

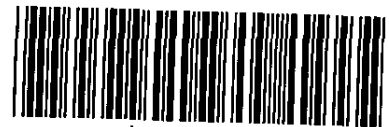
**Compass Wellbeing CIC**

**Registration number : 08451249**

**Annual Report and Unaudited Financial Statements  
for the year ended 31 March 2018**

McParland Williams Limited  
Accountants and Tax Practitioners  
13 Liverpool Road North  
Maghull  
Merseyside  
L31 2HB

THURSDAY



A11 \*A7L6MYQB\* #307  
20/12/2018  
COMPANIES HOUSE

# Compass Wellbeing CIC

## Contents

Company Information	1
Balance Sheet	2
Notes to the Unaudited Financial Statements	3 to 8

## **Compass Wellbeing CIC**

### **Company Information**

<b>Director</b>	Dr Mohit Venkataram
<b>Registered office</b>	Amanah Centre 251 Commercial Road Tower Hamlets London E1 2BT
<b>Accountants</b>	McParland Williams Limited Accountants and Tax Practitioners 13 Liverpool Road North Maghull Merseyside L31 2HB

**Compass Wellbeing CIC**  
**(Registration number: 08451249)**  
**Balance Sheet as at 31 March 2018**

	Note	2018 £	2017 £
<b>Fixed assets</b>			
Tangible assets	4	54,941	159,627
<b>Current assets</b>			
Debtors	5	735,448	654,677
Cash at bank and in hand		<u>640,157</u>	<u>770,227</u>
		1,375,605	1,424,904
<b>Creditors: Amounts falling due within one year</b>	6	<u>(602,812)</u>	<u>(949,033)</u>
<b>Net current assets</b>		<u>772,793</u>	<u>475,871</u>
<b>Total assets less current liabilities</b>		827,734	635,498
<b>Provisions for liabilities</b>	7	<u>(54,503)</u>	<u>(75,445)</u>
<b>Net assets</b>		<u>773,231</u>	<u>560,053</u>
<b>Capital and reserves</b>			
Called up share capital	8	3	3
Profit and loss account		<u>773,228</u>	<u>560,050</u>
<b>Total equity</b>		<u>773,231</u>	<u>560,053</u>

For the financial year ending 31 March 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

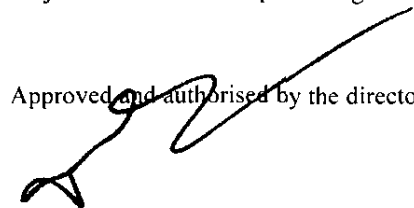
Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime and the option not to file the Profit and Loss Account has been taken.

Approved and authorised by the director on 18 December 2018



.....  
 Dr Mohit Venkataram  
 Director

## Compass Wellbeing CIC

### Notes to the Unaudited Financial Statements for the year ended 31 March 2018

#### 1 General information

The company is a private company limited by share capital, incorporated in England & Wales.

The address of its registered office is:

Amanah Centre  
251 Commercial Road  
Tower Hamlets  
London  
E1 2BT

#### 2 Accounting policies

##### Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

##### Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A - 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

##### Basis of preparation

These financial statements have been prepared in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (FRS 102') and the requirements of the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared using the historical cost convention.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

##### Going concern

The director has a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. Thus he has continued to adopt the going concern basis in preparing the annual financial statements.

##### Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;

it is probable that future economic benefits will flow to the entity;

and specific criteria have been met for each of the company's activities

##### Tax

The tax expense for the period comprises current and deferred tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income

## Compass Wellbeing CIC

### Notes to the Unaudited Financial Statements for the year ended 31 March 2018

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the reporting date in the countries where the company operates and generates taxable income.

Deferred tax is recognised in respect of all timing differences between taxable profits and profits reported in the financial statements.

Unrelieved tax losses and other deferred tax assets are recognised when it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference.

#### **Tangible assets**

Tangible assets are stated in the statement of financial position at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

#### **Depreciation**

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Office equipment	33% straight line
Furniture, fixtures & fittings	15% straight line

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### **Trade debtors**

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

## Compass Wellbeing CIC

### Notes to the Unaudited Financial Statements for the year ended 31 March 2018

#### **Borrowings**

Borrowings comprise of a bank overdraft which is recorded at fair value.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date

#### **Provisions**

Provisions are recognised when the company has an obligation at the reporting date as a result of a past event, it is probable that the company will be required to settle that obligation and a reliable estimate can be made of the amount of the obligation.

#### **Share capital**

Ordinary shares are classified as equity. Equity instruments are measured at the fair value of the cash or other resources received or receivable, net of the direct costs of issuing the equity instruments. If payment is deferred and the time value of money is material, the initial measurement is on a present value basis.

