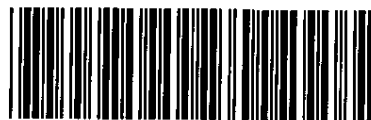


APNEE SEHAT COMMUNITY INTEREST COMPANY

Registered number 05860129

ACCOUNTS FOR THE YEAR ENDED 30TH JUNE 2017

THURSDAY



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22/03/2018

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COMPANIES HOUSE

BALANCE SHEET AS AT 30TH JUNE 2017

	Notes	30 6 2017		30 6 2016	
		£	£	£	£
Current assets					
Debtors	2	2,397		2,393	
Bank		<u>3,373</u>		<u>1,463</u>	
		5,770		3,856	
Creditors: amounts falling due within one year	3	5,282		3,300	
Net current assets			488		556
Total assets less current liabilities			<u>488</u>		<u>556</u>
Loans repayable in more than one year	4		(34,500)		(34,500)
Total net assets			<u>(34,012)</u>		<u>(33,944)</u>
Capital and reserves					
Called up share capital	5	379		379	
Share premium	6	25,364		25,364	
Profit and loss account	6	(59,755)		(59,687)	
Shareholders' funds			<u>(34,012)</u>		<u>(33,944)</u>

Audit Exemption Statement

For the year ending 30th June 2017, 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 of its accounts for the year in question in accordance with section 476
- 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 and delivered in accordance with the provisions of the small companies regime applicable to micro-entities

These accounts were approved by the Board of Directors on 16th March 2018
and signed on their behalf by



Q Compton-Bishop
Director

APNEE SEHAT COMMUNITY INTEREST COMPANY

NOTES TO THE ACCOUNTS FOR THE 12 MONTHS ENDING 30TH JUNE 2017

1. Accounting Policies

Accounting Convention and Accounting Standards

The accounts have been prepared under the historical cost convention and are in accordance with the provisions of FRS 105, the Financial Reporting Standard applicable to the Micro-entities Regime, and the Companies Act 2006

2. Debtors

	30 6 2017	30 6 2016
	£	£
Unpaid issued share capital	41	41
SMP	2,258	2,258
Other debtors	98	94
	<u>2,397</u>	<u>2,393</u>

3. Creditors and deferred income

	30 6 2017	30 6 2016
	£	£
Trade creditors and accruals	1,676	688
PAYE and NI	2,612	2,612
Interest payable	994	-
	<u>5,282</u>	<u>3,300</u>

4. Loans

£9,500 of these loans are loans from directors and former directors of the Company

These loans are interest-bearing at a rate between 2% and 10% p a dependent on financial performance criteria being met

The remaining £20,000 is repayable only if and when financial performance criteria are met

This £20,000 loan is not interest-bearing

5. Called Up Share Capital

Allotted and issued but not all fully paid:

Class	Nominal value	As at 30 6 16 and 30 6 17	
		Number	£
Ordinary	£1	379	379

6. Statement of Movements on Reserves

	Share Premium Account £	Profit and Loss Account £
Balance at 1st July 2016	25,364	(59,687)
Loss for the year		(68)
Balance at 30th June 2017	<u>25,364</u>	<u>(59,755)</u>

7. Related Party Disclosures

There was no majority shareholder at 30th June 2017

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

Apnee Sehat CIC

Company Number

05860129

Year Ending

30th June 2017

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 description of how they have benefited the community.

Apnee Sehat CIC is a social enterprise organisation delivering a range of healthcare solutions to the South Asian community, targeting those people at risk of cardiovascular disease and related long-term conditions. Services are delivered via the community, mostly outside of traditional NHS settings, but working closely with any existing NHS services.

Services include:

South Asian Specialist Intervention (SASI) clinics - providing expert-led health consultation surgeries for South Asians with follow-on monitoring.

Screening for cardiovascular risk factors (including health fairs)

Structured diabetic education for those with diabetes

Healthy cooking and lifestyle advice (including 3 educational DVDs)

'Shop healthy' accompanied shopping trips

In September 2016 Apnee Sehat CIC was sub-contracted to deliver a programme of SASI-style clinics and outcome reporting in connection with a Diabetes 2 Challenge Fund award and the Company has been delivering against this programme in the financial year 2016/17, achieving the community benefits outlined above.

(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 major stakeholder is the South Asian community in the UK.

We have established user groups involving members of the community and receive regular feedback which we incorporate into our programmes of development and delivery.

We also consult with CCGs (Clinical Commissioning Groups), Health and Wellbeing Boards, GP practices, NHS hospitals, NHS Trusts and other organisations (e.g. SAHF (the South Asian Health Foundation) with regard to the development and delivery of our services.

(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 was received.

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

P. R. C. *hff*

Date

21.3.18

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.

Peter Cunliffe (Company Secretary)	
23 Arley Road	
Solihull	
B91 1NJ	Tel 0121 681 0989
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