Registered Number 12390866 (England and Wales)

Unaudited Financial Statements for the Year ended 5 April 2023

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Registered Number 12390866 (England and Wales)

Unaudited Financial Statements for the Year ended 5 April 2023

## Company Information for the year from 6 April 2022 to 5 April 2023

**Directors** Mrs Annabel Jane Hunt

Ms Shantelle Marie Svarc

Mr Robert Wilmington

Registered Address Unit 9 Newporte Business Park

**Bishops Road** 

Lincoln

**LN2 4SY** 

Registered Number 12390866 (England and Wales)

## Company Information for the year from 6 April 2022 to 5 April 2023

Directors

Mrs Annabel Jane Hunt

Ms Shantelle Marie Svarc

Mr Robert Wilmington

Registered Address

Unit 9 Newporte Business Park

Bishops Road

Lincoln

LN2 4SY

Registered Number

12390866 (England and Wales)

### Balance Sheet as at 5 April 2023

|   | Notes | 2023     |       | 2022     |     |
|---|-------|----------|-------|----------|-----|
|   |       | £        | £     | £        | £   |
| Fixed assets                                  |       |          |       |          |     |
| Intangible assets                             | 7     |          | 154   | _        | -   |
|   |       |          | 154   |          | -   |
| Current assets                                |       |          |       |          |     |
| Debtors                                       | 9     | 2,935    |       | 3,633    |     |
| Cash at bank and on hand                      |       | 45,722   |       | 34,651   |     |
|   |       | 48,657   |       | 38,284   |     |
| Creditors amounts falling due within one year | 10    | (47,420) |       | (37,303) |     |
| Net current assets (liabilities)              |       |          | 1,237 |          | 981 |
| Total assets less current liabilities         |       |          | 1,391 |          | 981 |
| Net assets                                    |       | _        | 1,391 | <u> </u> | 981 |
| Capital and reserves                          |       | <u></u>  |       |          |     |
| Profit and loss account                       |       |          | 1,391 |          | 981 |
| Reserves                                      |       |          | 1,391 | _        | 981 |

The company was entitled to exemption from audit for this reporting period 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 in accordance with the provisions applicable to companies subject to the small companies regime. The directors have chosen to not file a copy of the company's profit and loss account.

The financial statements were approved and authorised for issue by the Board of Directors on 21 November 2023, and are signed on its behalf by:

5.8

Ms Shantelle Marie Svarc

**Director** 

Registered Company No. 12390866

### Balance Sheet as at 5 April 2023

|     | 2022          |  | 2023                |    |   |
|-----|---------------|--|---------------------|----|---|
| 3   | 3             | 3  | 3                   |    |   |
|     |               |  |                     |    | Fixed assets                                  |
| •   |               | 154  |                     | 7  | Intangible assets                             |
| -   |               | 154  |                     |    |   |
|     |               |  |                     |    | Current assets                                |
|     | 3,633         |  | 2.935               | 6  | Debtors                                       |
|     | 34,651        |  | 45.722              |    | Cash at bank and on hand                      |
|     | 38.284        | -  | 48.657              | •  |   |
|     | (37.303)      |  | (47,420)            | 10 | Creditors amounts falling due within one year |
| 981 |               | 1,237  |                     | •  | Net current assets (liabilities)              |
| 981 | <del></del>   | 1,391  |                     |    | Total assets less current liabilities         |
| 981 | and the same  | 1,391  | <del></del>         |    | Net assets                                    |
|     | · <del></del> | - The State of the | <del>and have</del> |    | Capital and reservos                          |
| 981 |               | 1,391  |                     |    | Profit and loss account                       |
| 981 | <del></del>   | 1,391  | market.             |    | Reserves                                      |

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Ms Shantelle Marie Svarc Director Registered Company No. 12390866

### Notes to the Financial Statements for the year ended 5 April 2023

#### 1. Statutory information

The company is a company limited by guarantee, incorporated in England, and consequently does not have share capital. Each of the members is liable to contribute an amount not exceeding £Nil towards the assets of the company in the event of liquidation. Information regarding the address of the registered office can be found on the Company Information page.

#### 2. Compliance with applicable reporting framework

The principal accounting policies applied in the preparation of these financial statements are set out below.

These policies have been consistently applied to all the years presented, unless otherwise stated.

