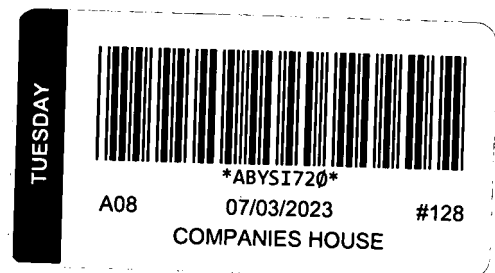


REGISTERED NUMBER: 12556873 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 August 2022

for

Stride Active (Herefordshire) CIC



Stride Active (Herefordshire) CIC (Registered number: 12556873)

**Contents of the Financial Statements
for the year ended 31 August 2022**

Page

Company Information

1

Balance Sheet

2

Notes to the Financial Statements

3

Stride Active (Herefordshire) CIC

Company Information
for the year ended 31 August 2022

Directors:

P W Knight
Ms R Williams
Mrs J L Perridge
Ms A C Phillips

Registered office:

Whitecross Hereford High School
Three Elms Road
Hereford
HR4 0RN

Registered number:

12556873 (England and Wales)

Accountants:

Acre Accountancy Limited
Unit 2 Foley Works
Foley Industrial Estate
Hereford
Herefordshire
HR1 2SF

Balance Sheet
31 August 2022

	Notes	2022 £	2021 £
CURRENT ASSETS			
Debtors	4	825	500
Cash at bank		73,985	8,923
		<u>74,810</u>	<u>9,423</u>
CREDITORS			
Amounts falling due within one year	5	(67,927)	(3,207)
NET CURRENT ASSETS		<u>6,883</u>	<u>6,216</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>6,883</u>	<u>6,216</u>
RESERVES			
Income and expenditure account		6,883	6,216
		<u>6,883</u>	<u>6,216</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2022 in accordance with Section 476 of the Companies Act 2006.

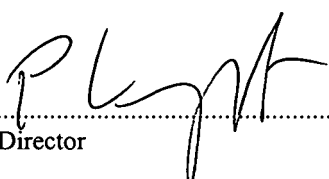
The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Statement of Income and Retained Earnings has not been delivered.

The financial statements were approved by the Board of Directors and authorised for issue on 12/2/23 and were signed on its behalf by:


P W Knight - Director

The notes form part of these financial statements

1. **STATUTORY INFORMATION**

Stride Active (Herefordshire) CIC is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. **ACCOUNTING POLICIES**

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income and government grants

Income is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Income includes grant income. Grants of a revenue nature are recognised using the accrual model. Grants are recognised according to the stage of completion of the project expenditure that is spent, or committed to be spent, at the accounting period-end.

Grant income that has been received but not yet spent or committed to be spent is treated as deferred income and shown in creditors. Expenditure that is committed to be spent is shown as a liability in creditors.

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Statement of Income and Retained Earnings, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 3 (2021 - 3).

4. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Trade debtors	423	215
Other debtors	402	285
	<u>825</u>	<u>500</u>

5. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2022	2021
	£	£
Trade creditors	10,419	749
Tax	157	1,458
Accrued expenses and deferred income	57,351	1,000
	<u>67,927</u>	<u>3,207</u>

6. **LIMITED BY GUARANTEE**

The company is limited by guarantee. The liability of the company's members (who are also the directors) is limited to £1.

000849/15

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

--

*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

Stride Active (Herefordshire) CIC

Company Number

12556873

Year Ending

(31/08/22)

(The date format is required in full)

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)

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.

The purpose of Stride Active (Herefordshire) CIC is to 'inspire active futures'. Stride Active exists to increase physical activity levels and consequently the health and wellbeing of young people and their families across Herefordshire, with a particular focus on those who are least active and disengaged with physical activity. Creating positive experiences of physical for all young people is a priority in order to inspire and empower young people to lead active lives now and for their futures. Stride Active advocates the use of physical activity to impact wider personal and social means, such as physical health, mental wellbeing, resilience, confidence, whilst also contributing to the fight against climate change. To achieve this, Stride Active works alongside a number of key partners from both the voluntary and public sectors, namely other local charities/CICs, schools and Public Health. Working collaboratively with local partners has been a significant development for Stride Active in the financial year 2021-22 and has enabled a number of new programmes to be implemented:

