

Company Registration No. SC628208 (Scotland)

**VITALITYME  
ANNUAL REPORT AND UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 30 APRIL 2021**



VITALITY  
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FOR THE YEAR ENDED 30 APRIL 2021

**VITALITYME**  
**ANNUAL REPORT AND UNAUDITED ACCOUNTS**  
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**VITALITYME  
COMPANY INFORMATION  
FOR THE YEAR ENDED 30 APRIL 2021**

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

**VITALITYME**  
**(COMPANY NO: SC628208 SCOTLAND)**  
**DIRECTOR'S REPORT**

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The director presents her report and accounts for the year ended 30 April 2021.

**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: 24 December 2021

**VITALITYME**  
**INCOME STATEMENT**  
**FOR THE YEAR ENDED 30 APRIL 2021**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>Turnover</b>	22,891	4,785
Cost of sales	-	(635)
<b>Gross profit</b>	22,891	4,150
Administrative expenses	(24,276)	(3,875)
<b>Operating (loss)/profit</b>	(1,385)	275
<b>(Loss)/profit on ordinary activities before taxation</b>	(1,385)	275
Tax on (loss)/profit on ordinary activities	-	(52)
<b>(Loss)/profit for the financial year</b>	(1,385)	223

**VITALITYME**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 APRIL 2021**

	Notes	2021 £	2020 £
<b>Current assets</b>			
Debtors	4	660	-
Cash at bank and in hand		8,213	251
		<u>8,873</u>	<u>251</u>
<b>Creditors: amounts falling due within one year</b>	5	(10,034)	(27)
<b>Net current (liabilities)/assets</b>		<u>(1,161)</u>	<u>224</u>
<b>Net (liabilities)/assets</b>		<u>(1,161)</u>	<u>224</u>
<b>Capital and reserves</b>			
Called up share capital		1	1
Profit and loss account		(1,162)	223
<b>Shareholders' funds</b>		<u>(1,161)</u>	<u>224</u>

For the year ending 30 April 2021 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 24 December 2021 and were signed on its behalf by



Tammy Fleuchar  
Director

Company Registration No. SC628208

**VITALITYME**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 30 APRIL 2021**

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**1 Statutory information**

Vitalityme 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.

**4 Debtors: amounts falling due within one year**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Trade debtors	410	-
Other debtors	250	-
	<u>660</u>	<u>-</u>

**5 Creditors: amounts falling due within one year**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Bank loans and overdrafts	5,000	-
Taxes and social security	21	-
Loans from directors	4,713	27
Accruals	300	-
	<u>10,034</u>	<u>27</u>

**6 Average number of employees**

During the year the average number of employees was 1 (2020: 0).



**VITALITYME**  
**DETAILED PROFIT AND LOSS ACCOUNT**  
**FOR THE YEAR ENDED 30 APRIL 2021**

This schedule does not form part of the statutory accounts.

	2021 £	2020 £
<b>Turnover</b>		
Sales	22,891	4,785
<b>Cost of sales</b>		
Purchases	-	635
<b>Gross profit</b>	22,891	4,150
<b>Administrative expenses</b>		
Directors' salaries	4,800	590
Temporary staff and recruitment	1,518	-
Staff training and welfare	3,287	3,285
Travel and subsistence	396	-
Postage	10	-
Stationery and printing	36	-
Subscriptions	827	-
Bank charges	313	-
Insurance	118	-
Equipment expensed	5,047	-
Software	1,233	-
Sundry expenses	923	-
Accountancy fees	425	-
Advertising and PR	5,343	-
	24,276	3,875
<b>Operating (loss)/profit</b>	(1,385)	275
<b>(Loss)/profit on ordinary activities before taxation</b>	(1,385)	275

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# CIC 34

## Community Interest Company Report

For official use  
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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 2021

*(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)**

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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.

The company's stakeholders are the residents of Perth & Kinross and local organisations. The company runs Vitalityme which focuses on delivering Health, Fitness and Wellbeing services throughout Perth & Kinross with a presence online also. During the financial year 2020-2021, the company was in its first year of trading and managed to benefit the community in the following ways:

Introduced the first and only fitness and wellbeing activities for people with a physical, sensory or learning disabilities in Perth & Kinross.

Worked with local partners including Perth & Kinross Disability Sport, SHIP, GOGA Tayside, Trauma Healing Aware and PKAVS to deliver all inclusive and all ability health, fitness and wellbeing activities throughout the community.

Established a fundraising project called Vitalityme Creates where creativity is used as a wellbeing activity in the community. Items made are then sold through Social Media to raise money for the company to deliver other sessions.

80 individuals have attended one or more of our activities with an age range of 4 years old to 74 years old.

6 weekly activities are on regularly, all of which are inclusive to those with disabilities including mental health conditions. These activities are suitable for kids, teens and adults.

Trialled a business model of donation based activities where those who can pay donate and those who are unable to can come for free. This worked well so it was rolled out across all activities.

Have developed more online activities for wellbeing that will be launched in the coming months. These activities will be donation based so affordable to all.

Invested in training of employees to be able to support those with long term health conditions including long covid and mental health.

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.

(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.

The company's stakeholders are the residents of Perth & Kinross and local organisations who value health, fitness and wellbeing. The directors of the company have lived locally for many years and bring experience in the fitness industry as well as disability community. We ask each participant complete a short questionnaire at their first activity with us which has helped us to gain valuable feedback on the barriers to people accessing services like ours as well as what they feel would benefit the community. From the feedback, we have developed our services to offer more all ability fitness activities as well as develop our skills to make sure we are able to offer inclusive services.

We do regular consultations with participants and the local community through questionnaires to make sure we are continually adapting our offerings and that they are still relevant. We have also been developing new communication tools as many of our users have a disability which means we need to be able to communicate in many different ways. This was adapted and introduced after some feedback.

*(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.

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £5390.

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

28/01/22

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.

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, 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)**