

Loughborough Wellbeing Centre CIO

Charity No. 1192208

Company No. CE023254

Trustees' Report and Unaudited Accounts

31 December 2021

	Pages
Chair's Report	2
Trustees' Annual Report	4
Independent Examiner's Report	8
Statement of Financial Activities	9
Summary Income and Expenditure Account	10
Balance Sheet	11
Notes to the Accounts	13
Detailed Statement of Financial Activities	18 to 19

It is a great pleasure to present the first annual report of the Loughborough Wellbeing Centre CIO. We have, of course, been operating as the Wellbeing Café Project, previously a Community Interest Company, since we first opened a monthly Friday night support café in October 2015. In 2020 the Trustees decided we should re-incorporate as a Charitable Incorporated Organisation to more easily fulfil our aims and objectives.

Many of our activities throughout 2020 and until mid-2021 had to take place online thanks to the Covid pandemic. Although our transition to Zoom during the height of the pandemic meant we could continue to offer regular activities and support to our café members we all missed the opportunity for face-to-face contact. So we were ready to step away from our computers and resume our weekly drop-in cafes and other arts, craft and wellbeing activities in the second half of 2021.

Since we first began our cafes the Trustees and our fantastic CEO, Helen Carter, have always had the vision that we should open our own Wellbeing Centre. We were, therefore, so delighted to achieve this in Autumn 2021 with the opening of the Wellbeing Centre at Asha House in Loughborough. This would not have been possible without the hard work of so many people, including the Trustees and Helen as well as many of our volunteers and our facilities manager, Adrian. We would also like to thank our landlord, Mr K C Suri, for his ongoing support for the work we do.

It is quite amazing and delightful now to walk into the Centre and hear the hum and buzz of activity and our café members. Since June 2021 we have hosted and facilitated a twice weekly Crisis Café in partnership with Turning Point Crisis Services on a Monday and Friday night (5-11pm). These sessions regularly have around 20-25 people who are having acute issues with their mental health and need to speak to someone face to face.

Another big change is the partnership working we are now part of. We are a partner with Leicestershire Partnership Trust Mental Health Services and the newly forming Integrated Commissioning Board, helping them to develop the new community level mental health services and support. We are a partner on the Suicide Audit and Prevention group in Leicestershire – looking at innovative and practical ways to prevent suicide working in partnership with several local statutory services and other local Voluntary and Community Sector organisations too.

Although this is a team effort it would not have happened without the drive and focus of our CEO, Helen and our sessional workers and regular volunteers. For many reasons the demand for the peer support we offer is only growing and one of our challenges is that people are coming to us with more complex needs. There are also other groups, particularly men, who we want to reach out to specifically in the year ahead.

Chairs Report

It has been a busy, productive and challenging time since our incorporation. I would like to thank my fellow Trustees – Jemma Bagley, Lynne Holding, Pauline Ranson, Keith Poyser and Nick Simpson as well as Peter Cannon who was part of the Board since 2015 and, having stood down as a Trustee during this period, is now a Patron. I am grateful to them for their support, engagement, and enthusiasm for our work.

Rt Hon Baroness (Nicky) Morgan of Cotes

Chair

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the unaudited financial statements of the charity for the period ended 31 December 2021.

REFERENCE AND ADMINISTRATIVE DETAILS

Company No. CE023254

Charity No. 1192208

Principal Office

Loughborough Wellbeing Centre

Ground Floor, Asha House

63 Woodgate

Loughborough

LE11 2TZ

Registered Office

Ground Floor

Asha House

Woodgate

Loughborough

LE11 2TZ

Directors and Trustees

The Directors of the charitable company are its Trustees for the purposes of charity law.

The following Directors and Trustees served during the year:

J.L. Bagley

P. Cannon (Resigned 1 June 2022)

L. Holding

N.A. Morgan

N. Morgan of Cotes

K. Poyser

P. Ranson

Key Management Personnel

Chair

The Rt Hon Baroness (Nicky) Morgan of Cotes
(Chair)

Operations

Helen Carter

Accountants

I Hate Numbers Ltd

Forester Building

29-35 St Nicholas Place

Leicester

LE1 4LD

Bankers
CAF Bank Ltd
25 Kings Hill Avenue
Kings Hill
West Malling
Kent
ME19 4JQ

Solicitors
Laham & Co
2 Forest Road
Loughborough
Leicestershire
LE11 3NP

OBJECTIVES AND ACTIVITIES

The relief of persons in Leicestershire and its environs who are experiencing or have experienced mental health problems through the provision of in particular, but not exclusively, drop-in cafes in an effort to build self-esteem, independence and sense of well-being.

