

MIND YOU HEALTH & WELLBEING CIC

Company limited by guarantee

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

Unaudited statutory accounts for the year ended 28 February 2025

Period of accounts

Start date: 29 February 2024

End date: 28 February 2025

MIND YOU HEALTH & WELLBEING CIC

Contents of the Financial Statements for the Period Ended 28 February 2025

Directors report

Balance sheet

Additional notes

Balance sheet notes

Community Interest Report

MIND YOU HEALTH & WELLBEING CIC

Directors' report period ended 28 February 2025

The directors present their report with the financial statements of the company for the period ended 28 February 2025

Principal activities of the company

Mind You Health & Wellbeing operates to support the mental health and emotional wellbeing of children and young people within schools and community settings. The company provides structured wellbeing sessions that use creative, physical and practical intervention techniques to help young people recognise and manage anxiety, develop positive coping strategies, and build confidence in their everyday lives. Activities delivered during the year included in-school programmes, community classes and outreach support, with a focus on making early mental-health education accessible to families who may not otherwise receive it.

Directors

The director shown below has held office during the whole of the period from
29 February 2024 to 28 February 2025

Connor McNally

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 November 2025

And signed on behalf of the board by:

Name: Connor McNally

Status: Director

MIND YOU HEALTH & WELLBEING CIC

Balance sheet

As at 28 February 2025

	<i>Notes</i>	<i>2025</i>	<i>2024</i>
		£	£
Fixed assets			
Intangible assets:		0	0
Tangible assets:		0	0
Total fixed assets:		<u>0</u>	<u>0</u>
Current assets			
Cash at bank and in hand:		7,407	8,362
Total current assets:		<u>7,407</u>	<u>8,362</u>
Net current assets (liabilities):		<u>7,407</u>	<u>8,362</u>
Total assets less current liabilities:		<u>7,407</u>	<u>8,362</u>
Total net assets (liabilities):		<u>7,407</u>	<u>8,362</u>
Members' funds			
Profit and loss account:		7,407	8,362
Total members' funds:		<u>7,407</u>	<u>8,362</u>

The notes form part of these financial statements

MIND YOU HEALTH & WELLBEING CIC

Balance sheet statements

For the year ending 28 February 2025 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 November 2025
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 2025

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

Turnover policy

Turnover is recognised as all income earned by the company during the financial year from its principal activities, including grants, funding, and fees for services delivered. Income is recorded when it is receivable, i.e., when the company has the right to receive the funds, regardless of whether payment has been received by the year-end. This ensures that all earned income is included in the accounts for the relevant financial period.

Tangible fixed assets depreciation policy

Tangible fixed assets are recorded at cost and depreciated on a straight-line basis over their expected useful life. Depreciation is charged annually to reflect the reduction in value of assets such as equipment and furniture. This ensures that the accounts fairly represent the current value of the company's tangible assets at the end of the financial year.

MIND YOU HEALTH & WELLBEING CIC

Notes to the Financial Statements for the Period Ended 28 February 2025

2. Employees

	2025	2024
Average number of employees during the period	2	3

MIND YOU HEALTH & WELLBEING CIC

Notes to the Financial Statements

for the Period Ended 28 February 2025

3. Financial Commitments

The company discloses any financial commitments that exist at the balance sheet date, including future payments the company is contractually obliged to make, such as lease agreements, service contracts, or other binding financial obligations. For Mind You, there are currently no outstanding financial commitments beyond normal operating expenses. This note ensures transparency and provides a full picture of potential liabilities to users of the accounts.

COMMUNITY INTEREST ANNUAL REPORT

MIND YOU HEALTH & WELLBEING CIC

Company Number: SC689656 (Scotland)

Year Ending: 28 February 2025

Company activities and impact

During the financial year, Mind You Health & Wellbeing supported the community by delivering free mental-health and wellbeing sessions to children and young people in local schools and community settings. These sessions provided practical tools to manage anxiety, encouraged positive lifestyle habits, and increased awareness of mental health through creative, engaging activities. By offering fully funded programmes, we ensured that support was accessible to families in areas of deprivation and helped schools enhance their wellbeing provision. Feedback from pupils, teachers and parents demonstrated increased confidence, improved coping strategies, and a positive impact on overall wellbeing.

Consultation with stakeholders

No consultation with stakeholders

Directors' remuneration

Directors - £20433

Transfer of assets

No transfer of assets other than for full consideration

This report was approved by the board of directors on
21 November 2025

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.