

**LIVE NATURALLY CIC  
DIRECTORS' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MAY 2018**

DP Associates  
Unit 81, Basepoint Business Centre  
Yeoford Way  
Exeter  
Devon  
EX2 8LB

WEDNESDAY



A20      \*A7DCUCXU\*      #129  
29/08/2018  
COMPANIES HOUSE

**Live Naturally Cic**  
**Directors' Report and Unaudited Financial Statements**  
**For The Year Ended 31 May 2018**

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**Live Naturally Cic**  
**Company Information**  
**For The Year Ended 31 May 2018**

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<b>Directors</b>	Ms Mary Parkin Mr Richard Savage Mrs Solveig Curran
<b>Company Number</b>	09049132
<b>Registered Office</b>	Wilstock Gardens Rhode Lane Bridgwater Somerset TA6 6AA
<b>Business</b>	Wilstock Gardens Rhode Lane Bridgwater Somerset TA6 6AA
<b>Accountants</b>	DP Associates Unit 81, Basepoint Business Centre Yeoford Way Exeter Devon EX2 8LB

**Live Naturally Cic**  
**Company No. 09049132**  
**Directors' Report For The Year Ended 31 May 2018**

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The directors present their report and the financial statements for the year ended 31 May 2018.

**Statement of Directors' Responsibilities**

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations. Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements 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 financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing the financial statements the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements 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 financial statements 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.

**Directors**

The directors who held office during the year were as follows:

APPOINTED 18/02/2018

Ms Mary Parkin  
Mr Richard Savage  
Mrs Solveig Curran

**Small Company Rules**

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

On behalf of the board



Mrs Solveig Curran

09/08/2018

**Live Naturally Cio  
Accountants' Report  
For The Year Ended 31 May 2018**

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In accordance with the engagement letter dated , and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company from the accounting records and information and explanations you have given to us

This report is made to the directors in accordance with the terms of our engagement. Our work has been undertaken to prepare for approval by the directors the financial statements that we have been engaged to compile, to report to the directors that we have done so, and to state those matters that we have agreed to state to them in this report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the Company and the Company's directors for our work or for this report

You have acknowledged on the balance sheet as at year ended 31 May 2018 your duty to ensure that the company has kept proper accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements



D C Popely

09/08/2018

DP Associates

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EX2 8LB

**Live Naturally CIC**  
**Income and Expenditure Account**  
**For The Year Ended 31 May 2018**

	Notes	2018 £	2017 £
<b>TURNOVER</b>		80,510	56,441
Cost of sales		(35,284)	(19,186)
<b>GROSS SURPLUS</b>		45,226	37,255
Administrative expenses		(52,090)	(33,023)
Other operating income		8,495	-
<b>OPERATING SURPLUS AND SURPLUS FOR THE FINANCIAL YEAR</b>		1,631	4,232

The notes on pages 6 to 7 form part of these financial statements

**Live Naturally Cic  
Balance Sheet  
As at 31 May 2018**

		2018	2017
	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible Assets	3	5,487	7,814
		5,487	7,814
<b>CURRENT ASSETS</b>			
Debtors	4	1,232	800
Cash at bank and in hand		2,515	2,083
		3,747	2,883
<b>Creditors: Amounts Falling Due Within One Year</b>	5	(262)	(639)
<b>NET CURRENT ASSETS (LIABILITIES)</b>		3,485	2,244
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		8,972	10,058
<b>Creditors: Amounts Falling Due After More Than One Year</b>	6	(6,562)	(9,279)
<b>NET ASSETS</b>		2,410	779
Income and Expenditure Account		2,410	779
<b>MEMBERS' FUNDS</b>		2,410	779

For the year ending 31 May 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies

**Directors' responsibilities:**

- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006
- The directors acknowledge their 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

On behalf of the board



Mrs Solveig Curran

09/08/2018

The notes on pages 6 to 7 form part of these financial statements

**Live Naturally Cic**  
**Notes to the Financial Statements**  
**For The Year Ended 31 May 2018**

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**1 Accounting Policies**

**1.1. Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006

**1.2 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 is reduced for estimated customer returns, rebates and other similar allowances.

