

**GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC**

**COMPANY REGISTRATION NO: SC676444**

**ANNUAL REPORT AND FINANCIAL STATEMENTS**

**FOR THE YEAR ENDED 31 OCTOBER 2024**

# **GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC**

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## GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

### COMPANY INFORMATION

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

# GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

## DIRECTORS' REPORT

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The directors present their report and the financial statements for the year ending 31 October 2024.

### Status

The company was incorporated on 5<sup>th</sup> 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 31<sup>st</sup> October 2024 is set out in the Community Interest Company Report accompanying these financial statements.

### Directors

The directors who served during the year were:

S Harris  
CA Herd  
R Kirby

### 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

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**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 5 March 2025 and signed on its behalf by:

*S Harris*

S Harris  
Director

**GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC**

**INCOME STATEMENT  
FOR THE PERIOD ENDED 31 OCTOBER 2024**

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	<b>2024</b>	<b>2023</b>
	<b>£</b>	<b>£</b>
Turnover	<b>40,257</b>	42,647
Other income	-	-
Cost of raw materials and consumables	<b>(4,094)</b>	(4,636)
Staff costs	<b>(26,440)</b>	(26,054)
Depreciation and other amounts written off assets	<b>(2,660)</b>	(2,660)
Other charges	<b>(9,729)</b>	(7,813)
Taxation	-	(787)
Surplus/(deficit) for the period	<b><u>(2,666)</u></b>	<b><u>696</u></b>

# GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC

## BALANCE SHEET AS AT 31 OCTOBER 2024

	2024		2023	
	£	£	£	£
Fixed Assets		15,892		18,552
Current Assets	27,599		13,171	
Creditors				
Amounts falling due within one year	(30,324)		(13,745)	
Net current liabilities		(2,725)		(574)
Total assets less current liabilities		13,167		17,978
Creditors falling due in more than one year		(16,960)		(19,105)
Total assets less total liabilities		(3,793)		(1,127)
Opening reserves		(1,127)		(1,823)
Result for the year		(2,666)		696
Closing reserves		(3,793)		(1,127)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 October 2024.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 October 2024 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 5 March 2025 and were signed on its behalf by:

S Harris

S Harris – Director

**GROUNDWELL COMMUNITY PROJECT SCOTLAND CIC**

**ACCOUNTANT'S REPORT**

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

**Year ended 31 October 2024**

As set out in the Directors' responsibilities statement, you are responsible for the preparation of the financial statements for the year ended 31 October 2024 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 2024 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

5 March 2025

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 2024**

	<b>2024</b>		<b>2023</b>	
	£	£	£	£
<b>Income</b>				
Grants	<b>26,905</b>		27,328	
Receipts from sessions and events	<b>12,032</b>		14,062	
Merchandise and equipment sales	<b>1,320</b>		1,257	
	<hr/>		<hr/>	
		<b>40,257</b>		42,647
<b>Expenditure</b>				
<b>Cost of raw materials and consumables</b>				
Workshop & events delivery	<b>665</b>		985	
Wetsuits, equipment and consumables	<b>3,429</b>		3,651	
	<hr/>		<hr/>	
		<b>4,094</b>		4,636
<b>Staff costs</b>				
Freelance staff	<b>25,553</b>		24,790	
Training	<b>887</b>		1,264	
	<hr/>		<hr/>	
		<b>26,440</b>		26,054
<b>Depreciation</b>		<b>2,660</b>		2,660
<b>Other charges</b>				
Rent – site fees	<b>6,048</b>		5,774	
Utilities	<b>842</b>		959	
Insurance	<b>313</b>		225	
Fees & subscriptions	<b>70</b>		13	
Administration costs	<b>1,691</b>		327	
Legal & accountancy	<b>765</b>		515	
	<hr/>		<hr/>	
		<b>9,729</b>		7,813
Net surplus/deficit before tax		<hr/> <b>(2,666)</b>		<hr/> 1,483
Corporation tax		<hr/> -		<hr/> 787
<b>Net surplus/deficit</b>		<hr/> <b>(2,666)</b> <hr/>		<hr/> 696 <hr/>

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 2024

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 2024

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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.

