

Unaudited Financial Statements
for the Year Ended 28 February 2019
for
Harmless CIC

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21/11/2019

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COMPANIES HOUSE

Harmless CIC

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Harmless CIC
Income Statement
for the year ended 28 February 2019

	2019 £	2018 £
TURNOVER	477,334	385,330
Cost of raw materials and consumables	(8,072)	(13,571)
Staff costs	(361,339)	(300,710)
Depreciation and other amounts written off assets	(1,119)	(1,397)
Other charges	(80,958)	(78,014)
Taxation	(6)	-
PROFIT/(LOSS)	<u>25,840</u>	<u>(8,362)</u>

Harmless CIC (Registered number: 07150904)

**Balance Sheet
28 February 2019**

	2019	2018
	£	£
FIXED ASSETS	£ 2,555	£ 2,956
CURRENT ASSETS	247,602	38,690
CREDITORS		
Amounts falling due within one year	(8,900)	(6,701)
NET CURRENT ASSETS	238,702	31,989
TOTAL ASSETS LESS CURRENT LIABILITIES	241,257	34,945
ACCRUALS AND DEFERRED INCOME	180,472	-
NET ASSETS	60,785	34,945
RESERVES	60,785	34,945

NOTES TO THE FINANCIAL STATEMENTS

1. STATUTORY INFORMATION

Harmless CIC is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address are as below:

Registered number: 07150904
Registered office: 1 Beech Avenue
Nottingham
Nottinghamshire
NG7 7LJ

2. AVERAGE NUMBER OF EMPLOYEES

The average number of employees during the year was 20 (2018 - 16).

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 28 February 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2019 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:


- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 profit or loss 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.

Harmless CIC (Registered number: 07150904)

**Balance Sheet - continued
28 February 2019**

The financial statements have been prepared in accordance with the micro-entity provisions.

The financial statements were approved by the Board of Directors on 20/11/2019
and were signed on its behalf by:


.....
D S Fox - Director

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CIC 34

Community Interest Company Report

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

For official use <i>(Please leave blank)</i>	
Company Name in full	Harmless CIC
Company Number	07150904
Year Ending	February 28 th 2019

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.

Harmless is a user-led organisation based in Nottingham and Leicester that provide a range of services around self-harm including support, information, training and consultancy to those who self-harm (or at risk of), their friends and families, and professionals. Harmless, under the project name The Tomorrow Project, also offer suicide crisis and bereavement support services including support, information, training and consultancy to those at risk of suicide, their friends and families and professionals. We deliver our face-to-face support services across the East Midlands, although our email support services provide help to those across the UK.

In the 2018/19 financial period, we helped 1065 people face-to-face across all support services. For those who completed a full intervention with a planned discharge, 100% showed a positive shift in at least one of our key outcomes i.e. self-harm frequency and/or severity; satisfaction in daily activities and/or relationships; level of suicidal thinking and/or planning.

We also deliver informational training packages nationally which look to increase the knowledge, skills and confidence of professionals who directly support those at risk of self-harm and suicide. During the last financial year, more than 90% of delegates said that attending our training will help them to do their job more effectively/deliver a better service to those they support and over 90% saying they will be able to put into practice the skills/knowledge learned on the training. In a recent survey, we found that each delegate we trained went on to directly support approx. 6.2 services users within their roles, thus expanding our influence.

All our services are all designed to promote recovery and improve well-being to those that self-harm and/or are at risk of suicide.

(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 Organisation's stakeholders are made up of service users (including those that self-harm and/or are at risk of suicide or those bereaved by suicide, their friends and families and professionals) volunteers, funders and employees of Harmless.

We conduct ongoing consultation with our service users primarily via feedback forms (which are completed at every other therapy session) and focus groups. This data is analysed annually and is used to influence positive change in our service delivery. This is both quantitative and qualitative. Testimonies are also provided at the end of services to inform future provision.

All volunteers and employees are consulted on a regular basis in the form of regular appraisals and team meetings which are aimed at identifying improvements in the delivery/management of our services from a clinical, business and HR perspective.

We also invite delegates who attend training to provide feedback via our feedback form. Professionals who attend our training have a direct influence on those in their care i.e. people who self-harm and/or at risk of suicide, feedback gathered from training is used to improve the training delivery and ultimately those at risk.

(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

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

Signed



Date

20/11/2019

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, 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

The accounts and CIC34 **cannot** be filed online

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