**Sale of goods**

Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods has transferred to the buyer. This is usually at the point that the customer has signed for the delivery of the goods.

**Rendering of services**

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. Turnover is only recognised to the extent of recoverable expenses when the outcome of a contract cannot be estimated reliably.

**1.3 Tangible Fixed Assets and Depreciation**

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	20% reducing balance
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**1.4 Government Grant**

Government grants are recognised in the income and expenditure account in an appropriate manner that matches them with the expenditure towards which they are intended to contribute.

Grants for immediate financial support or to cover costs already incurred are recognised immediately in the income and expenditure account. Grants towards general activities of the entity over a specific period are recognised in the income and expenditure account over that period.

Grants towards fixed assets are recognised over the expected useful lives of the related assets and are treated as deferred income and released to the income and expenditure account over the useful life of the asset concerned.

All grants in the income and expenditure account are recognised when all conditions for receipt have been complied with.

This figure includes grants from Somerset Skills and Learning CIC.

**2 Average Number of Employees**

Average number of employees, including directors, during the year was as follows:

Employees: 4  
Directors: 3



**Live Naturally Cic**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 31 May 2018**

**3 Tangible Assets**

**Plant &  
Machinery**  
**£**

**Cost**

As at 1 June 2017

11,633

As at 31 May 2018

11,633

**Depreciation**

As at 1 June 2017

3,819

Provided during the period

2,327

As at 31 May 2018

6,146

**Net Book Value**

As at 31 May 2018

5,487

As at 1 June 2017

7,814

**4 Debtors**

**2018**

**2017**

**£**

**£**

**Due within one year**

Trade debtors

1,232

788

Other debtors

-

12

1,232

800

**5 Creditors: Amounts Falling Due Within One Year**

**2018**

**2017**

**£**

**£**

Trade creditors

262

(18)

Bank loans and overdrafts

-

44

Other taxes and social security

-

613

262

639

**6 Creditors: Amounts Falling Due After More Than One Year**

**2018**

**2017**

**£**

**£**

Directors loan account

6,562

9,279

**7 Company limited by guarantee**

The company is limited by guarantee and has no share capital

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1

**8 General Information**

Live Naturally Cic is a Community Interest Company, incorporated in England & Wales, registered number 09049132. The registered office is Wilstock Gardens, Rhode Lane, Bridgwater, Somerset, TA6 6AA

**Live Naturally CIC**  
**Detailed Income and Expenditure Account**  
**For The Year Ended 31 May 2018**

	2018		2017	
	£	£	£	£
<b>TURNOVER</b>				
Sale of goods		13,167		9,603
Course fees		550		20
Children's activities fee/Childcare paid by parents		13,659		16,709
Consulting fees		715		427
Caring fees		5,036		2,831
Government funded childcare		41,028		16,343
Commission		-		72
Grants and subsidies received		6,355		10,436
		<u>80,510</u>		<u>56,441</u>
<b>COST OF SALES</b>				
Goods purchased	12,318		8,243	
Food for preschool	4,300		104	
Ingredients for healthy eating courses	2,028		5,416	
Children's activities	760		-	
Animal feed	165		-	
Materials/equipment/toys	4,953		-	
Employers NI	279		-	
Temporary staff	10,481		3,035	
Premises costs	-		2,388	
		<u>(35,284)</u>		<u>(19,186)</u>
<b>GROSS SURPLUS</b>		45,226		37,255
<b>Administrative Expenses</b>				
Wages and salaries	28,052		21,249	
Staff training	827		849	
Employee expenses (DBS checks)	217		-	
Travel and subsistence expenses	1,048		2,585	
Rent	3,953		-	
Light and heat	3,294		877	
Water rates	308		-	
Computer software, consumables and maintenance	652		-	
Repairs, renewals and maintenance	784		1,333	
Insurance	741		750	
Printing, postage and stationery	598		217	
Telecommunications and data costs	1,000		737	
Website costs	1,003		-	
Professional fees	7,116		2,307	
Subscriptions	-		251	
Bank charges	20		40	
Depreciation of plant and machinery	2,327		1,829	
Sundry expenses	150		(1)	
		<u>(52,090)</u>		<u>(33,023)</u>
<b>Other Operating Income</b>				

