

SHIATSU COLLEGE MANCHESTER CIC

Company limited by guarantee

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

Unaudited statutory accounts for the year ended 31 July 2024

Period of accounts

Start date: 1 August 2023

End date: 31 July 2024

SHIATSU COLLEGE MANCHESTER CIC

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SHIATSU COLLEGE MANCHESTER CIC

Directors' report period ended 31 July 2024

The directors present their report with the financial statements of the company for the period ended 31 July 2024

Directors

The directors shown below have held office during the whole of the period from
1 August 2023 to 31 July 2024

Karey Ann Taylor
Anne Veronica Palmer
Dr Hannah Clare Mackay
Rachel Clare Ecclestone

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
21 February 2025

And signed on behalf of the board by:

Name: Karey Ann Taylor
Status: Director

SHIATSU COLLEGE MANCHESTER CIC

Balance sheet

As at 31 July 2024

	<i>Notes</i>	<i>2024</i>	<i>2023</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets:	3	56	112
Total fixed assets:		<u>56</u>	<u>112</u>
Current assets			
Debtors:	4		301
Cash at bank and in hand:		8,622	348
Total current assets:		<u>8,622</u>	<u>649</u>
Creditors: amounts falling due within one year:	5	(8,556)	(350)
Net current assets (liabilities):		<u>66</u>	<u>299</u>
Total assets less current liabilities:		<u>122</u>	<u>411</u>
Total net assets (liabilities):		<u>122</u>	<u>411</u>
Members' funds			
Profit and loss account:		122	411
Total members' funds:		<u>122</u>	<u>411</u>

The notes form part of these financial statements

SHIATSU COLLEGE MANCHESTER CIC

Balance sheet statements

For the year ending 31 July 2024 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 21 February 2025
and signed on behalf of the board by:**

Name: Karey Ann 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 2024

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 2024

2. Employees

	2024	2023
Average number of employees during the period	0	0

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements

for the Period Ended 31 July 2024

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 August 2023		280				280
Additions						
Disposals						
Revaluations						
Transfers						
At 31 July 2024		280				280
Depreciation						
At 1 August 2023		168				168
Charge for year		56				56
On disposals						
Other adjustments						
At 31 July 2024		224				224
Net book value						
At 31 July 2024		56				56
At 31 July 2023		112				112

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements
for the Period Ended 31 July 2024

4. Debtors

	<i>2024</i>	<i>2023</i>
	£	£
Other debtors		301
Total		<u>301</u>

SHIATSU COLLEGE MANCHESTER CIC

Notes to the Financial Statements

for the Period Ended 31 July 2024

5. Creditors: amounts falling due within one year note

	<i>2024</i>	<i>2023</i>
	£	£
Trade creditors	434	350
Accruals and deferred income	3,324	
Other creditors	4,798	
Total	<u>8,556</u>	<u>350</u>

COMMUNITY INTEREST ANNUAL REPORT

SHIATSU COLLEGE MANCHESTER CIC

Company Number: 12969607 (England and Wales)

Year Ending: 31 July 2024

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 2023 with 2 students in Year 3, 4 students in Year 2 and 6 students in Year 1. A further student began Year 3 in June 2024.
2. Completion of in-person training for students who were registered with Shiatsu College Manchester. 4 students completed the Holistic Acupressure Certificate; and 4 students completed the full shiatsu training. Two of these were at the level of Shiatsu Diploma, and two were from previous cohorts, completing the training and ready to be MrSS with the Shiatsu Society but without the formal Diploma qualification.
3. Opening up to new students. Open weekend for new students (September 2023). Open class for new students (March and June 2024). 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 (4 students); c. offering the opportunity to work in our low-cost clinic and get feedback on their practice (2 former students).
5. Organising and running the Shiatsu College Residential 2024. Providing networking opportunities and support for students and practitioners in their shiatsu practice (April 2024). 37 participants came to the Residential at Rydal Hall in the Lake District. Participants came from various areas of the UK and abroad, but many were from Northwest England. Feedback was overwhelmingly positive.
6. Student clinics provided low cost shiatsu to 22 different clients (33 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.
7. Connection with the Shiatsu Society - Ratification process for Shiatsu College Manchester to remain ratified with the Shiatsu Society, including assessors' meeting and ratification process.
8. Working with other branches of the Shiatsu College to ensure our teaching systems are working well, including Internal Verification process focusing on the recorded practice treatments; quality assurance for those learning shiatsu with us.
9. 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.
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. We started the process of setting up a Bursary Fund for our students.

Consultation with stakeholders

The community in whose interest we operate are: people in the North of England and North Wales who want to learn shiatsu and people in the North of England and North Wales who want to support their health and wellbeing holistically with shiatsu.

Our stakeholders - those in our geographical area who are:

Current Shiatsu College Manchester students

Potential shiatsu students/people with an interest in training in shiatsu

Shiatsu graduates, practitioners and former students

People who would like to receive shiatsu to support their health and wellbeing

People who would like to learn a basic level of shiatsu to support their health and wellbeing

Shiatsu College Manchester teachers

Shiatsu College Manchester teaching assistants

2024 – stakeholder survey

We created a stakeholder survey in July 2024

We sent a link to the survey via our newsletter; we invited our current core cohort by emailing current students and those who would be starting in September; and we advertised on Facebook.

We had 28 responses. A variety of people responded: people who had trained with us (19 respondents); those who had attended the Residential or other CPD events but had not trained with us; people who had attended the student clinic. People lived in a range of areas of England and Wales.

Bursary fund:

We asked about how we should target our bursaries. The most popular options were Year 2/3 students (68%) and Year 1 students (64%). Fewer people thought we should offer bursaries to people attending introductory events (20%) and student clinics (40%). This changed our ideas about the bursaries, as we had previously thought we might target Year 1 students (as Year 2 and 3 students can earn money from their Shiatsu skills, once they have the Holistic Acupressure Certificate).

Student clinic:

We had 8 responses about receiving shiatsu in the student clinic. 7 people rated it as excellent, 1 person rated it as good. None rated it as OK, poor or very poor.

Training with Shiatsu College Manchester:

We had 22 responses about training with us. 18 people rated it as excellent, 3 as good, and 1 as OK. None rated it as poor or very poor.

Directors' remuneration

Directors were remunerated in respect of teaching classes and performance of administration tasks.
The total remuneration paid to all directors was £18,035.

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
22 November 2024

And signed on behalf of the board by:

Name: Karey Ann 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.