

Registered number
07602612

Insightful Healthy Lifestyle Solutions C.I.C

Filleted Accounts

30 April 2018



Insightful Healthy Lifestyle Solutions C.I.C
Registered number: 07602612
Balance Sheet
as at 30 April 2018

	Notes	2018 £	2017 £
Fixed assets			
Tangible assets	3	4,739	-
Current assets			
Debtors	4	13,203	-
Cash at bank and in hand		-	10,323
		<u>13,203</u>	<u>10,323</u>
Creditors: amounts falling due within one year	5	(73,655)	(66,289)
Net current liabilities		<u>(60,452)</u>	<u>(55,966)</u>
Total assets less current liabilities		<u>(55,713)</u>	<u>(55,966)</u>
Creditors: amounts falling due after more than one year	6	-	(1,637)
Net liabilities		<u>(55,713)</u>	<u>(57,603)</u>
Capital and reserves			
Called up share capital		1,000	1,000
Profit and loss account		(56,713)	(58,603)
Shareholder's funds		<u>(55,713)</u>	<u>(57,603)</u>

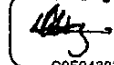
The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

DocuSigned by:



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Chiedza Helen Madzokere
 Director

Approved by the board on 21 January 2019

Insightful Healthy Lifestyle Solutions C.I.C
Notes to the Accounts
for the year ended 30 April 2018

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Plant and machinery

over 4 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. 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. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Insightful Healthy Lifestyle Solutions C.I.C
Notes to the Accounts
for the year ended 30 April 2018

Provisions

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

2 Employees	2018 Number	2017 Number
Average number of persons employed by the company	<u>1</u>	<u>1</u>
3 Tangible fixed assets		Plant and machinery etc £
Cost		
At 1 May 2017		4,711
Additions		6,318
At 30 April 2018		<u>11,029</u>
Depreciation		
At 1 May 2017		4,711
Charge for the year		1,579
At 30 April 2018		<u>6,290</u>
Net book value		
At 30 April 2018		<u>4,739</u>
4 Debtors	2018 £	2017 £
Deferred tax asset	<u>13,203</u>	<u>-</u>
5 Creditors: amounts falling due within one year	2018 £	2017 £
Bank loans and overdrafts	8,932	-
Trade creditors	1,582	-
Taxation and social security costs	266	-
Director's account	62,875	66,289
	<u>73,655</u>	<u>66,289</u>
6 Creditors: amounts falling due after one year	2018 £	2017 £
Bank loans	<u>-</u>	<u>1,637</u>

Insightful Healthy Lifestyle Solutions C.I.C
Notes to the Accounts
for the year ended 30 April 2018

7 Other information

Insightful Healthy Lifestyle Solutions C.I.C is a private company limited by shares and incorporated in England. Its registered office is:
41 Dover Street
Canterbury
Kent
CT1 3HQ

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**

Insightful Healthy Lifestyle Solutions CIC

Company Number

07602612

Year Ending

30 April 2018

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.

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 fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

A social Audit report covering these points is attached

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

(Please continue on separate continuation sheet if necessary.)

Social Audit report for Insightful Healthy Lifestyle Solutions CIC YEAR ENDING March 2018

The company continues to provide adapted physical activity for people with mobility difficulties through Renaissance The Gentle Gym. Motor-assisted and cardiovascular equipment, chair-based and functional exercise classes continue to benefit people recovering from illness by maintaining functional ability and preventing falls in the ageing members. The number of members paying monthly subscriptions remains around 120. While the number of people with Parkinson's Disease attending weekly Friday sessions has increased to 85 members and an average weekly attendance of 20. This provides an opportunity for people with Parkinson's disease and their partners or carers to network and maintain their health with motor assisted exercises.

Members continue to reap health benefits from the gym and the following are 3 of over 80 testimonials from our members:

- *The Gentle Gym is vital for people like me with arthritic issues who have not exercised for some time; I would like to see them expand and offer their facilities to people like me, it would improve the health of older working/ retired in Canterbury. My vote is for more funding for Gentle Gym so that they can open at least one evening during the week; more advertising in doctors surgeries and public places would promote the gym; leaflets and flyers for the local area. T.H.*
- *Renaissance The Gentle Gym is a Great Facility; it is the right type of gym and equipment for someone like me who wants to get fit and healthier, but not interested in 'Pumping Iron' like a young persons' gym. A.H.*
- *I have only just started but I was ecstatic to hear about it - I have fibro and somewhere like this will help me get back some of the physical freedom I once had. It's a safe place where I won't feel embarrassed or worried, the equipment is great, I love that I can add as much force as I can manage day to day. SR*

Insightful Healthy Lifestyle Solutions CIC understands the importance of social activities, and provides a lounge area where members can relax with friends after a workout for a chat and a mug of tea or coffee.

Fundraising for good causes:

A member of staff ran marathons and raised money for Parkinson's UK Canterbury branch and Macmillan Cancer research.

Grants received: IHLS CIC in Partnership with the Canterbury Independent Ethnic Minority Council received A Physical Activity and Older People Grant of £15,000 from Kent Sport & Physical Activity Service, Kent County Council to promote physical activity in Ethnic Minorities aged over 50. The project started on 1st April 2017 and ended 31st March 2018. A total of 120 ethnic minority members participated in gym activities, badminton, Tai Chi and health walks. 68% of the participants completed the program reporting significant health benefits at the end of the program.

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 continues and Active Life Ltd mutually ended the partnership end of November 2017.

A Stakeholder Group of nine members of the gym now contribute to the governance of the company by providing direction in making the gym more responsive the needs of the service users. Stakeholders hold regular meetings with the company Director and volunteer their expertise in areas such as marketing, recruitment and being part of the interview panel for employee recruitment.

(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 remuneration received. The director continues to use own funds to cover expenses as the income still falls short of breakeven.

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 assett has been made

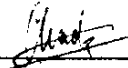
(Please continue on separate continuation sheet if necessary.)

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

PART 5 – SIGNATORY

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

Signed



Date

14/01/2019

Office held (tick 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.

Telephone	
DX Number	DX Exchange

When you have completed and signed the form, please send it 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