These financial statements have been prepared in compliance with FRS 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

#### 3. Principal activities

The principal activity of the company is CIC for the wellbeing of women in the community.

#### 4. Basis of measurement used in financial statements

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

#### 5. Accounting policies

#### Intangible assets policy

Intangible assets are written off over their expected useful life.

#### Revenue recognition policy

Turnover comprises income received from funding sources, including grants and subsidies, in furtherance of the company's main objectives as a community interest company.

The company recognises revenue when:

The amount of revenue can be reliably measured;

it is probable that future economic benefits will flow to the entity;

and specific criteria have been met for each of the company's activities.

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### Notes to the Financial Statements (continued) for the year ended 5 April 2023

#### **Taxation policy**

The tax expense for the period comprises current tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the reporting date in the countries where the company operates and generates taxable income.

#### 6. Employee information

|    |   | 2023  | 2022  |
|----|---|-------|-------|
|    | Average number of employees during the year | 3     | 3     |
| 7. | Intangible assets                           |       |       |
|    |   | Other | Total |
|    |   | £     | £     |
|    | Cost or valuation                           |       |       |
|    | Additions                                   | 170   | 170   |
|    | At 05 April 23                              | 170   | 170   |
|    | Amortisation and impairment                 |       |       |
|    | Charge for year                             | 16    | 16    |
|    | At 05 April 23                              | 16    | 16    |
|    | Net book value                              |       |       |
|    | At 05 April 23                              | 154   | 154   |
|    | At 05 April 22                              | -     |       |
|    |   |       |       |

#### 8. Further information regarding the company's income

Results for the year were derived wholly from continuing operations.

The company has no recognised gains or losses for the year other than the results disclosed.

### Notes to the Financial Statements (continued) for the year ended 5 April 2023

#### Taxation policy

The tax expense for the period comprises current tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

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#### 6. Employee information

|    | At 05 April 22                              |  | -     |
|----|---|--|-------|
|    | At 05 April 23                              | 154  | 154   |
|    | Net book value                              | Minderfolds to distinguish convert species - stallware |       |
|    | At 05 April 23                              | 16   | 16    |
|    | Charge for year                             | 16   | 16    |
|    | Amortisation and impairment                 |  |       |
|    | At 05 April 23                              | 170  | 170   |
|    | Additions                                   | 170  | 170   |
|    | Cost or valuation                           |  |       |
|    |   | £  | £     |
|    |   | Other  | Total |
| 7. | Intangible assets                           |  |       |
|    | Average number of employees during the year | 3  | 3     |
|    |   | 2023   | 2022  |

#### 8. Further information regarding the company's income

Results for the year were derived wholly from continuing operations.

The company has no recognised gains or losses for the year other than the results disclosed.

### Notes to the Financial Statements (continued) for the year ended 5 April 2023

#### 9. Debtors

|                                   | 2023<br>£ | 2022<br>£ |
|-----------------------------------|-----------|-----------|
| Trade debtors / trade receivables | 1,466     | -         |
| Other debtors                     | 1,469     | 3,633     |
| Total                             | 2,935     | 3,633     |

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

#### 10. Creditors within one year

|   | 2023         | 2022   |
|---|--------------|--------|
|   | £            | £      |
| Taxation and social security            | <del>-</del> | 12,338 |
| Other creditors                         | 45,680       | 24,015 |
| Accrued liabilities and deferred income | 1,740        | 950    |
| Total                                   | 47,420       | 37,303 |

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

### Notes to the Financial Statements (continued) for the year ended 5 April 2023

#### 9. Debtors

|                                   | The same of the sa |       |
|-----------------------------------|--|-------|
| Total                             | 2.935  | 3,633 |
| Other debtors                     | 1,459  | 3,633 |
| Trade debtors / trade receivables | 1,466  | -     |
|                                   | £  | £     |
| •                                 | 2023   | 2022  |

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

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#### 10. Creditors within one year

| Total                                   | 47,420 | 37,303 |
|---|--------|--------|
| Accrued liabilities and deferred income | 1,740  | 950    |
| Other creditors                         | 45,880 | 24,015 |
| Taxation and social security            | -      | 12,338 |
|   | E      | £      |
|   | 2023   | 2022   |

