

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

COMPANY REGISTRATION NO: SC676444

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 OCTOBER 2022

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

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GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

COMPANY INFORMATION

Current Directors S Harris
CA Herd
R Kirby (appointed 7 December 2022)

Registered Number SC676444

Registered Office 3 Temple Mains Cottages
Main Street
Innerwick
Dunbar
East Lothian
EH42 1SE

Accountant EA Independent Ltd
1 Rosebery Place
Dunbar
East Lothian
EH42 1AQ

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

DIRECTORS' REPORT

The directors present their report and the financial statements for the year ending 31 October 2022.

Status

The company was incorporated on 5th October 2020 and is a Community Interest Company (CIC) limited by guarantee without share capital.

Principal activities

As a CIC, the main purpose is to provide surf therapy to support women experiencing challenges in their lives. The programmes are designed to improve and develop self-regulation, embodiment practices and healing tools through surfing's connection to nature and the community. A full review of the activities for the period ended 31st October 2022 is set out in the Community Interest Company Report accompanying these financial statements.

Directors

The directors who served during the year were:

S Harris
AL Nash (resigned 7 December 2022)
CA Herd

Directors' responsibilities statement

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 applicable law (UK Generally Accepted Accounting Practice). 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 profit and loss of the Company for that period.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies for the Company's financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statement on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

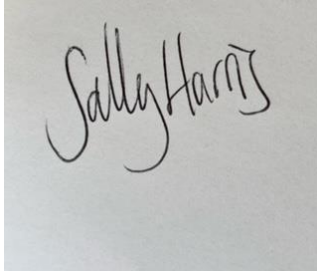
The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and to enable them to ensure that the financial statements comply with the Companies 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' REPORT

Micro-Entity Provisions

This report has been prepared in accordance with the micro-entity provisions for small companies.

This report was approved by the board on 9 May 2023 and signed on its behalf by:

A photograph of a handwritten signature in black ink on a light-colored surface. The signature is written in a cursive style and reads "Sally Harris".

S Harris
Director

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

INCOME STATEMENT
FOR THE PERIOD ENDED 31 OCTOBER 2022

	2022	2021
	£	£
Turnover	33,660	32,179
Other income	-	3,054
Cost of raw materials and consumables	(3,358)	(2,875)
Staff costs	(21,253)	(20,689)
Depreciation and other amounts written off assets	(2,437)	(1,205)
Other charges	(6,932)	(11,716)
Taxation	(251)	-
Surplus/(deficit) for the period	<u>(571)</u>	<u>(1,252)</u>

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

BALANCE SHEET
AS AT 31 OCTOBER 2022

	2022		2021	
	£	£	£	£
Fixed Assets		21,213		22,900
Current Assets	16,905		7,813	
Creditors				
Amounts falling due within one year	(18,696)		(8,445)	
Net current assets/(liabilities)		(1,791)		(632)
Total assets less current liabilities		19,422		22,268
Creditors falling due in more than one year		(21,245)		(23,520)
Total assets less total liabilities		(1,823)		(1,252)
Opening reserves		(1,252)		-
Result for the year		(571)		(1,252)
Closing reserves		(1,823)		(1,252)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 October 2022.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 October 2022 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 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.

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

The financial statements were approved by the Board of Directors on 9 May 2023 and were signed on its behalf by:



S Harris – Director

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

ACCOUNTANT'S REPORT

Report of the Accountants to the Directors on the unaudited financial statements of Groundswell Community Project Scotland CIC

Year ended 31 October 2022

As set out in the Directors' responsibilities statement, you are responsible for the preparation of the financial statements for the year ended 31 October 2022 set out on pages 4 and 5.

In accordance with our terms of engagement, and in order to assist you to fulfil your statutory duties we have compiled the financial statements of the company which comprise the Profit and Loss Account and Balance Sheet from the accounting records and information and explanations you have given to us.

This report is made to the Company's Board of Directors, as a body, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Company's Board of Directors that we have done so, and 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 Board of Directors, as a body, for our work or for this report.