The strategies employed to achieve the charity's aims and objectives and our major activities to achieve them are as described in the Chair's report above. The trustees have paid due regard to guidance issued by the Charity Commission in deciding what activities the charity should undertake.

The public benefits that flow from the object are:

The charity has provided a wide range of supportive activities during the period, supporting over 300 people locally in a variety of ways during the pandemic and beyond. Arts and Crafts kits were circulated to over 150 people during the pandemic, with online Zoom activities to compliment this

We also taught over 40 people how to stitch and repair items as part of the 'Stitching Well' project which was funded by Leicestershire County Council Shires Environment Grant. Through additional funding provided by Leicestershire & Rutland Community Foundation (LCRF), we also purchased 4 sewing machines which were distributed and shared with the group.

We received grants from Leicestershire County Council Communities Grant scheme and Charnwood Borough Council which enabled us to provide a range of online activities, including Games, Quizzes, Yoga, Coaching, Mindfulness, Nia Dancing, and weekly wellbeing café catch ups. We also provided befriending calls to people identified as extremely isolated who appreciated someone spending time with them.

We reopened our face-to-face wellbeing sessions as lockdown rules changed over the reporting period which enabled people to meet and take part in activities again in a safe and welcoming space.

The Crisis Cafes established from June 2021 have provided a much-needed avenue of support for people experiencing a crisis with their mental health and has assisted them in their recovery journey.

The move into our new Wellbeing Centre has further enhanced the services that we can provide the public and have helped to raise the profile of the charity, leading to more people accessing support and services that are provided by the charity.

ACHIEVEMENTS AND PERFORMANCE

Achievements and performance during the year to further the charity's purposes for the public benefit are stated in the Chair's report above

Our approach to fundraising activities

The charity has been successful in several grant funding applications and will continue to do this as the charity continues to grow in the next period. Fundraising activities including events, and through online funding opportunities will continue to be utilised to enable the charity to raise its own funds as part of the strive to become less grant funding dependant as part of our sustainability.

FINANCIAL REVIEW

On 31-Dec-21 the net assets of the charity were in the sum of £27,529. During the year 2021/22 £91,368 was raised due to the generosity of a range of organisations and individuals. Covid continued to significantly restrict the charity's ability to develop new activities during the year resulting in retained reserves of £27,529 being carried forward for the future. The charity is in the process of developing a new medium to long term strategy which will include both significant growth in the range and scope of its operating activities. The reserves available will be used to implement these strategies along with further fundraising activities in the short and medium term.

Reserves are required to help mitigate risks and cover timing differences between receipt of income and disbursement of expenditure.

The Trustees review the charity's need for reserves regularly, in line with guidance issued by the Charity Commission. The charity's reserves comprise restricted funds to be used for specified purposes laid down by the donor, designated funds for specific purposes, and general reserves to provide working capital and to secure the continuity of the charity's activities in the future.

The trustees believe that an amount equal to 6 months of operating expenditure included in the 2022/23 operating plan would be appropriate

Risk management

The trustees have a risk management strategy which comprises: an annual review of the principal risks and uncertainties that the charity faces; the establishment of policies, systems and procedures to mitigate those risks identified in the annual review; and the implementation of procedures designed to minimise or manage any potential impact on the charity should those risks materialise. The trustees believe that there are currently no significant risks without appropriate mitigation that warrant inclusion in the annual report.

A further review will be undertaken in 2022/23.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Loughborough Wellbeing Centre is a Charitable Incorporated Organisation incorporated in England and Wales on 6 November 2020. The charity's governing document is its constitution which follows the Charity Commission guidelines for a Charitable Incorporated Organisation (Foundation Structure) who's only voting members are its trustees.

One new Trustee was appointed in 2021, Trustees may be appointed to the Board at any time by the Trustees. In selecting individuals for appointment as Trustees, the Trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO.

The Trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. The Trustees are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

Loughborough Wellbeing Centre CIO

Trustees Annual Report

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006 and in accordance with the Charities SORP (FRS 102).