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## **CIC 34**

## **Community Interest Company Report**

|  | (Please leave blank) |                     |
|--|----------------------|---------------------|
| Please<br>complete in                        | Company Name in full | Darkside Rising CIC |
| typescript, or<br>in bold black<br>capitals. | Company Number       | 12390866            |
| •  | Year Ending          | 5 April 2023        |

(The date format is required in full)

# CIC 34 Community Interest Company Report

|  | Year Ending                           | 5 April 2023        |
|--|---------------------------------------|---------------------|
| typescript, ar<br>in bold black<br>capitals. | Company Number                        | 12390866            |
| Plesse<br>compieto in<br>tusecciót, er       | Company Name in full                  | Darkside Rising CIC |
|  | For official use (Please leave blank) |                     |

Please ensure the company name is consistent with the company name entered on the accounts.

This template illustrates what the Regulator of Community Interest Companies considers to be best practice for completing a simplified community interest company report. All such reports must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004 and contain the information required by Part 7 of the Community Interest Company Regulations 2005. For further guidance see chapter 8 of the Regulator's guidance notes and the alternate example provided for a more complex company with more detailed notes.

(N.B. A Filing Fee of £15 is payable on this document. Please enclose a cheque or postal order payable to Companies House)

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#### PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

Darkside Rising CIC is a non-profit, women's health organisation based in Lincoln, providing specialist exercise and strength training services across 3 major programmes:

- Women who have long term health conditions and complex health needs, such as those diagnosed with cancer, or neurological conditions
- Women going through specific life-changes, such as menopause or the postnatal period
- Women who are neurodivergent

#### Working in a personalised and inclusive way, we exist to:

- Innovate physical activity provision for women with long term health conditions and complex health needs
- Create safe spaces for women to connect and develop self-acceptance
- Support women's confidence and self-esteem
- Embrace neurodivergence
- Mentor lived experience leadership

#### Our projects for 2022-23 have included:

- Mum Fit: £3,125.82 from Shine Lincolnshire's Wave 11 Managed Care Network Fund, in partnership with Children's Links continuing our specialist postnatal mum and baby strength training sessions in the local Toy Library.
- Fathers in Mind: the Baby Massage Project: £5,491.42 from Shine Lincolnshire's Wave 2 Suicide Prevention Fund, offering baby massage sessions to new dads.
- Mum and Baby classes: £1,000 from the Arnold Clark Community Fund to subsidise mum and baby classes for women at risk of postnatal depression and anxiety.
- Strength in Cancer: £46,483 over 2 years from the National Lottery Community Fund (Reaching Communities), providing specialist strength training classes to women living with and beyond cancer.
- NeuroCreate: £4,338 from Lincolnshire Community Foundation's Evan Cornish Fund, offering online mindful art and clay sessions to people living with neurological conditions.
- NeuroStrong: £6,107 from Sport England to provide specialist strength training sessions to women with neurological conditions such as Parkinson's, MS and Stroke.
- Social Prescribing Project: £19,495 from the Postcode Places Trust to provide a range of strength training, self defence and mindful art classes to social prescribing referrals.
- Mindful Project: £5,362 from Macmillan to support women living with and beyond cancer through mindful art and meditation.
- Gentle Touch: Oncology Massage Project: £4,000 from the Pink Ribbon Foundation to offer oncology massage sessions to women living with breast cancer.
- Postnatal Project: £9,902 from Shine Lincolnshire's Wave 12 Managed Care Network Funding, continuing our strength training sessions for women at risk of postnatal depression and anxiety and creating a book of lived experience and postnatal exercises
- 28 Days of Mindful Art: an extension of £9,688 from Shine Lincolnshire's Wave 1
  Community Asset Development Fund, supporting women's mental health through an
  online mindful art course and creating a book version of the online course.

### PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

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- Menopause Project: an extension of £9,864 from Shine Lincolnshire's Wave 2
   Community Asset Development Fund, supporting women peri- and post-menopause, and creating a book of pelvic floor exercises.
- Open Gym Project: £4,939 from Active Lincolnshire to provide open gym equipment and sessions to our participants.
- Girls' Project: £4,988 from Active Lincolnshire to offer age-appropriate strength training sessions to neurodivergent girls aged 8 18.
- NeuroStrong evaluation: £2,500 from Business Lincolnshire and £3,258 from the Local Action Fund, National Emergencies Trust, match funded Crowdfunder to support the University of Lincoln's evaluation of our pilot NeuroStrong Project.
- Research Ready Communities: £3,100 from the National Institute of Health and Care Research (NIHR) and the University of Lincoln to increase the engagement of underrepresented communities in health research.
- Divergent Project: £13,944 from ICB Winter Pressures Fund to provide strength training and a range of online classes to neurodivergent women over the winter period.

