

Company Registration No. SC628208 (Scotland)

**VITALITYME C.I.C.
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 30 APRIL 2022**



VITALITYME C.I.C.
ANNUAL REPORT AND UNAUDITED ACCOUNTS
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VITALITYME C.I.C.
COMPANY INFORMATION
FOR THE YEAR ENDED 30 APRIL 2022

Director	Tammy Fleuchar
Company Number	SC628208 (Scotland)
Registered Office	29 Gilsay Place Perth PH1 3AG
Accountants	Fraser + Accountants 3 Barossa Place Perth Perthshire PH1 5HG

VITALITYME C.I.C.
(COMPANY NO: SC628208 SCOTLAND)
DIRECTOR'S REPORT

The director presents her report and accounts for the year ended 30 April 2022.

Directors

Tammy Fleuchar held office during the whole of the period.

Statement of directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Signed on behalf of the board of directors



Tammy Fleuchar
Director

Approved by the board on: 23 January 2023

VITALITYME C.I.C.
INCOME STATEMENT
FOR THE YEAR ENDED 30 APRIL 2022

	2022	2021
	£	£
Turnover	9,193	22,891
Cost of sales	(7,584)	-
Gross profit	<u>1,609</u>	<u>22,891</u>
Administrative expenses	(22,693)	(24,276)
Other operating income	13,900	-
Operating loss	<u>(7,184)</u>	<u>(1,385)</u>
Interest payable and similar charges	(87)	-
Loss on ordinary activities before taxation	<u>(7,271)</u>	<u>(1,385)</u>
Tax on loss on ordinary activities	-	-
Loss for the financial year	<u><u>(7,271)</u></u>	<u><u>(1,385)</u></u>

VITALITYME C.I.C.
STATEMENT OF FINANCIAL POSITION
AS AT 30 APRIL 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	4	333	-
Current assets			
Debtors	5	250	660
Cash at bank and in hand		15,207	8,213
		<u>15,457</u>	<u>8,873</u>
Creditors: amounts falling due within one year	6	(24,222)	(10,034)
Net current liabilities		<u>(8,765)</u>	<u>(1,161)</u>
Net liabilities		<u>(8,432)</u>	<u>(1,161)</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		(8,433)	(1,162)
Shareholders' funds		<u>(8,432)</u>	<u>(1,161)</u>

For the year ending 30 April 2022 the company was entitled to exemption from audit 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 director acknowledges her 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 and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board and authorised for issue on 23 January 2023 and were signed on its behalf by



Tammy Fleuchar
Director

Company Registration No. SC628208

VITALITYME C.I.C.
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 30 APRIL 2022

1 Statutory information

Vitalityme C.I.C. is a private company, limited by shares, registered in Scotland, registration number SC628208. The registered office is 29 Gilsay Place, Perth, PH1 3AG.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Computer equipment 33% straight line

4 Tangible fixed assets

	Computer equipment £
Cost or valuation	At cost
At 1 May 2021	-
Additions	500
At 30 April 2022	500
Depreciation	
Charge for the year	167
At 30 April 2022	167
Net book value	
At 30 April 2022	333

5 Debtors

	2022 £	2021 £
Amounts falling due within one year		
Trade debtors	-	410
Other debtors	250	250
	250	660

VITALITYME C.I.C.
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 30 APRIL 2022

6 Creditors: amounts falling due within one year

	2022	2021
	£	£
Bank loans and overdrafts	4,250	5,000
Taxes and social security	(10)	21
Other creditors	15,000	-
Loans from directors	4,682	4,713
Accruals	300	300
	<u>24,222</u>	<u>10,034</u>

7 Average number of employees

During the year the average number of employees was 1 (2021: 1).

VITALITYME C.I.C.
DETAILED PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 30 APRIL 2022

This schedule does not form part of the statutory accounts.

	2022	2021
	£	£
Turnover		
Sales	9,193	22,891
Cost of sales		
Other direct costs	7,584	-
Gross profit	1,609	22,891
Administrative expenses		
Directors' salaries	8,413	4,800
Temporary staff and recruitment	1,131	1,518
Staff training and welfare	1,666	3,287
Travel and subsistence	2,135	396
Entertaining	140	-
Rent	1,674	-
Postage	14	10
Stationery and printing	754	36
Information and publications	197	-
Subscriptions	393	827
Bank charges	132	313
Insurance	110	118
Equipment expensed	3,254	5,047
Software	758	1,233
Depreciation	167	-
Sundry expenses	-	923
Accountancy fees	300	425
Advertising and PR	1,455	5,343
	22,693	24,276
Other operating income		
Government grants	13,900	-
Operating loss	(7,184)	(1,385)
Interest payable		
Other loans	87	-
Loss on ordinary activities before taxation	(7,271)	(1,385)

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

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

Company Name in
full

Vitalityme CIC

Company Number

SC628208

Year Ending

30 April 2022

(The date format is required in full)

000063/EIS

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 company launched a variety of all ability health and wellbeing activities in local community centres and online. We focused on offering inclusive activities that could be accessed by all and reduced barriers to participation. We offer donation based or free activities for the weekly classes and also has other activities they provide with local partners at a set cost. We remain the only local organisation to offer classes for all abilities, in particular focusing on individuals with a physical, learning or sensory disability or other related health condition.

The company also took part in local initiatives with other local organisations to promote physical activity and wellbeing on a larger scale. This has given us an opportunity to expand our profile and reach.

(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.

We regularly consult our stakeholders at activities and through our external events to make sure we are offering activities that are needed and accessible. We also do survey's every 4 months to a wider audience which helps us to continue to make sure we remain community focused when delivering our activities. Any feedback given is acted upon if we have the capacity and funding to deliver upon. We also explain our reasoning behind decisions so there is an understanding and open dialogue between directors and 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.

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"

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


(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

24/01/23

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

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.

Tel	
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)