Signed on behalf of the board

N. Morgan of Cotes

Trustee

30 October 2022

Independent Examiner's Report to the trustees of Loughborough Wellbeing Centre CIO

I report to the charity trustees on my examination of the financial statements of Loughborough Wellbeing Centre CIO for the period ended 31 December 2021 which comprise the Statement of Financial Activities, the Summary Income and Expenditure Account, the Balance Sheet and the related notes.

Responsibilities and basis of report

As the trustees of the charity (and also its directors for the purposes of company law) you are responsible for the preparation of the financial statements in accordance with the requirements of the Companies Act 2006 ('the 2006 Act).

Having satisfied myself that the financial statements of the charity are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's financial statements as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I can confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that:

- accounting records were not kept in accordance with section 386 of the 2006 Act ; or
- the financial statements do not accord with those records; or
- the financial statements do not comply with the accounting requirements under section 396 of the 2006 Act other than any requirement that the financial statements give a 'true and fair' view which is not a matter considered as part of an independent examination; or
- the financial statements have not been prepared in accordance with the Charities SORP (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the financial statements to be reached.

Mahmood Reza
FCCA, Chartered Certified Accountant
I Hate Numbers
Forester Building
29-35 St Nicholas Place
Leicester

LE1 4LD
30 October 2022

Loughborough Wellbeing Centre CIO
Statement of Financial Activities
for the period ended 31 December 2021

	Notes	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Income and endowments from:				
Donations and legacies	3	7,616	78,752	86,368
Other	4	5,000	-	5,000
Total		12,616	78,752	91,368
Expenditure on:				
Charitable activities	5	245	52,176	52,421
Other	6	7,801	3,617	11,418
Total		8,046	55,793	63,839
Net gains on investments		-	-	-
Net income	7	4,570	22,959	27,529
Transfers between funds		-	-	-
Net income before other gains/(losses)		4,570	22,959	27,529
Other gains and losses				
Net movement in funds		4,570	22,959	27,529
Reconciliation of funds:				
Total funds carried forward		4,570	22,959	27,529

Loughborough Wellbeing Centre CIO
Summary Income and Expenditure Account
for the period ended 31 December
2021

	2021 £
Income	91,368
Gross income for the period	<u>91,368</u>
Expenditure	63,726
Depreciation and charges for impairment of fixed assets	113
Total expenditure for the period	<u>63,839</u>
Net income before tax for the period	27,529
Net income for the period	<u><u>27,529</u></u>

Loughborough Wellbeing Centre CIO

Balance Sheet

at 31 December 2021

Company No.	CE023254	Notes	2021 £
Fixed assets			
Tangible assets	9		1,868
Investments	10		1
			<u>1,869</u>
Current assets			
Debtors	11		23,766
Cash at bank and in hand			25,667
			<u>49,433</u>
Creditors: Amount falling due within one year	12		(23,773)
Net current assets			<u>25,660</u>
Total assets less current liabilities			<u>27,529</u>
Net assets excluding pension asset or liability			<u>27,529</u>
Total net assets			<u><u>27,529</u></u>
The funds of the charity			
Restricted funds	13		
Restricted income funds			22,959
			<u>22,959</u>
Unrestricted funds	13		
General funds			4,570
			<u>4,570</u>
Reserves	13		
Total funds			<u><u>27,529</u></u>

These accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

For the period ended 31 December 2021 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

Approved by the board on 30 October 2022

And signed on its behalf by:

N.A. Morgan

Trustee

30 October 2022

for the period ended 31 December 2021

1 Accounting policies

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Fund accounting

Unrestricted funds	These are available for use at the discretion of the trustees in furtherance of the general objects of the charity.
Designated funds	These are unrestricted funds earmarked by the trustees for particular purposes.
Revaluation funds	These are unrestricted funds which include a revaluation reserve representing the restatement of investment assets at their market values.
Restricted funds	These are available for use subject to restrictions imposed by the donor or through terms of an appeal.

