

**REPORT OF THE DIRECTORS AND**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**  
**FOR**  
**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**CONTENTS OF THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

	<b>Page</b>
<b>Company Information</b>	1
<b>Overview Of Period</b>	2
<b>Report of the Directors</b>	3
<b>Income Statement</b>	4
<b>Balance Sheet</b>	5
<b>Notes to the Financial Statements</b>	6
<b>Chartered Accountants' Report</b>	9
<b>Detailed Income and Expenditure Account</b>	10

**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

**DIRECTORS:**

Michelle Dean  
Sarah Potts  
Jennifer Ann Toll  
Lisa Mary Wright

**REGISTERED OFFICE:**

123 The Broadway  
Southend on Sea  
Essex  
SS1 3EX

**REGISTERED NUMBER:**

07873843 (England and Wales)

**ACCOUNTANTS:**

Garner-Stevens & Co Ltd  
Turnpike House  
1208/1210 London Road  
Leigh on Sea  
Essex  
SS9 2UA

## **ACTIVE LIFE FOR A HEALTHIER YOU CIC**

### **OVERVIEW OF PERIOD** **FOR THE YEAR ENDED 31 DECEMBER 2020**

2020 has certainly been an unexpected year of challenges for absolutely everyone!

The first few months of 2020 we saw the Active Life classes and programmes busy as expected and new and exciting developments ahead were planned. Then Covid 19 struck. The Active Life Team have reacted well to the challenges, from restricting numbers in classes, new health & safety procedures and totally turning our way of working on its head!

We introduced an online booking system and all participants needed to pre book and pay. No more cash and just turn up and pay. We were concerned that our target audience wouldn't be able cope with the changes, but we have been overwhelmed at the support of the Community.

During lockdown we have been able to continue to support the Community with FREE virtual sessions and now have over 120 videos on the Active Life for a Healthier You YouTube channel. Our Weight Management programme 'Trim & Train' has continued throughout with virtual sessions to lose & maintain weight loss. Keeping Steady sessions are held on Zoom & a closed group on Face Book live. A new programme 'Back to Wellness' working in partnership with Everyone Health & the Big Lottery, has been developed to help participants get back to feeling healthier & happier after Covid 19.

The She's Ready Team have had amazing success in 2020 with the female Volunteering programme. The programme won the prestigious Community Sport & Recreation Award for Best Volunteering programme and have now started the process of taking the programme Nationally! With the support of Sport England, the Team are working with Spring Impact to Systemise & Pilot the programme .. exciting!

As always none of this is possible without the support and partnership working with other local organisations.

Active Life is successfully embedded into our Community and during these challenging times we have been able to continue to support people of all ages & abilities.

A massive thank you to the Active Life Team including our amazing Volunteers & thank you to all our participants for continuing to support us. We are now looking forward to lockdown lifting restriction and the Active Life Team returning to what we do best, getting the Community active & healthy!

**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**REPORT OF THE DIRECTORS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

The directors present their report with the financial statements of the company for the year ended 31 December 2020.

**PRINCIPAL ACTIVITY**

The principal activity of the company in the year under review was that of the provision and management of activities to promote a healthier lifestyle to the community.

**DIRECTORS**

The directors shown below have held office during the whole of the period from 1 January 2020 to the date of this report.

Michelle Dean  
Sarah Potts

Other changes in directors holding office are as follows:

Jennifer Ann Toll - appointed 1 February 2020  
Lisa Mary Wright - appointed 1 February 2020

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

**ON BEHALF OF THE BOARD:**

Sarah Potts - Director

8 April 2021

**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**INCOME STATEMENT**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