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

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PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company's stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

#### Our stakeholders are:

- Project participants
- Potential project participants
- · Referrers such as social prescribing link workers
- Family members of project participants
- Wider gym community who take part in fundraising and support Darkside Rising
- Funding organisations
- Other community organisations and NHS bodies

Our projects are co-designed with our participants.

We regularly engage with wider community network meetings including LVET, VCS Forum and the Lincoln North Community Partnership Board. This allows us the engage with referrers, community organisations and NHS bodies so ensure that we are meeting the identified needs of our community.

We have worked with the University of Lincoln on the Research Ready Communities Project, conducting conversations with our participants to understand their perceptions of research. The University of Lincoln are also currently conducting an evaluation of our pilot NeuroStrong Project, which will inform future provision.

All projects are internally evaluated, and changes implemented as necessary.

(If applicable, please just state "A social audit report covering these points is attached").

PART 3 – DIRECTORS' REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, "There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed" (See example with full notes). If no remuneration was received you must state that "no remuneration was received" below.

Directors have been paid solely as per the budget of each project for project work delivered.

Annabel Hunt: £19,419.97
Shantelle Svarc: £29,539
Robert Willmington: £11,569

There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director's loss of office, which require to be disclosed

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| PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that "no transfer of assets other than for full consideration has been made" below. |
|--|
| No transfer of assets other than for full consideration has been made.   |
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(Please continue on separate continuation sheet if necessary.)

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| (Please continue on separate continuation sheet if necessary.)   |

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#### PART 5 – SIGNATORY (Please note this must be a live signature)

The original report must be signed by a director or secretary of the company

| Signed | , · | <b>6</b> | = |      | Date | e 14     | /11/2023  |
|--------|-----|----------|---|------|------|----------|-----------|
|        | L   |          |   | <br> |      | <u> </u> | , , , , , |

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this is information is incorrect.

Office held (delete as appropriate) Director/Secretary

(DD/MM/YY)

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

| Shantelle Svarc  |  |
|------------------|--|
| Unit 9, Newporte | e Business Park, Bishops Road, Lincoln |
| LN2 4SY          |  |
| ,                | Tel: 07717202065                       |
| DX Number        | DX Exchange                            |

When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4<sup>th</sup> Floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38 Linenhall Street, Belfast, BT2 8BG

(N.B. Please enclose a cheque for £15 payable to Companies House)

#### PART 5 - SIGNATORY

|   | <b>W</b>   | $m{B}(m{c}_{i})$   | All of the to                              |                        |
|---|------------|--|--|------------------------|
| secretary of the<br>company                         | BERTY OF H | the state of the s | a dan Stole (1894).<br>Nama din musuum mil | ere term reality where |
| The original report must be signed by a director or | Signed     |  |  | Date                   |

You do not have to give any contact information in the box opposite but if you do, it will help the Registrar of Companies to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

| DX Number        | DX Exchange  |
|------------------|--|
|                  | Tel: 07717202065   |
| LN2 4SY          | kanna dapa ar , anja siligatahah manan sisanding dis an sandalamah pakilimanah — adapambay dal-kanlawa pel sijah dalaman misanding dal-kanlawa sandalamah dalamah berinda dalamah dala |
| Unit 9, Newporte | Business Park, Bishops Road, Lincoln   |
| Shantelle Svarc  |  |
| Office held      | (delete as appropriate) Director/Secretary   |

When you have completed and signed the form, please attach it to the accounts and send both forms <u>by post</u> to the Registrar of Companies at:

For companies registered in England and Wales: Companies House, Crown Way, Cardiff, CF14 3UZ

DX 33050 Cardiff

For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP - 4 Edinburgh 2

For companies registered in Northern Ireland: Companies House, 2nd Floor, The Linenhall, 32-38 Linenhall Street, Belfast, BT2 8BG