Income

Recognition of income	Income is included in the Statement of Financial Activities (SoFA) when the charity becomes entitled to, and virtually certain to receive, the income and the amount of the income can be measured with sufficient reliability.
-----------------------	---

Income with related expenditure	Where income has related expenditure the income and related expenditure is reported gross in the SoFA.
---------------------------------	--

Donations and legacies	Voluntary income received by way of grants, donations and gifts is included in the the SoFA when receivable and only when the Charity has unconditional entitlement to the income.
------------------------	--

Tax reclaims on donations and gifts	Income from tax reclaims is included in the SoFA at the same time as the gift/donation to which it relates.
-------------------------------------	---

Donated services and facilities	These are only included in income (with an equivalent amount in expenditure) where the benefit to the Charity is reasonably quantifiable, measurable and material.
---------------------------------	--

Volunteer help	The value of any volunteer help received is not included in the accounts.
----------------	---

Investment income	This is included in the accounts when receivable.
-------------------	---

Gains/(losses) on revaluation of fixed assets	This includes any gain or loss resulting from revaluing investments to market value at the end of the year.
---	---

Gains/(losses) on investment assets	This includes any gain or loss on the sale of investments.
-------------------------------------	--

Expenditure

Recognition of expenditure	Expenditure is recognised on an accruals basis. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.
Expenditure on raising funds	These comprise the costs associated with attracting voluntary income, fundraising trading costs and investment management costs.
Expenditure on charitable activities	These comprise the costs incurred by the Charity in the delivery of its activities and services in the furtherance of its objects, including the making of grants and governance costs.
Grants payable	All grant expenditure is accounted for on an actual paid basis plus an accrual for grants that have been approved by the trustees at the end of the year but not yet paid.
Governance costs	These include those costs associated with meeting the constitutional and statutory requirements of the Charity, including any audit/independent examination fees, costs linked to the strategic management of the Charity, together with a share of other administration costs.
Other expenditure	These are support costs not allocated to a particular activity.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Tangible fixed assets and depreciation

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

Equipment	25 % Reducing balance
Fixtures and fittings	33 % Fixtures and fittings

Trade and other debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and on hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the statement of financial position, bank overdrafts are shown within borrowings or current liabilities. In the Statement of Cash Flows, cash and cash equivalents are shown net of bank overdrafts that are repayable on demand and form an integral part of the company's cash management.

Trade and other creditors

Short term creditors are measured at the transaction price. Other creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

Receipt of donated goods, facilities and services

All donated goods, facilities and services received are recognised within incoming resources and expenditure at an estimate of the value to the charity.

2 Company status

The company is a private company limited by guarantee and consequently does not have share capital.

3 Income from donations and legacies

Unrestricted	Restricted	Total 2021
£	£	£
7,616	78,752	86,368
<u>7,616</u>	<u>78,752</u>	<u>86,368</u>

4 Other income

	Unrestricted	Total 2021
	£	£
Gift in kind - Accountancy Fees	5,000	5,000
	<u>5,000</u>	<u>5,000</u>

5 Expenditure on charitable activities

	Unrestricted	Restricted	Total 2021
	£	£	£
<i>Expenditure on charitable activities</i>			
Salaries and wages	-	49,981	49,981
Premises costs	83	741	824
Support costs	162	1,454	1,616
<i>Governance costs</i>			
	<u>245</u>	<u>52,176</u>	<u>52,421</u>

6 Other expenditure

	Unrestricted	Restricted	Total 2021
	£	£	£
Motor and travel costs	-	54	54
Premises costs	200	2,188	2,388
Amortisation, depreciation, impairment, profit/loss on disposal of fixed assets	18	95	113
General administrative costs	88	570	658
Legal and professional costs	7,495	710	8,205
	<u>7,801</u>	<u>3,617</u>	<u>11,418</u>

7 Net income before transfers

	2021
This is stated after charging:	£
Depreciation of owned fixed assets	113

8 Staff costs

No employee received emoluments in excess of £60,000.

