

MIND YOU HEALTH & WELLBEING CIC

Company limited by guarantee

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

Unaudited statutory accounts for the year ended 28 February 2023

Period of accounts

Start date: 1 March 2022

End date: 28 February 2023

MIND YOU HEALTH & WELLBEING CIC

Contents of the Financial Statements for the Period Ended 28 February 2023

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Balance sheet notes

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MIND YOU HEALTH & WELLBEING CIC

Balance sheet

As at 28 February 2023

	<i>Notes</i>	<i>2023</i>	<i>2022</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets:	3	1,000	1,000
Total fixed assets:		<u>1,000</u>	<u>1,000</u>
Current assets			
Cash at bank and in hand:		9	9
Investments:	4	6,105	6,105
Total current assets:		<u>6,114</u>	<u>6,114</u>
Net current assets (liabilities):		<u>6,114</u>	<u>6,114</u>
Total assets less current liabilities:		<u>7,114</u>	<u>7,114</u>
Creditors: amounts falling due after more than one year:	5	(6,603)	(6,603)
Total net assets (liabilities):		<u>511</u>	<u>511</u>
Members' funds			
Profit and loss account:		511	511
Total members' funds:		<u>511</u>	<u>511</u>

The notes form part of these financial statements

MIND YOU HEALTH & WELLBEING CIC

Balance sheet statements

For the year ending 28 February 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 22 November 2023
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 2023

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Financial Reporting Standard 101

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Notes to the Financial Statements for the Period Ended 28 February 2023

2. Employees

	2023	2022
Average number of employees during the period	3	3

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Notes to the Financial Statements

for the Period Ended 28 February 2023

3. Tangible assets

	Land & buildings	Plant & machinery	Fixtures & fittings	Office equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 1 March 2022				1,000		1,000
Additions						
Disposals						
Revaluations						
Transfers						
At 28 February 2023				1,000		1,000
Depreciation						
At 1 March 2022						
Charge for year						
On disposals						
Other adjustments						
At 28 February 2023						
Net book value						
At 28 February 2023				1,000		1,000
At 28 February 2022				1,000		1,000

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Notes to the Financial Statements

for the Period Ended 28 February 2023

4. Current assets investments note

We only have sports equipment and a music system for our sessions which is why it is valued at £1000

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Notes to the Financial Statements

for the Period Ended 28 February 2023

5. Creditors: amounts falling due after more than one year note

	2023	2022
	£	£
Other creditors	6,603	6,603
Total	<u>6,603</u>	<u>6,603</u>

COMMUNITY INTEREST ANNUAL REPORT

MIND YOU HEALTH & WELLBEING CIC

Company Number: SC689656 (Scotland)

Year Ending: 28 February 2023

Company activities and impact

We have engaged with over a 100 children in SW Edinburgh teaching them intervention techniques regarding managing their mental health. We have done this through schools and community setting such as local community centres and parks

Consultation with stakeholders

No consultation with stakeholders

Directors' remuneration

£1081.00

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
22 November 2023

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.