CONTINUED

**Live Naturally CIC**  
**Detailed Income and Expenditure Account (continued)**  
**For The Year Ended 31 May 2018**

Social Investment Business Grant (restricted)	8,495	-
	<u>8,495</u>	<u>-</u>
<b>OPERATING SURPLUS AND SURPLUS FOR THE FINANCIAL YEAR</b>	<u><u>1,631</u></u>	<u><u>4,232</u></u>

# CIC 34

## Community Interest Company Report

<b>For official use</b> <i>(Please leave blank)</i>		
<b>Please complete in typescript, or in bold black capitals.</b>	<b>Company Name in full</b>	Live Naturally CIC
	<b>Company Number</b>	9049132
	<b>Year Ending</b>	May 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.

**(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.

*Live Naturally CIC is a community interest company promoting a healthy lifestyle.*

*We ran 3 main activities last year for the benefit of the local community:*

- A **childcare** service focusing on healthy lifestyle
- **Healthy eating** courses
- A **support group** for people suffering from **food intolerances**

*During the last financial year, June 2017 to May 2018, we have seen steady growth and have laid a solid foundation for further expansion.*

*Government-funded childcare is our biggest source of income. We offer a high-quality childcare service for 3 and 4 years old and eligible 2-year olds and during the past year, we have more than doubled the provision of Government-funded childcare. In September 2017, working parents became eligible for 30 hours funded childcare a week; previously they were eligible for only 15 hours. This change has made childcare more affordable for working parents.*

*Consequently, we have increased our opening times from 18 hours a week to 30 hours a week and expanded the number of childcare spaces we offer. Our income from childcare funded directly by the parents has decreased. This represents real cash savings for local families.*

*Our childcare has also benefitted the local community in many other ways. The children who attend have had access to high-quality early years education, while their parents have been able to work longer hours. This of course benefits the local community in form of a larger workforce and increased spending in local shops and on local services.*

*We have increased our sales of supplements and diet-friendly food items, e.g. gluten-free beef burgers and gluten-free foods like quinoa and millet. The sale of our goods has helped many families to be able to afford the foods and supplements they need to stay healthy on a special diet. We keep our prices as low as possible as our aim is not to maximize profit but to help people regain their health.*

*We have been successful in obtaining grants from Somerset Skills and Learning (to continue our healthy eating courses) and from Sedgemoor District Council (for a growing project). These grants have helped us to promote healthy eating in the local community and as a result we know many families have improved their eating habits. This in turn affects their lives in a positive way since they are in better physical and mental health, have more energy and are better able to concentrate.*

*We received a Reach Fund grant from Social Investment Business towards the related cost of obtaining full planning permission for the erection of a new building. That planning permission was subsequently granted and we are now developing ambitious plans to further expand our business during the coming year.*

**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 residents of the Hamp Estate, Wilstock Village and surrounding area, as well as our own directors, employees and partnership organisations (e.g. Somerset Skills and Learning, Social Investment Business, Somerset County Council, Sedgemoor District Council and Ofsted).*

*We have had a continuing dialogue with our various stakeholders with regard to developing our future plans. We have for example held open days, conducted surveys and engaged in open discussion with resident groups, potential funders and other organisations. The results of this dialogue have convinced us that there is a huge demand for increasing and expanding our services. We therefore intend to construct a bespoke building to make this a reality.*

*Somerset County Council has carried out a sufficiency report, looking at housing plans, the demographics of children born in the area and the childcare provision that is currently on offer. The report concludes there are insufficient numbers of both privately-, and publicly-funded, childcare spaces in the area. Somerset County Council are therefore very supportive of our plans for the future.*

*(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.

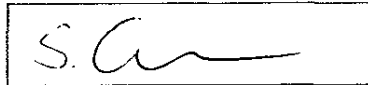
*No transfer of assets has been made.*

*(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

9/8-18

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.

Solveig Curran	
Wilstock Gardens, Rhode Lane	
Bridgwater, Somerset, TA6 6AA	
Tel: 07879440156	
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

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

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