

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

COMPANY REGISTRATION NO: SC676444

ANNUAL REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 OCTOBER 2023

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

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GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

COMPANY INFORMATION

Current Directors	S Harris CA Herd R Kirby
Registered Number	SC676444
Registered Office	3 Temple Mains Cottages Main Street Innerwick Dunbar East Lothian EH42 1SE
Accountant	EA Independent Ltd 5 South Charlotte Street Edinburgh EH2 4AN

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

DIRECTORS' REPORT

The directors present their report and the financial statements for the year ending 31 October 2023.

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 2023 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
R Kirby (appointed 7 December 2022)

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

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

DIRECTORS' REPORT

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.

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 8 April 2024 and signed on its behalf by:

S Harris

S Harris
Director

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

INCOME STATEMENT
FOR THE PERIOD ENDED 31 OCTOBER 2023

	2023	2022
	£	£
Turnover	42,647	33,660
Other income	-	-
Cost of raw materials and consumables	(4,636)	(3,358)
Staff costs	(26,054)	(21,253)
Depreciation and other amounts written off assets	(2,660)	(2,437)
Other charges	(7,813)	(6,932)
Taxation	(787)	(251)
Surplus/(deficit) for the period	<u>696</u>	<u>(571)</u>

GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

**BALANCE SHEET
AS AT 31 OCTOBER 2023**

	2023		2022	
	£	£	£	£
Fixed Assets		18,552		21,213
Current Assets			16,905	
Creditors	13,171			
Amounts falling due within one year	<u>(13,745)</u>		<u>(18,696)</u>	
Net current liabilities		<u>(574)</u>		<u>(1,791)</u>
Total assets less current liabilities		<u>17,978</u>		<u>19,422</u>
Creditors falling due in more than one year		<u>(19,105)</u>		<u>(21,245)</u>
Total assets less total liabilities		<u><u>(1,127)</u></u>		<u><u>(1,823)</u></u>
Opening reserves		<u>(1,823)</u>		<u>(1,252)</u>
Result for the year		<u>696</u>		<u>(571)</u>
Closing reserves		<u><u>(1,127)</u></u>		<u><u>(1,823)</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 October 2023.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 October 2023 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 8 April 2024 and were signed on its behalf by:

S Harris

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 2023

As set out in the Directors' responsibilities statement, you are responsible for the preparation of the financial statements for the year ended 31 October 2023 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 2023 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.

E Alsop

Elaine Alsop
EA Independent Ltd
5 South Charlotte Street
Edinburgh
EH2 4AN

8 April 2024

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 2023**

	2023		2022	
	£	£	£	£
Income				
Grants	27,328		20,512	
Receipts from sessions and events	14,062		12,888	
Merchandise and equipment sales	1,257		260	
		<u>42,647</u>		<u>33,660</u>
Expenditure				
Cost of raw materials and consumables				
Cost of merchandise sales	-		207	
Workshop delivery	985		-	
Wetsuits, equipment and consumables	3,651		3,151	
		<u>4,636</u>		<u>3,358</u>
Staff costs				
Freelance staff	24,790		20,232	
Training	1,264		1,021	
		<u>26,054</u>		<u>21,253</u>
Depreciation		2,660		2,437
Other charges				
Rent – site fees	5,774		5,136	
Utilities	959		386	
Insurance	225		240	
Fees & subscriptions	13		348	
Administration costs	327		307	
Legal & accountancy	515		515	
		<u>7,813</u>		<u>6,932</u>
Net surplus/deficit before tax		<u>1,483</u>		<u>(320)</u>
Corporation tax		787		251
Net surplus/deficit		<u><u>696</u></u>		<u><u>(571)</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 2023

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)

CIC REPORT
PERIOD ENDED 31 OCTOBER 2023

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 9 surf therapy programmes supporting 54 participants and 27 facilitators and volunteers. Additionally, Groundswell Scotland has hosted 6 surf festivals and 116 community sessions and events engaging with a further 1,120 participants, 22 facilitators and volunteers. Groundswell Scotland has demonstrated leadership in equality, diversity and inclusion with our latest report from Queen Margaret University as well as hosting platforms for change and action on the climate and social justice.

Outcomes of being on a Groundswell Scotland surf therapy course

Read our latest impact report – women focused, surf, therapy, courses, Queen, Margaret University, 2023 <https://groundswell-scotland.org/wp-content/uploads/2023/11/Final-Groundswell-report-2023.pdf>

Participants reported many positive outcomes from groundswell surf therapy:

- ✓ *'Improved mental health and more effective coping with past traumas.*
- ✓ *A sense of mastery, increased confidence and assertiveness in their decisions and actions in their daily lives.*
- ✓ *Improved family relationships, new friendships and a sense of community.*
- ✓ *Improved physical health and less pain.*
- ✓ *New hobbies and possibilities.'*

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

CIC REPORT
PERIOD ENDED 31 OCTOBER 2023

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.

Consultation has been made with certain participants by means of an independent researcher and transcripts, which were then used to write the above impact report. – Here are some of the improvements that stakeholder participants have determined.

‘Ideas for course delivery

Consent was sought for taking photos and films during GS surf therapy sessions, however additional consent checks could help participants voice any discomfort with photos or footage.

During GS courses, there are groundings and hand movements where affirmations are repeated which could be adapted to resonate more with some participants.

Games on the beach and activities to make warm up more fun.

Nature walks on the beach and in the surrounding areas.

Share inspirational and diverse stories of female surfers.

Exercises to build strength and fitness for surfing.

Family surf lessons/sign posting for lessons.’

We have taken on board the feedback and have built in these recommendations into our future programs.

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 £18,590 for the year. Payments to two other directors for delivery of therapy sessions were £990. During the year £2,140 was repaid on a non-interest bearing loan made by a director in the 2020-21 year. £19,105 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

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

CIC REPORT
PERIOD ENDED 31 OCTOBER 2023

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

Signed

S Harris

Date

8 April 2024

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)