9 Tangible fixed assets

	Equipment	Fixtures and fittings	Total
	£	£	£
Cost or revaluation			
Additions	299	2,700	2,999
At 31 December 2021	<u>299</u>	<u>2,700</u>	<u>2,999</u>
Depreciation and impairment			
Depreciation charge for the year	75	1,056	1,131
At 31 December 2021	<u>75</u>	<u>1,056</u>	<u>1,131</u>
Net book values			
At 31 December 2021	<u>224</u>	<u>1,644</u>	<u>1,868</u>

10 Investments

	Investment in Subsidiaries £	Total £
Cost or revaluation		
Additions	1	1
At 31 December 2021	<u>1</u>	<u>1</u>
Net book values		
At 31 December 2021	<u>1</u>	<u>1</u>

11 Debtors

	2021
	£
Amounts owed by group undertakings	23,766
	<u>23,766</u>

12 Creditors:

amounts falling due within one year

	2021
	£
Other taxes and social security	34
Accruals	780
Deferred income	22,959
	<u>23,773</u>

13 Movement in funds

	Incoming resources (including other gains/losses) £	Resources expended £	At 31 December 2021 £
Restricted funds:			
Restricted income funds:			
Tudor Trust	45,568	(22,609)	22,959
LCC Grant	18,650	(18,650)	-
Charnwood	14,534	(14,534)	-
<i>Total</i>	<u>78,752</u>	<u>(55,793)</u>	<u>22,959</u>
Unrestricted funds:			
General funds	12,616	(8,046)	4,570
 Total funds	 <u>91,368</u>	 <u>(63,839)</u>	 <u>27,529</u>

Purposes and restrictions in relation to the funds:

Restricted funds:

Tudor Trust

LCC Grant

Charnwood

14 Analysis of net assets between funds

	Unrestricted funds	Total
	£	£
Fixed assets	1,868	1,868
Investments	1	1
Net current assets	25,660	25,660
	<u>27,529</u>	<u>27,529</u>

15 Reconciliation of net debt

	Cash flows	At 31 December 2021
	£	£
Cash and cash equivalents	25,667	25,667
	<u>25,667</u>	<u>25,667</u>
Net debt	<u>25,667</u>	<u>25,667</u>

16 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

Loughborough Wellbeing Centre CIO
Detailed Statement of Financial Activities
for the period ended 31 December 2021

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Income and endowments from:			
Donations and legacies	7,616	78,752	86,368
	<u>7,616</u>	<u>78,752</u>	<u>86,368</u>
Other			
Gift in kind - Accountancy Fees	5,000	-	5,000
	<u>5,000</u>	<u>-</u>	<u>5,000</u>
Total income and endowments	12,616	78,752	91,368
Expenditure on:			
Charitable activities			
Salaries and wages	-	49,981	49,981
Premises costs	83	741	824
Support costs	162	1,454	1,616
	<u>245</u>	<u>52,176</u>	<u>52,421</u>
Total of expenditure on charitable activities	245	52,176	52,421
Motor and travel costs			
Travel and subsistence	-	54	54
	<u>-</u>	<u>54</u>	<u>54</u>
Premises costs			
Rent	243	2,188	2,431
Light, heat and power	(46)	-	(46)
Premises cleaning	3	-	3
	<u>200</u>	<u>2,188</u>	<u>2,388</u>
General administrative costs, including depreciation and amortisation			
Depreciation of Equipment	7	-	7
Depreciation of Fixtures and fittings	11	95	106
Bank charges	11	-	11
General insurances	7	108	115
Postage and couriers	-	3	3
Software, IT support and related costs	19	-	19
Stationery and printing	38	341	379
Telephone, fax and broadband	13	118	131
	<u>106</u>	<u>665</u>	<u>771</u>
Legal and professional costs			
Independent examination fees	1,440	-	1,440

Loughborough Wellbeing Centre CIO
Detailed Statement of Financial Activities

Accountancy and bookkeeping	5,976	-	5,976
Other legal and professional costs	79	710	789
	<u>7,495</u>	<u>710</u>	<u>8,205</u>
Total of expenditure of other costs	<u>7,801</u>	<u>3,617</u>	<u>11,418</u>
Total expenditure	8,046	55,793	63,839
Net gains on investments	-	-	-
	<u>4,570</u>	<u>22,959</u>	<u>27,529</u>
Net income			
Net income before other gains/(losses)	<u>4,570</u>	<u>22,959</u>	<u>27,529</u>
Other Gains	-	-	-
	<u>4,570</u>	<u>22,959</u>	<u>27,529</u>
Net movement in funds			
Reconciliation of funds:			
Total funds brought forward	-	-	-
Total funds carried forward	<u>4,570</u>	<u>22,959</u>	<u>27,529</u>

HM Revenue & Customs

Company Tax Return

CT600 (2022) Version 3

for accounting periods starting on or after 1 April 2015

Your Company Tax Return

If we send the company a 'Notice' to deliver a Company Tax Return it has to comply by the filing date or we charge a penalty, even if there is no tax to pay.

