

MIND YOU HEALTH & WELLBEING CIC

Company limited by guarantee

**Company Registration Number:
SC689656 (Scotland)**

Unaudited statutory accounts for the year ended 28 February 2022

Period of accounts

Start date: 18 February 2021

End date: 28 February 2022

MIND YOU HEALTH & WELLBEING CIC

Contents of the Financial Statements for the Period Ended 28 February 2022

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Balance sheet notes

Community Interest Report

MIND YOU HEALTH & WELLBEING CIC

Balance sheet

As at 28 February 2022

	<i>Notes</i>	<i>2022</i>
		<i>£</i>
Fixed assets		
Tangible assets:	3	690
Total fixed assets:		<u>690</u>
Current assets		
Cash at bank and in hand:		244
Total current assets:		<u>244</u>
Net current assets (liabilities):		<u>244</u>
Total assets less current liabilities:		<u>934</u>
Total net assets (liabilities):		<u>934</u>
Members' funds		
Profit and loss account:		934
Total members' funds:		<u>934</u>

The notes form part of these financial statements

MIND YOU HEALTH & WELLBEING CIC

Balance sheet statements

For the year ending 28 February 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.

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 10 November 2022
and signed on behalf of the board by:**

Name: Connor McNally
Status: Director

The notes form part of these financial statements

MIND YOU HEALTH & WELLBEING CIC

Notes to the Financial Statements

for the Period Ended 28 February 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

MIND YOU HEALTH & WELLBEING CIC

Notes to the Financial Statements for the Period Ended 28 February 2022

2. Employees

2022

Average number of employees during the period

5

2 directors3 youth workers

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Notes to the Financial Statements

for the Period Ended 28 February 2022

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
Additions				690		690
Disposals						
Revaluations						
Transfers						
At 28 February 2022				690		690
Depreciation						
Charge for year						
On disposals						
Other adjustments						
At 28 February 2022						
Net book value						
At 28 February 2022				690		690

COMMUNITY INTEREST ANNUAL REPORT

MIND YOU HEALTH & WELLBEING CIC

Company Number: SC689656 (Scotland)

Year Ending: 28 February 2022

Company activities and impact

The main objective for the Mind You project was for every child who participated in our activities, to take something from the group that could benefit their health and wellbeing, I believe that the 112 children who have engaged with us have done just that. The young people who attended had been referred through our website. These referrals came from parents, carers, teachers, GPs and other charity organisations. Along with the request came a brief description of why they would benefit from the sessions. Some of the reasons were: They have experienced bullying in school. Parents have separated. Isolation and no friends. Loss of a loved one. Refugee children settling into a new country. Worried about transition into High School. We created fun, safe places to express and be yourself. We were located in parks across Edinburgh that were familiar to the young people and free to use. We created an atmosphere that was warm and welcoming, creating a comfortable environment with trained staff who had experience supporting children. We taught them about topics such as anxiety, we gave them an understanding that it's a normal emotion and let them talk about it and taught them coping strategies.

Consultation with stakeholders

No consultation with stakeholders

Directors' remuneration

The total amount paid to director was for 12 weeks of delivery work: £14 ph for 10 hours per week. 12 weeks x £140 = £1680

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
10 November 2022

And signed on behalf of the board by:

Name: Connor McNally

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.