You have acknowledged on the balance sheet as at 31 October 2022 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 period.

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.



Elaine Alsop
EA Independent Ltd
1 Rosebery Place
Dunbar
East Lothian
EH42 1AQ

9 May 2023

This page does not form part of the statutory financial statement

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

**DETAILED INCOME AND EXPENDITURE ACCOUNT
FOR THE YEAR ENDED 31 OCTOBER 2022**

	2022		2021	
	£	£	£	£
Income				
Grants	20,512		19,780	
Payments for sessions & equipment	12,888		14,022	
Merchandise	260		1,432	
	<u> </u>		<u> </u>	
		33,660		35,234
Expenditure				
Cost of raw materials and consumables				
Cost of merchandise sales	207		1,098	
Workshop delivery	-		1,678	
Wetsuits, equipment and consumables	3,151		99	
	<u> </u>		<u> </u>	
		3,358		2,875
Staff costs				
Freelance staff	20,232		18,975	
Training	1,021		1,714	
	<u> </u>		<u> </u>	
		21,253		20,689
Depreciation		2,437		1,205
Other charges				
Rent – site fees	5,136		5,736	
Utilities	386		66	
Insurance	240		294	
Equipment and consumables	-		3,819	
Fees & subscriptions	348		242	
Administration costs	307		532	
Marketing	-		515	
Legal & accountancy	515		513	
	<u> </u>		<u> </u>	
		6,932		11,717
Corporation tax		251		-
		<u> </u>		<u> </u>
Operating deficit		(571)		(1,252)
		<u> </u>		<u> </u>

This page does not form part of the statutory financial statements

CIC 34

Community Interest Company Report

For official use
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Please complete in typescript, or in bold black capitals.

Company Name in full

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

Company Number

SC676444

Year Ending

31 OCTOBER 2022

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)

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

CIC REPORT PERIOD ENDED 31 OCTOBER 2022

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.

Groundswell Scotland has delivered 7 surf therapy courses, supporting 42 participants and 25 facilitators and volunteer peer mentors. In addition, Groundswell Scotland has hosted 5 surf festivals and 80 Community Sessions, engaging with a further 730 participants and 30 facilitators and volunteers in person. Groundswell Scotland is also taking action and demonstrating engagement to increase the diversity of gender, race and backgrounds who can access and benefit the surf therapy courses and other Groundswell Scotland activities.

Outcomes of being on a Groundswell Scotland surf therapy course

All participants who were **interviewed** suggested that Groundswell Scotland surf therapy courses made a significant difference to them in areas such as their quality of life, mental and physical health and sense of social connection. (Dr Rosie Arthur, UWS Report, 2022)

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.

Participants suggested they would have benefitted from a more in-depth induction process before starting the course, clearer referral pathways to access additional support if needed, and more preparation for leaving the course and facilitation to stay involved with GS activities.

The data suggests that the donation of wetsuits to participants and access to mobility aids to assist getting to the beach could be key enablers worth considering for future investment. (Dr Rosie Arthur, UWS Report, 2022)

We have now set in place changes to inclusion policy following staff training and consultation between November 21- June 22. We have improved our induction process adding in 1-1 consultation, video and site familiarisation prior to the course beginning. We will receive further feedback from our latest courses from Dr Rosie Arthur's latest insights in partnership with Queen Margaret University, Edinburgh in March/ April 23.

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.

Payments were made to one director for management of the organisation and delivery of surf therapy sessions of £17,400 for the year. Payments to two other directors for delivery of therapy sessions were

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

CIC REPORT
PERIOD ENDED 31 OCTOBER 2022

£935. During the year £2,275 was repaid on a non-interest bearing loan made by a director in the 2020-21 year. £21,245 of this loan remains outstanding at the year end.

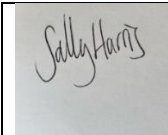
PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that “no transfer of assets other than for full consideration has been made” below.

No transfer of assets other than for full consideration has been made

PART 5 – SIGNATORY

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

Signed



Date

9 May 2023

Office held - Director

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)