A return includes a Company Tax Return form, any supplementary pages, accounts, computations and any relevant information. The CT600 Guide tells you how the return must be formatted and delivered. It contains general information you may need to deliver your return, links to more detailed advice and box-by-box guidance for this form and the supplementary pages.

The forms in the CT600 series set out the information we need and provide a standard format for calculations.

Company information

1	Company name	Loughborough Wellbeing Centre CIO
2	Company registration number	CE023254
3	Tax reference	1673400102
4	Type of company	8

Northern Ireland

Put an 'X' in the appropriate box(es) below					
5	NI trading activity	☐	6	SME	☐
7	NI employer	☐	8	Special circumstances	☐

About this return

This is the tax return for the company named above, for the period below			
30	from DD/MM/YYYY	35	to DD/MM/YYYY
	07/11/2020		06/11/2021
Put an 'X' in the appropriate box(es) below			
40	A repayment is due for this return period		☐
45	Claim or relief affecting an earlier period		☐
50	Making more than one return for this company now		☐
55	This return contains estimated figures		☐
60	Company part of a group that is not small		☐
65	Notice of disclosable avoidance schemes		☐
	Transfer Pricing		
70	Compensating adjustment claimed		☐
75	Company qualifies for SME exemption		☐

About this return - continued

	Accounts and computations	
80	I attach accounts and computations for the period to which this return relates	☒
85	I attach accounts and computations for a different period	☐
90	If you are not attaching the accounts and computations, explain why	
	PDF accounts attached with explanation	
	Supplementary pages enclosed	
95	Loans and arrangements to participators by close companies - <i>form CT600A</i>	☐
100	Controlled foreign companies and foreign permanent establishment exemptions - <i>form CT600B</i>	☐
105	Group and consortium - <i>form CT600C</i>	☐
110	Insurance - <i>form CT600D</i>	☐
115	Charities and Community Amateur Sports Clubs (CASCs) - <i>form CT600E</i>	☒
120	Tonnage Tax - <i>form CT600F</i>	☐
125	Northern Ireland - <i>form CT600G</i>	☐
130	Cross-border Royalties - <i>form CT600H</i>	☐
135	Supplementary charge in respect of ring fence trades - <i>form CT600I</i>	☐
140	Disclosure of Tax Avoidance Schemes - <i>form CT600J</i>	☐
141	Restitution Tax - <i>form CT600K</i>	☐
142	Research and Development - <i>form CT600L</i>	☐
143	Freeports – <i>form CT600M</i>	☐

Tax calculation

Turnover

145	Total turnover from trade		-
150	Banks, building societies, insurance companies and other financial concerns – put an 'X' in this box if you do not have a recognised turnover and have not made an entry in box 145	☐	

Income

155	Trading profits		-
160	Trading losses brought forward set against trading profits		-
165	Net trading profits – box 155 minus box 160		-
170	Bank, building society or other interest, and profits from non-trading loan relationships		-
172	Put an 'X' in box 172 if the figure in box 170 is net of carrying back a deficit from a later accounting period	☐	

Income - continued

175	Annual payments not otherwise charged to Corporation Tax and from which Income Tax has not been deducted	-
180	Non-exempt dividends or distributions from non-UK resident companies	-
185	Income from which Income Tax has been deducted	-
190	Income from a property business	-
195	Non-trading gains on intangible fixed assets	-
200	Tonnage Tax profits	-
205	Income not falling under any other heading	-

Chargeable gains

210	Gross chargeable gains	-
215	Allowable losses including losses brought forward	-
220	Net chargeable gains - <i>box 210 minus box 215</i>	-

Profits before deductions and reliefs

225	Losses brought forward against certain investment income	-
230	Non-trade deficits on loan relationships (including interest) and derivative contracts (financial instruments) brought forward set against non-trading profits	-
235	Profits before other deductions and reliefs - <i>net sum of boxes 165 to 205 and 220 minus sum of boxes 225 and 230</i>	-

