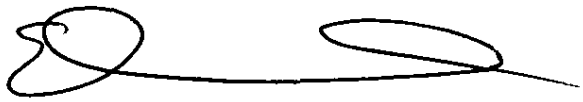
	Notes		2012 £		2011 £
Fixed assets					
Tangible assets	4		6,649		675
Current assets					
Debtors	5	23,139		19,698	
Cash at bank and in hand		4,297		62,162	
		27,436		81,860	
Creditors: amounts falling due within one year	6	(19,250)		(60,344)	
Net current assets			8,186		21,516
Net assets			14,835		22,191
Capital and reserves					
Profit and loss account	7		14,835		22,191
Shareholder's funds			14,835		22,191

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 in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime



E L Summerside
Director
Approved by the board on 12/1/12

B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY
Notes to the Accounts
for the year ended 30 April 2012

1 Accounting policies

Basis of preparation
The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Turnover
Turnover represents the value of fitness and exercise services provided to customers

Depreciation
Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives

Plant and machinery	25% reducing balance

2 Operating profit

	2012 £	2011 £
This is stated after charging		
Depreciation of owned fixed assets	169	225
Directors' remuneration	46,626	46,937

3 Taxation

	2012 £	2011 £
UK corporation tax	(2,283)	2,283

4 Tangible fixed assets

	Plant and machinery etc £
Cost	
At 1 May 2011	1,505
Additions	6,143
At 30 April 2012	7,648
Depreciation	
At 1 May 2011	830
Charge for the year	169
At 30 April 2012	999
Net book value	
At 30 April 2012	6,649
At 30 April 2011	675

B' ACTIVE 'N' B' FIT COMMUNITY INTEREST COMPANY
Notes to the Accounts
for the year ended 30 April 2012

5 Debtors

	2012 £	2011 £
Trade debtors	5,814	10,885
Other debtors	17,325	8,813
	23,139	19,698

6 Creditors· amounts falling due within one year

	2012 £	2011 £
Bank loans and overdrafts	-	5
Trade creditors	2,509	-
Corporation tax	-	2,283
Other taxes and social security costs	3,755	2,361
Other creditors	12,986	55,695
	19,250	60,344

7 Profit and loss account

	2012 £
At 1 May 2011	22,191
Loss for the year	(7,356)
At 30 April 2012	14,835

8 Share Capital

The company is limited by guarantee and has no share capital

100196/15.

CIC 34

Community Interest Company Report

For official use *(Please leave blank)*	

Please complete in typescript, or in bold black capitals.

Company Name in full	B Active N B Fit Community Interest Company
Company Number	5419521
Year Ending	2012 -30-04

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

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 fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve

B`Active `N`B`Fit Community Interest Company [Perviously Sit N B Fit CIC] Main activities are to deliver therapeutic exercise in the local community consisting of chair based exercise sit n ib fit for old ,frail and individuals with more diverse needs, to help maintain and sustain independent living using a holistic approach Specialising in our 50+ age group working with families in the comfort of their own home to create social cohesion, reducing social isolation for those hard to reach indivduals

B Active N B Fit have community venues ,sports halls ,church halls, shelterd accomodations ,care homes,that individuals attend across the city of Sunderland and stakeholders own homes

B Active N B Fit now go to those who are having Dialysis treatment in a clinical environment , delivering therapeutic exercise

we are working with children and younger adults addressing health and wellbeing ,exercose activities

(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

we have quarterly meetings and evaluations that are designed arround stakholder engagement

We work closely with occupational therapists and community leaders
we actively engage with and consult with,
NHS Health Improvement Practitioners, Local Authority, which inturn helps to refine our health and well being programms

attend consultations groups NHS, GP community groups, cancer reform groups ,

monitoring and evaluation by our funders

(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

E L Summerside received a salery of £35000

there are no other transactions or arrangements in connection with the remuneration of directors , or compensations for directors lossof office which requires to be disclosed

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

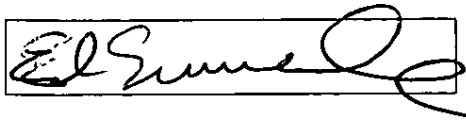
no transfer of assests other than for full consideration has been made

(Please continue on separate continuation sheet if necessary)

(N.B. Please enclose a cheque for £15 payable to Companies House)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed  Date 16-1-13

Office held (tick 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

	Telephone
DX Number	DX Exchange

When you have completed and signed the form, please send it 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