#### **Defined contribution pension obligation**

A defined contribution plan is a pension plan under which fixed contributions are paid into a pension fund and the company has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised as employee benefit expense when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

### **3 Staff numbers**

The average number of persons employed by the company (including the director) during the year, was 124 (2017 - 127).

## Compass Wellbeing CIC

### Notes to the Unaudited Financial Statements for the year ended 31 March 2018

#### 4 Tangible assets

	Leasehold improvements £	Furniture, fittings and equipment £	Total £
<b>Cost</b>			
At 1 April 2017	169,800	214,964	384,764
Additions	-	5,100	5,100
Disposals	-	(1,634)	(1,634)
At 31 March 2018	<u>169,800</u>	<u>218,430</u>	<u>388,230</u>
<b>Depreciation</b>			
At 1 April 2017	94,221	130,916	225,137
Charge for the year	75,579	34,100	109,679
Eliminated on disposal	-	(1,527)	(1,527)
At 31 March 2018	<u>169,800</u>	<u>163,489</u>	<u>333,289</u>
<b>Carrying amount</b>			
At 31 March 2018	<u>-</u>	<u>54,941</u>	<u>54,941</u>
At 31 March 2017	<u>75,579</u>	<u>84,048</u>	<u>159,627</u>

#### 5 Debtors

	2018 £	2017 £
Trade debtors	532,992	430,397
Other debtors	202,456	224,280
	<u>735,448</u>	<u>654,677</u>
Less non-current portion	-	(62,500)
	<u>735,448</u>	<u>592,177</u>



## Compass Wellbeing CIC

### Notes to the Unaudited Financial Statements for the year ended 31 March 2018

#### 6 Creditors

##### Creditors: amounts falling due within one year

	Note	2018 £	2017 £
<b>Due within one year</b>			
Bank overdrafts	9	37,825	-
Trade creditors		255,174	250,841
Taxation and social security		174,481	108,983
Accruals and deferred income		94,295	522,934
Other creditors		41,037	66,275
		602,812	949,033

#### 7 Deferred tax and other provisions

	Deferred tax £	Leasehold property dilapidation provision £	Total £
At 1 April 2017	21,045	54,400	75,445
Decrease in existing provisions	(20,942)	-	(20,942)
At 31 March 2018	103	54,400	54,503

#### 8 Share capital

##### Allotted, called up and fully paid shares

	2018		2017	
	No.	£	No.	£
Redeemable shares of £1 each	3	3	3	3

#### 9 Loans and borrowings

	2018 £	2017 £
<b>Current loans and borrowings</b>		
Bank overdrafts	37,825	-

## Compass Wellbeing CIC

### Notes to the Unaudited Financial Statements for the year ended 31 March 2018

#### 10 Financial commitments, guarantees and contingencies

##### Amounts not provided for in the balance sheet

The total amount of financial commitments not included in the balance sheet is £13,381 (2017 - £270,996). The financial commitments at 31 March 2018 relate to leased equipment only; at 31 March 2017 commitments related to property leases which expired in March 2018.

#### 11 Related party transactions

##### Directors' remuneration

The directors' remuneration for the year was as follows:

	<b>2018</b>	<b>2017</b>
	<b>£</b>	<b>£</b>
Remuneration	269,679	263,834
Contributions paid to money purchase schemes	14,080	13,862
	<u>283,759</u>	<u>277,696</u>

During the year the number of directors who were receiving benefits and share incentives was as follows:

	<b>2018</b>	<b>2017</b>
	<b>No.</b>	<b>No.</b>
Accruing benefits under money purchase pension scheme	<u>1</u>	<u>1</u>

#### 12 Non adjusting events after the financial period

On 14 November 2018 East London NHS Foundation Trust purchased all of the issued share capital from the shareholders. Compass Wellbeing CIC is now wholly owned and controlled by East London NHS Foundation Trust.

# 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

COMPASS WELLBEING CIC

Company Number

08451249

Year Ending

2017-2018

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)**

### **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.

*A social audit report covering these points is attached below*

*(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.

Our stakeholders include our service users and the local community, referrers, commissioners from Tower Hamlets Clinical Commissioning Group and London Borough of Tower Hamlets, as well as staff working in Schools and health and social care settings.

On 4th May 2017, our staff hosted an evening to showcase our work with our service users and stakeholders and describe our innovative approach to service delivery. The audience heard positive testimonials from clients who have accessed the Family Nurse Partnership and Talking Therapies services. They described the transformation and progression of their lives and spoke of their new found optimism for the future thanks to Compass Wellbeing. Staff across all services within the company also spoke about their journey within the company, highlighting the fact that Compass Wellbeing is a great place to develop as a staff member as well as a service user.

We asked our service users to complete post therapy experience questionnaires for our IAPT service. The results show that service users had a very positive experience of our services with over 90% reporting that they got the help that mattered to them.