Deductions and reliefs

240	Losses on unquoted shares	-
245	Management expenses	-
250	UK property business losses for this or previous accounting period	-
255	Capital allowances for the purposes of management of the business	-
260	Non-trade deficits for this accounting period from loan relationships and derivative contacts (financial instruments)	-

Deductions and reliefs - continued

263	Carried forward non-trade deficits from loan relationships and derivative contracts (financial instruments)	-
265	Non-trading losses on intangible fixed assets	-
275	Total trading losses of this or a later accounting period	-
280	Put an 'X' in box 280 if amounts carried back from later accounting periods are included in box 275	☐
285	Trading losses carried forward and claimed against total profits	-
290	Non-trade capital allowances	-
295	Total of deductions and reliefs – <i>total of boxes 240 to 275, 285 and 290</i>	-
300	Profits before qualifying donations and group relief – <i>box 235 minus box 295</i>	-
305	Qualifying donations	-
310	Group relief	-
312	Group relief for carried forward losses	-
315	Profits chargeable to Corporation Tax – <i>box 300 minus boxes 305, 310 and 312</i>	-
320	Ring fence profits included	-
325	Northern Ireland profits included	-

Tax calculation

Enter how much profit has to be charged and at what rate

	Financial year (yyyy)		Amount of profit		Rate of tax %		Tax
330		335	-	340	-	345	-
		350	-	355		360	-
		365	-	370		375	-
380		385	-	390	-	395	-
		400	-	405		410	-
		415	-	420		425	-
Corporation Tax - <i>total of boxes 345, 360, 375, 395, 410 and 425</i>				430			-
Marginal relief for ring fence trades				435			-
Corporation Tax chargeable - <i>box 430 minus box 435</i>				440			-

Reliefs and deductions in terms of tax

445	Community Investment Relief	-
450	Double Taxation Relief	-
455	Put an 'X' in box 455 if box 450 includes an underlying Rate relief claim	☐
460	Put an 'X' in box 460 if box 450 includes any amount carried back from a later period	☐
465	Advance Corporation Tax	-
470	Total reliefs and deduction in terms of tax - <i>total of boxes 445, 450 and 465</i>	-

Coronavirus support schemes and overpayments (see CT600 guide for definitions)

471	Coronavirus Job Retention Scheme (CJRS) received	-
472	CJRS entitlement	-
473	CJRS overpayment already assessed or voluntary disclosed	-
474	Other coronavirus overpayments	-

Calculation of tax outstanding or overpaid

475	Net Corporation Tax liability – box 440 minus box 470	-
480	Tax payable on loans and arrangements to participators	-
485	Put an 'X' in box 485 if you completed box A70 in the supplementary pages CT600A	☐
490	Controlled Foreign Companies (CFC) tax payable	-
495	Bank levy payable	-
496	Bank surcharge payable	-
500	CFC tax, bank levy and bank surcharge payable – <i>total of box 490, 495 and 496</i>	-
505	Supplementary charge (ring fence trades) payable	-
510	Tax chargeable – <i>total of boxes 475, 480, 500 and 505</i>	-
515	Income Tax deducted from gross income included in profits	-
520	Income Tax repayable to the company	-
525	Self-assessment of tax payable before restitution tax and coronavirus support scheme overpayments – <i>box 510 minus box 515</i>	-

Calculation of tax outstanding or overpaid - continued

526	Coronavirus support schemes overpayment now due – <i>total of boxes 471 and 474 minus boxes 472 and 473</i>	-
527	Restitution tax	-
528	Self-assessment of tax payable – total of boxes 525, 526 and 527	-

Tax reconciliation

530	Research and Development credit	-
535	(Not currently used)	
540	Creative tax credit	-
545	Total of Research and Development credit, and creative tax credit – <i>total box 530 to 540</i>	-
550	Land remediation tax credit	-
555	Life assurance company tax credit	-
560	Total land remediation and life assurance company tax credit – <i>total box 550 and 555</i>	-
565	Capital allowances first-year tax credit	-
570	Surplus Research and Development credits or creative tax credit payable – <i>box 545 minus box 525</i>	-
575	Land remediation or life assurance company tax credit payable – <i>total of boxes 545 and 560 minus boxes 525 and 570</i>	-
580	Capital allowances first-year tax credit payable – <i>boxes 545, 560 and 565 minus boxes 525, 570 and 575</i>	-
585	Ring fence Corporation Tax included	-
586	NI Corporation Tax included	-
590	Ring fence supplementary charge included	-
595	Tax already paid (and not already repaid)	-
600	Tax outstanding – <i>box 525 minus boxes 545, 560, 565 and 595</i>	-
605	Tax overpaid including surplus or payable credits – <i>total sum of boxes 545, 560, 565 and 595 minus 525</i>	-

Tax reconciliation - continued

610	Group tax refunds surrendered to this company	-
615	Research and Development expenditure credits surrendered to this company	-

Exporter information

During the return period, did the company export goods and/or services to individuals, enterprises or organisations outside the United Kingdom (UK)?

