

SHIATSU COLLEGE MANCHESTER CIC

Company limited by guarantee

**Company Registration Number:
12969607 (England and Wales)**

Unaudited statutory accounts for the year ended 31 July 2023

Period of accounts

Start date: 1 August 2022

End date: 31 July 2023

SHIATSU COLLEGE MANCHESTER CIC

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SHIATSU COLLEGE MANCHESTER CIC

Balance sheet

As at 31 July 2023

	<i>Notes</i>	<i>2023</i>	<i>9 months to 31 July 2022</i>
		£	£
Fixed assets			
Tangible assets:	3	112	168
Total fixed assets:		112	168
Current assets			
Debtors:	4	301	
Cash at bank and in hand:		348	6,887
Total current assets:		649	6,887
Creditors: amounts falling due within one year:	5	(350)	(1,632)
Net current assets (liabilities):		299	5,255
Total assets less current liabilities:		411	5,423
Total net assets (liabilities):		411	5,423
Members' funds			
Profit and loss account:		411	5,423
Total members' funds:		411	5,423

The notes form part of these financial statements

SHIATSU COLLEGE MANCHESTER CIC

Balance sheet statements

For the year ending 31 July 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 19 April 2024
and signed on behalf of the board by:**

Name: Karey Taylor
Status: Director

The notes form part of these financial statements

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements

for the Period Ended 31 July 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

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements for the Period Ended 31 July 2023

2. Employees

	<i>2023</i>	<i>9 months to 31 July 2022</i>
Average number of employees during the period	0	0

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements

for the Period Ended 31 July 2023

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 August 2022		280				280
Additions						
Disposals						
Revaluations						
Transfers						
At 31 July 2023		280				280
Depreciation						
At 1 August 2022		112				112
Charge for year		56				56
On disposals						
Other adjustments						
At 31 July 2023		168				168
Net book value						
At 31 July 2023		112				112
At 31 July 2022		168				168

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements for the Period Ended 31 July 2023

4. Debtors

	<i>2023</i>	<i>9 months to 31 July 2022</i>
	<i>£</i>	<i>£</i>
Other debtors	301	
Total	<u>301</u>	

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements

for the Period Ended 31 July 2023

5. Creditors: amounts falling due within one year note

	<i>2023</i>	<i>9 months to 31 July 2022</i>
	<i>£</i>	<i>£</i>
Trade creditors	350	400
Taxation and social security		1,232
Total	<u>350</u>	<u>1,632</u>

COMMUNITY INTEREST ANNUAL REPORT

SHIATSU COLLEGE MANCHESTER CIC

Company Number: 12969607 (England and Wales)

Year Ending: 31 July 2023

Company activities and impact

Shiatsu College Manchester CIC provides training in shiatsu to people in the area around Manchester (Northwest England and North Wales), to become professional practitioners, to treat friends and family, and/or to support their own health and wellbeing. The following activities were provided this year: 1. Registration and beginning of the new academic year. The new academic year began in September 2022 with 3 students in Year 3, 2 students in Year 2 and 7 students in Year 1. 2. Completion of in-person training for students who were registered with Shiatsu College Manchester. 3 students successfully completed the Holistic Acupressure Certificate; and 4 students completed the Shiatsu Diploma. In total, the classes necessary to complete the year were achieved by 6 students in Year 1, 2 students in Year 2 and 3 students in Year 3 (by July 2023). 3. Opening up to new students. Open weekend for new students (September 2022). Open class for new students (January 2023). Newsletters to connect with potential students. Creating opportunities for people to find out about shiatsu. 4. Student and practitioner support – a. Shiatsu College Manchester days open to graduates and former students; b. continuing connection with former students to help them to complete their training, so they are able to practice shiatsu (7 students); c. offering the opportunity to work in our low-cost clinic and get feedback on their practice (3 former students). 5. Student clinics provided low cost shiatsu to 19 different clients (34 sessions offered in total, over four clinic dates). This gave a range of people the opportunity to experience shiatsu, including some who had not had shiatsu before. It also gave students confidence in working in a clinical setting. Feedback from the clients was overwhelmingly positive. 6. Connection with the Shiatsu Society - Ratification process for Shiatsu College Manchester to remain ratified with the Shiatsu Society, including assessors' meeting. 7. Working with other branches of the Shiatsu College to ensure our teaching systems are working well, including Internal Verification process focusing on the practical assessment of Shiatsu skills at Diploma level; quality assurance for those learning shiatsu with us. 8. Social media project '1 thing I love about shiatsu' got a lot of traction on Facebook, connecting with a range of shiatsu practitioners and clients to help people understand more about shiatsu. 9. Facebook raising awareness of shiatsu - short videos and posts were shared on facebook via the Shiatsu College Manchester page, to resource people and signpost about how shiatsu might help their health and wellbeing. 10. Support for people using shiatsu training to support their mental health. At least 3 of our students have ongoing long-term mental health issues, and we have been able to support them to access our classes (flexibility about re-joining years they have already attended, individual discussions about meeting their needs, keeping in contact when they are not well enough to attend class). 11. Using shiatsu to support our own health and wellbeing. This was an ongoing aspect of the training we offer for all our students, participants and assistants. Receiving shiatsu from other students supports our health and wellbeing, as well as learning techniques to help ourselves, and benefitting from exercises and meditation. 12. We have restructured our management and staffing roles. Hannah Mackay is now Branch Leader for Shiatsu College Manchester CIC.

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
8 December 2023

And signed on behalf of the board by:

Name: Karey Taylor

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.