- Herefordshire Council Public Health and Active Herefordshire and Worcestershire have supported the implementation of Active Families, which was piloted in the last financial year. This enabled the appointment of a part-time member of staff who has supported over 100 families (157 clients in total), of which almost one quarter live in the most deprived areas of the county. The service has also helped to connect local people with community opportunities, from accessing the gym, to learning to swim, through to identifying open spaces close to their home. For families who are struggling financially, or are lacking in confidence to access community facilities, free activity bags were given out which enabled 44 families to be active together in their homes.
- Stride Active administered physical activity grants for secondary and special schools on behalf of Herefordshire Council (Public Health). A total fund of £63,000 was ringfenced for schools to deliver projects or interventions to increase physical activity amongst young people following Covid-19; 10 schools were awarded grants. Furthermore, Covid-19 recovery funding has been used to deliver free or subsidised CPD opportunities to school staff across the county, based on insight and local need.
- Stride Active secured a contract with Herefordshire Council (Economy & Place dept) to deliver a Walk to School programme. The programme included a combination of campaigns and resources for parents/the local community, schools and young people, to increase walking to school and reduce emissions, increase physical activity and improve safety at the school gates. During this period, Walk to School become one of the most well-known initiatives active travel initiatives in the county, almost doubling social media reach from the previous year. Assemblies were delivered to 1560 pupils across primary schools in the city and market towns, of which 340 pupils benefitted from workshops on walking to school.

In addition, Stride Active has also benefitted the community in the following ways:

- Workplace Challenge to support school staff wellbeing
- Supporting young people to manage their emotions, build confidence and resilience through physical activity. 210 young people took part in Climbing for Confidence and a further 62 in Navigate.
- Delivering a virtual health and wellbeing conference, entitled 'inspired to move' to 42 teaching/education professionals, supporting them to understand why it's important for young people to move and be physically active, alongside providing them with ideas they can implement in school.

- We were part of a national research team investigating menstrual cycle education in schools and successfully had this research published to the wider community can benefit from the findings.

More detail on CIC activities can be found in the first half of this report:
<https://strideactive.org/app/uploads/2022/11/Impact-Report-2021-22.pdf>

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

(Please continue on separate continuation sheet if necessary.)

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.

Stride Active's beneficiaries are young people of educational age, schools/teachers and families; wider stakeholders include local public and voluntary sector organisations. As a result of our established relationship with schools, we consult with teachers on both a formal and informal basis. Informally, we find out needs via one-to-one conversations when we visit a school or when teachers attend an event with their pupils. Formally, we consult with teachers through surveys which are usually conducted post event or CPD. Through supporting schools to develop funded project ideas, we've been able to identify specific barriers and priorities for individual schools which has enabled us to provide them with more bespoke advice and guidance.

In September 2021, we conducted focus groups with girls from a variety of schools across the county to identify their concerns, barriers and motivations towards physical activity. The dedicated focus groups provided more time to really understand the needs and feelings of our stakeholders. This has helped inform how we deliver events and interventions for girls, particularly those who are less active. During other interventions, such as Climbing for Confidence, we engage with young people via survey feedback to understand their feelings and behaviours.

As part of our national research, we also engaged with teachers and young people via surveys and focus groups, the content of which focused specifically on menstrual education in schools and how this affects participation in physical activity alongside performance in school. This detailed research has been analysed and will be used to inform the development of resources, advice and guidance to schools in the future.

We've become more engaged in local community forums and networks to better understand our stakeholders through other voluntary sector organisations. This has helped place our work in wider settings, such as Early Help, Healthcare and Youth Services to benefit more of the community. Working more collaboratively with specific Council departments such as Active Travel and Public Health has enabled us to learn more and apply this to our work.

Stride Active uses all feedback from stakeholders to design future interventions, alongside advocating what young people want to wider stakeholders.

(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.

No transactions or arrangements in connection with the remuneration of directors were made in the financial year 2021-22.

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 was made in the financial year 2021-22.


(Please continue on separate continuation sheet if necessary.)

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

(DD/MM/YY)

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

Signed



Date

12/02/23

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 information is incorrect.

Office held (delete as appropriate) Director/Secretary

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.

Rebekah Williams

C/O Whitecross Hereford, Three Elms Road,

Hereford

HR4 0RN

Tel 01432 376086

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, 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

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