	Notes	2020 £	2019 £
<b>TURNOVER</b>		204,826	235,460
Cost of sales		195	293
<b>GROSS SURPLUS</b>		204,631	235,167
Administrative expenses		206,361	233,736
<b>OPERATING (DEFICIT)/SURPLUS</b>	4	(1,730)	1,431
Interest receivable and similar income		390	287
<b>(DEFICIT)/SURPLUS BEFORE TAXATION</b>		(1,340)	1,718
Tax on (deficit)/surplus		-	249
<b>(DEFICIT)/SURPLUS FOR THE FINANCIAL YEAR</b>		(1,340)	1,469

The notes form part of these financial statements

**BALANCE SHEET**  
**31 DECEMBER 2020**

	Notes	2020 £	£	2019 £	£
<b>FIXED ASSETS</b>					
Tangible assets	5		1,189		1,257
<b>CURRENT ASSETS</b>					
Stocks		-		195	
Debtors	6	125		7,728	
Prepayments and accrued income		312		1,389	
Cash at bank		111,150		82,044	
		<u>111,587</u>		<u>91,356</u>	
<b>CREDITORS</b>					
Amounts falling due within one year	7	102,636		81,133	
<b>NET CURRENT ASSETS</b>			<u>8,951</u>		<u>10,223</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>10,140</u>		<u>11,480</u>
<b>RESERVES</b>					
Income and expenditure account			<u>10,140</u>		<u>11,480</u>
			<u>10,140</u>		<u>11,480</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2020 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- 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 surplus or deficit 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.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 8 April 2021 and were signed on its behalf by:

Sarah Potts - Director

Jennifer Ann Toll - Director

The notes form part of these financial statements

**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

1. **STATUTORY INFORMATION**

Active Life For A Healthier You CIC is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. **ACCOUNTING POLICIES**

**Basis of preparing the financial statements**

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

**Turnover**

Turnover represents grants received and invoiced sales of goods and services.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings                      - 25% on reducing balance

**Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

**Taxation**

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

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.

**Hire purchase and leasing commitments**

Rentals paid under operating leases are charged to surplus or deficit on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 4 (2019 - 3).



**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

4. **OPERATING (DEFICIT)/SURPLUS**

The operating deficit (2019 - operating surplus) is stated after charging:

	2020	2019
	£	£
Depreciation - owned assets	397	420
	<u>          </u>	<u>          </u>

5. **TANGIBLE FIXED ASSETS**

	Fixtures and fittings £
<b>COST</b>	
At 1 January 2020	2,111
Additions	466
Disposals	(243)
	<u>          </u>
At 31 December 2020	2,334
	<u>          </u>
<b>DEPRECIATION</b>	
At 1 January 2020	854
Charge for year	397
Eliminated on disposal	(106)
	<u>          </u>
At 31 December 2020	1,145
	<u>          </u>
<b>NET BOOK VALUE</b>	
At 31 December 2020	1,189
	<u>          </u>
At 31 December 2019	1,257
	<u>          </u>

6. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2020	2019
	£	£
Other debtors	125	7,728
	<u>          </u>	<u>          </u>

7. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2020	2019
	£	£
Tax	-	249
Other creditors	3,090	2,657
Undrawn directors' remuneration	1,180	1,180
Accrued expenses	7,199	6,184
Deferred government grants	91,167	70,863
	<u>          </u>	<u>          </u>
	102,636	81,133
	<u>          </u>	<u>          </u>

8. **LIMITED BY GUARANTEE**

The company is limited by guarantee and therefore has no share capital. The liability of the members upon winding up of the company is limited to £10 each.

**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

9. **GOVERNMENT GRANTS**

In accordance with FRS 102 all government grants received by the company have been recognised in the profit and loss so as to match them with the expenditure towards which they are intended to contribute.

The excess of funds have been included in Creditors under Deferred Government Grants.

10. **MOVEMENT IN FUNDS**

Included within the Income and Expenditure account are the following balances and movements which have taken place during the year.