- ✓ Groundswell Scotland has delivered 10 surf therapy programmes supporting 64 participants and 30 facilitators and volunteers. Additionally, Groundswell Scotland has hosted 7 surf festivals and 150 community sessions and events engaging with a further 1,250 participants, 25 facilitators and volunteers. Groundswell Scotland has demonstrated leadership in equality, diversity and inclusion with our latest 2024 participant questionnaires researched by Queen Margaret University as well as hosting platforms for change and action on the climate and social justice.
- ✓ Participant Comments Post-Surf Groundswell Scotland Therapy Course 2024
- ✓ Data collected by Dr R Arthur; Queen Margaret University Edinburgh between 13th and 22nd June 2024
- ✓ The feeling of being part of a circle of wonderful women all sharing life experiences our ups and downs and how the sea can help us deal with that. P1
- ✓ The facilitators were definitely the key to the success of the programme. They were supportive, encouraging, caring, informative and fun. The grounding exercises and activities were different
- ✓ each week, were the right amount of time and there was no pressure put on anyone to do anything they didn't want to, the support and encouragement from the surf sisters in the group. P2
- ✓ Lovely competent facilitators/instructors and in a beautiful place with a cosy place to change P3
- ✓ The program is very positive in bringing together the supportive techniques used each week. P4
- ✓ The combination of physically active learning a new skill, being in nature & with others who believe in you. The program was very well run & inclusive to all that attended. P5
- ✓ The feeling of belonging & understood by others in a safe environment. Experiencing the joy of learning a new activity. It has been exciting to participate in the surf therapy. It reminds me of my love being in the water. It also showed me that I am not alone in the feelings I have experienced. P6

CIC REPORT  
PERIOD ENDED 31 OCTOBER 2024

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**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 – Here are some of the improvements that stakeholder participants have determined.

Improvements to the Surf Therapy delivery:

I don't feel there's anything that groundswell could do differently the past few weeks have been amazing waves of love P1

I sometimes felt I would have liked more time. Particularly at the end. To share experiences. I am not sure this really is an improvement. As I consider it is more what I felt I needed for me. P2

The option of having further follow up surf therapy sessions maybe on a monthly basis to continue the support with others. This would feel very comforting & help others to continue to grow. P3

I cannot think of any possible improvements. Personally, I found the walk from the caravan to the beach painful. But that's only because I suffer with chronic pain. P4

The impact of Surf therapy:

My recent sessions with groundswell surf therapy have helped me get through some difficult times, helped me connect with my surf sisters and the sea, which has helped me see clearly how strong and resilient I really am.

For the first time in months i gave myself permission to have fun, play, be silly and laugh. There was a glimpse of the old me. I was able to express my true emotions without having to put on a mask and pretend i was ok in a safe place. It gave me a new confidence in water as prior to the programme i had a fear of my head going under water.

It's been good to try something different in a beautiful place but I guess still feel the same as I did before. The feeling of belonging & understood by others in a safe environment. Experiencing the joy of

learning a new activity. It has been exciting to participate in the stuff therapy. It reminds me of my love being in the water. It also showed me that I am not alone in the feelings I have experience.

## GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

### CIC REPORT PERIOD ENDED 31 OCTOBER 2024

**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 £19,013 for the year. Payments to one other directors for delivery of therapy sessions were £120. During the year £2,145 was repaid on a non-interest bearing loan made by a director in the 2020-21 year. £16,960 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

S Harris

Date

5 March  
2025

*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, 4<sup>th</sup> Floor, Edinburgh Quay 2, 139  
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

GROUNDSWELL COMMUNITY PROJECT SCOTLAND CIC

CIC REPORT  
PERIOD ENDED 31 OCTOBER 2024

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*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)**