In response to feedback from our commissioners we worked on increasing the numbers of self referrals to the service and exceeded our agreed target. We also increased the proportion of service users accessing our IAPT service who are over 65 and improved the recovery rate for people from Black and Ethnic Minority communities by 5.4% to 51.6%.

*(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.

The aggregate amount of emoluments paid to or receivable by Directors in respect of the qualifying services was £283,759.

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.

**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



Date

28th Dec 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.

AMANAH CENTRE	
251 COMMERCIAL ROAD	
LONDON	
E1 2BT	Tel 02030490110
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

*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)**

## **PART 1 – GENERAL DESCRIPTION OF THE COMPANIES ACTIVITIES AND IMPACT**

Compass Wellbeing has provided Psychology and Counselling Services, School Health Services and Family Nurse Partnership, for the benefit of the local community in Tower Hamlets. We provided the following in order to deliver our social mission.

### **Psychology & Counselling Services**

#### **Increasing Access to Psychological Therapies**

This service is part of the national drive to increase access to evidence based *psychological therapy services for common mental health problems*. Our staff provide a range of therapies including Cognitive Behavioural Therapy (CBT) and Dynamic Interpersonal Therapy (DIT) for adults aged 18 upward.

#### **Practice based Psychology and Counselling Team**

*Primary Care Psychologists and Counsellors work in General Practice providing consultation to GPs regarding complex clients as well as assessment and treatment services for adults aged 18 upward who may need more specialist psychological therapies.*

#### **Primary Care Perinatal and under 5's Psychology Team**

This service provides psychological therapy for pregnant women and their partners and for parents of children under 5 years. The service targets parents who are experiencing anxiety and depression.

We were very proud that our excellent perinatal and under 5's service received the Analeaf Award for Best Service from Parent Infant Partnership UK.

#### **Disability and Health Counselling Team**

The Disability and Health Counselling team provide specialist counselling through talking and signing therapies for individuals, carers and families with acquired or congenital disabilities, sensory impairments or long term conditions.

#### **Asian Counselling Service**

This team provides counselling in Bengali/Syheti, for the Bangladeshi community in Tower Hamlets

As a whole service we increased the recovery rate by 4.5% to 54.7% which is well above the national target. We also significantly increased the numbers of patients who entered treatment.

#### **Specialist advice & training**

We provide specialist advice, support and training to a range of healthcare professionals on the psychological management of their patients. This included training to early years staff in the importance of developing good parent infant attachment and multidisciplinary reflective practice for early years staff. By

providing this expert support and training to other staff we extend the reach of what can be delivered to improve the wellbeing of the community we serve.

### **School Health Services**

The service is responsible for delivering public health programmes or interventions to improve health outcomes for school aged children and young people (5-19yrs). This includes reducing childhood obesity, under 18 conception rates, prevalence of sexual health problems and promoting emotional health and wellbeing and the management of long term conditions (LTCs). We priorities safeguarding, child protection and any children who may be at risk.

We provide a service at four levels;

#### **1. Community**

Working with the wider community increasing participation in promoting good health and wellbeing

- School health profiles
- Health assessments for schools
- Weekly/fortnightly visits and drop-in

#### **2. Universal**

Provision of the 'Healthy Child' Programme to ensure a healthy start for every child

- Vision and hearing screening
- Height and weight measurement (NCMP)
- Health checks
- Health Promotion
- 

#### **3. Universal Plus**

Early help and support for those with additional needs

- Support for children with emotional and physical health problems
- Providing sexual health advice
- Individual health and social care plans

#### **4. Universal Partnership Plus**

On-going longer term support for vulnerable children, young people and families

- Child protection cases
- Safeguarding concerns
- Specialist service referrals (CAMHS, drugs & alcohol, sexual health, etc.)

### **Family Nurse Partnership**

This service provides intensive support for vulnerable teenage parents until their child is 2years old, through a licensed home visiting package of care.



The aim of the service is to enable young mothers to have a healthy pregnancy, improve their child's health and development and to help young parents plan their own futures and achieve their goals and aspirations.

The family nurses establish positive relationships with young parents and encourage healthy lifestyle choices that will give their child the best possible start in life. Advice they provide includes information on pregnancy, childbirth, infant feeding, child development, play and learning and childcare options. They also help parents strengthen their belief in themselves and their ability to succeed through education, training and employment.

### **CQC Inspection**

In November 2017 the CQC visited Compass Wellbeing to complete an inspection. The final report states that the inspectors found the organisation was able to demonstrate an environment that was 'safe, open and supportive' and where services were routinely encouraged to look at ways of improving and sustaining care delivery. In addition, they found outstanding practice particularly in supporting school nursing staff through training and reflective practice to manage the mental health of Children and Young People and to maximise opportunities to integrate emotional well-being in nursing roles.