	At 1.1.20	Net movement in funds	Transfers between funds	Corporation Tax	At 31.12.20
	£	£	£	£	£
Unrestricted Funds	11,178	(1,340)	-	-	9,838
Restricted Funds	302	-	-	-	302
<b>TOTAL FUNDS</b>	<b>11,480</b>	<b>(1,340)</b>	<b>-</b>	<b>-</b>	<b>10,140</b>

**CHARTERED ACCOUNTANTS' REPORT TO THE BOARD OF DIRECTORS**  
**ON THE UNAUDITED FINANCIAL STATEMENTS OF**  
**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Active Life For A Healthier You CIC for the year ended 31 December 2020 which comprise the Income Statement, Balance Sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed within the ICAEW's regulations and guidance at <http://www.icaew.com/en/membership/regulations-standards-and-guidance>.

This report is made solely to the Board of Directors of Active Life For A Healthier You CIC, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Active Life For A Healthier You CIC and state those matters that we have agreed to state to the Board of Directors of Active Life For A Healthier You CIC, as a body, in this report in accordance with ICAEW Technical Release 07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Active Life For A Healthier You CIC and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that Active Life For A Healthier You CIC has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and loss of Active Life For A Healthier You CIC. You consider that Active Life For A Healthier You CIC is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of Active Life For A Healthier You CIC. 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 statutory financial statements.

Garner-Stevens & Co Ltd  
Turnpike House  
1208/1210 London Road  
Leigh on Sea  
Essex  
SS9 2UA

8 April 2021

**ACTIVE LIFE FOR A HEALTHIER YOU CIC**

**DETAILED INCOME AND EXPENDITURE ACCOUNT**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

	<u>Unrestricted</u>	<u>Restricted</u>	<u>Funds</u>		<u>Funds</u>			
	£	£	£	£	£	£	£	£
			2020		2019			
<b>Income</b>								
Funding received	38,991	165,835	204,826		235,460			
<b>Total incoming resources</b>	38,991	165,835	204,826		235,460			
<b>Cost of sales</b>								
Opening Stock	195	-	195		105			
Clothing	-	-	-		383			
Closing Stock	195	-	195		488			
	195	-	-		( 195 )			
<b>GROSS PROFIT</b>	38,796	165,835	204,631		235,167			
Interest received	390	-	390		287			
	39,186	165,835	205,021		235,454			
<b>Expenditure</b>								
Venue hire	4,267	8,218	12,485		22,584			
Office rent	4,725	-	4,725		5,400			
Insurance	1,194	-	1,194		1,186			
Instructors	14,809	30,727	45,536		119,897			
Management fee	-	61,620	61,620		23,900			
Management charges	( 36,473 )	36,473	-		-			
Directors' salaries	24,165	-	24,165		11,930			
Directors' social security	2,220	-	2,220		2,937			
Directors' pension contributions	15,104	-	15,104		-			
Wages	2,540	-	2,540		13,095			
Social security	-	-	-		1,574			
Charitable expenditure	-	-	-		1,000			
Telephone, broadband & computer software	2,214	-	2,214		1,506			
Printing, postage & stationery	217	591	808		710			
Travelling expenses	619	587	1,206		3,431			
Training costs	-	2,053	2,053		8,611			
Website costs	186	1,013	1,199		2,906			
Equipment	777	3,964	4,741		2,278			
Clothing	185	1,322	1,507		2,167			
Sundry expenses	1,849	-	1,849		610			
Accountancy & bookkeeping	950	-	950		800			
Legal & professional	40	-	40		40			
Advertising & marketing	114	19,267	19,381		5,996			
Credit card charges	291	-	291		345			
Entertainment	-	-	-		-			
Fixtures & fittings depreciation	397	-	397		420			
Loss on disposal of fixtures & fittings	136	-	136		413			
	40,526	165,835	206,361		233,736			
<b>(DEFECIT)/SURPLUS</b>	<b>( 1,340 )</b>	<b>-</b>	<b>( 1,340 )</b>		<b>1,718</b>			

This page does not form part of the statutory financial statements