

**VITALITYME C.I.C.**  
**ANNUAL REPORT AND UNAUDITED ACCOUNTS**  
**FOR THE YEAR ENDED 30 APRIL 2023**

SATURDAY



\*BCVL55RT\*

B24

27/01/2024

#104

COMPANIES HOUSE

**VITALITYME C.I.C.**  
**ANNUAL REPORT AND UNAUDITED ACCOUNTS**  
**CONTENTS**

---

	<b>Page</b>
Company information	3
Director's report	4
Income statement	5
Statement of financial position	6
Notes to the accounts	7
Detailed profit and loss account	9

1. INFORMATION  
2. VITALITYME C.I.C. (VITALITYME C.I.C.)  
3. INFORMATION ON THE COMPANY

**VITALITYME C.I.C.**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 30 APRIL 2023**

---

**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 2023.

**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: 18 January 2024

**VITALITYME C.I.C.**  
**INCOME STATEMENT**  
**FOR THE YEAR ENDED 30 APRIL 2023**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Turnover</b>	23,039	9,193
Cost of sales	(7,099)	(7,584)
<b>Gross profit</b>	<u>15,940</u>	<u>1,609</u>
Administrative expenses	(29,031)	(22,693)
Other operating income	25,765	13,900
<b>Operating profit/(loss)</b>	<u>12,674</u>	<u>(7,184)</u>
Interest payable and similar charges	-	(87)
<b>Profit/(loss) on ordinary activities before taxation</b>	<u>12,674</u>	<u>(7,271)</u>
Tax on profit/(loss) on ordinary activities	(732)	-
<b>Profit/(loss) for the financial year</b>	<u><u>11,942</u></u>	<u><u>(7,271)</u></u>

**VITALITYME C.I.C.**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 APRIL 2023**

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	4	166	333
<b>Current assets</b>			
Debtors	5	380	250
Cash at bank and in hand		12,310	15,207
		<u>12,690</u>	<u>15,457</u>
<b>Creditors: amounts falling due within one year</b>	6	(9,346)	(24,222)
<b>Net current assets/(liabilities)</b>		<u>3,344</u>	<u>(8,765)</u>
<b>Net assets/(liabilities)</b>		<u>3,510</u>	<u>(8,432)</u>
<b>Capital and reserves</b>			
Called up share capital		1	1
Profit and loss account		3,509	(8,433)
<b>Shareholders' funds</b>		<u>3,510</u>	<u>(8,432)</u>

For the year ending 30 April 2023 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 18 January 2024 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 2023**

**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 1 May 2022

At cost  
500

At 30 April 2023

500

**Depreciation**

At 1 May 2022

167

Charge for the year

167

At 30 April 2023

334

**Net book value**

At 30 April 2023

166

At 30 April 2022

333

**5 Debtors**

**2023  
£**

**2022  
£**

**Amounts falling due within one year**

Trade debtors

130

-

Other debtors

250

250

380

250

**VITALITYME C.I.C.**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 30 APRIL 2023**

---

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

<b>2023</b>	<b>2022</b>
<b>£</b>	<b>£</b>

Bank loans and overdrafts	3,777	4,250
Taxes and social security	722	(10)
Other creditors	-	15,000
Loans from directors	4,547	4,682
Accruals	300	300
	<u>9,346</u>	<u>24,222</u>

**7 Average number of employees**

During the year the average number of employees was 1 (2022: 1).



**VITALITYME C.I.C.**  
**DETAILED PROFIT AND LOSS ACCOUNT**  
**FOR THE YEAR ENDED 30 APRIL 2023**

This schedule does not form part of the statutory accounts.

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Turnover</b>		
Sales	23,039	9,193
<b>Cost of sales</b>		
Other direct costs	7,099	7,584
<b>Gross profit</b>	15,940	1,609
<b>Administrative expenses</b>		
Directors' salaries	9,225	8,413
Employer's NI	73	-
Temporary staff and recruitment	120	1,131
Staff training and welfare	1,708	1,666
Travel and subsistence	2,505	2,135
Entertaining	-	140
Rent	2,411	1,674
Postage	-	14
Stationery and printing	1,012	754
Information and publications	-	197
Subscriptions	546	393
Bank charges	129	132
Insurance	110	110
Equipment expensed	7,813	3,254
Equipment hire	180	-
Software	1,467	758
Repairs and maintenance	144	-
Depreciation	167	167
Sundry expenses	362	-
Accountancy fees	330	300
Advertising and PR	709	1,455
Other legal and professional	20	-
	29,031	22,693
<b>Other operating income</b>		
Government grants	25,765	13,900
<b>Operating profit/(loss)</b>	12,674	(7,184)
<b>Interest payable</b>		
Other loans	-	87
<b>Profit/(loss) on ordinary activities before taxation</b>	12,674	(7,271)

CIC 34

## Community Interest Company Report

This template illustrates what the Registrar of Community Interest Companies considers to be a suitable format for the report. The report must be delivered in accordance with section 34 of the Companies (Audit, Investigations and Community Enterprise) Act 2004. The information required by Part 7 of the Community Interest Company Regulations 2006 is set out in the guidance notes and the alternate examples provided for a more complex company will have more detail.

**For official use**  
(Please leave blank)

Please complete in typescript, or in bold black capitals.

Company Name in full  
Company Number

Vitalityme CIC

SC628208

30th April 2023

Year Ending:

(The date format is required in full)  
financial year to which the report relates, including a description of how they have benefited the community.

We have delivered a wide range of all ability health, fitness and wellbeing classes for all ages. Our primary focus has been to enhance our access for individuals who struggle with mental health and disabilities. We worked in partnership with Jesfield Swifts Community Club to deliver warm spaces over a 6 month period which helped provide food, fitness and wellbeing activities to older adults and families. We also collaborated with Saints in the Community with their Menopause Programme and delivered a new Nurture Group for mums with Homestart Beth & Kinross.

We developed a new programme that seen a combined health, fitness and wellbeing approach for young adults with a disability and also young parents. All of our activities have had the focus on empowering individuals to take control of their own wellbeing and using fitness as a tool to do so. We have worked on reducing isolation as part of all of our activities to strengthen the community connections.

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

(Please continue on separate continuation sheet if necessary.)

**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.

We have delivered a wide range of all ability health, fitness and wellbeing classes for all ages. Our primary focus has been to enhance our access for individuals who struggle with mental health and disabilities. We worked in partnership with Jeanfield Swifts Community Club to deliver warm spaces over a 6 month period which helped provide food, fitness and wellbeing activities to older adults and families. We also collaborated with Saints in the Community with their Menopause Programme and delivered a new Nature Group for mums with Homestart Perth & Kinross.

We developed a new programme that seen a combined health, fitness and wellbeing approach for young adults with a disability and also young parents. All of our activities have had the focus on empowering individuals to take control of their own wellbeing and using fitness as a tool to do so. We have worked on reducing isolation as part of all of our activities to strengthen the community connections.

*(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.

*For companies registered in Scotland: Companies House, 4th Floor, Edinburgh Quay 5, 139  
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.)

(DD/MM/YY)

24/04/24

**Applications will be rejected if this information is incorrect.**

DX Number	DX Exchange

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

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.)