616	Yes - goods	☐	617	Yes – services	☐	618	No – neither	☐
-----	-------------	--------------------------	-----	----------------	--------------------------	-----	--------------	--------------------------

Indicators and information

620	Franked investment income/Exempt ABGH distributions	-
625	Number of 51% group companies	-
<i>Put an 'X' in the relevant boxes, if in the period, the company:</i>		
630	should have made (whether it has or not) instalment payments as a large company under the Corporation Tax (Instalment Payments) Regulations	☐
631	should have made (whether it has or not) instalment payments as a very large company under the Corporation Tax (Instalment Payments) Regulations	☐
635	is within a group payments arrangement for the period	☐
640	has written down or sold intangible assets	☐
645	has made cross-border royalty payments	☐
647	Eat Out to Help Out Scheme: reimbursed discounts included as taxable income	-

Information about enhanced expenditure

Research and Development (R&D) or creative enhanced expenditure

650	Put an 'X' in box 650 if the claim is made by a small or medium-sized enterprise (SME), including a SME subcontractor to a large company	☐
655	Put an 'X' in box 655 if the claim is made by a large company	☐
660	R&D enhanced expenditure	-
665	Creative enhanced expenditure	-
670	R&D and creative enhanced expenditure - total box 660 and 665	-
675	R&D enhanced expenditure of an SME on work sub contracted to it by a large company	-
680	Vaccine research expenditure	-

Land remediation enhanced expenditure

685	Enter the total enhanced expenditure	-
-----	--------------------------------------	--------------------------------

Information about capital allowances and balancing charges

Allowances and charges in calculation of trading profits and losses

	Capital allowances		Balancing charges
Annual investment allowance	690 -		
Machinery and plant - super-deduction	691 -	692	-
Machinery and plant - special rate allowance	693 -	694	-
Machinery and plant - special rate pool	695 -	700	-
Machinery and plant - main pool	705 -	710	-
Structures and buildings	711 -		
Business premises renovation	715 -	720	-
Other allowances and charges	725 -	730	-
	Capital allowances		Disposal value
Electric charge-points	713 -	714	-
Enterprise zones	721 -	722	-
Zero emissions goods vehicles	723 -	724	-
Zero emissions cars	726 -	727	-

Allowances and charges not included in calculation of trading profits and losses

	Capital allowances		Balancing charges
Annual investment allowance	735 -		
Structures and buildings	736 -		
Business premises renovation	740 -	745	-
Machinery and plant - super-deduction	741 -	742	-
Machinery and plant - special rate allowance	743 -	744	-
Other allowances and charges	750 -	755	-
	Capital allowances		Disposal value
Electric charge-points	737 -	738	-
Enterprise zones	746 -	747	-
Zero emissions goods vehicles	748 -	749	-
Zero emissions cars	751 -	752	-

Qualifying expenditure

760	Machinery and plant on which first year allowance is claimed	-
765	Designated environmentally friendly machinery and plant	-
770	Machinery and plant on long-life assets and integral features	-
771	Structures and buildings	-
772	Machinery and plant - super-deduction	-
773	Machinery and plant - special rate allowance	-
775	Other machinery and plant	-

Losses, deficits and excess amounts

Amount arising

	Amount	Maximum available for surrender as group relief
Losses of trades carried on wholly or partly in the UK	780 -	785 -
Losses of trades carried on wholly outside the UK	790 -	
Non-trading deficits on loan relationships and derivative contracts	795 -	800 -
UK property business losses	805 -	810 -
Overseas property business losses	815 -	
Losses from miscellaneous transactions	820 -	
Capital losses	825 -	
Non-trading losses on intangible fixed assets	830 -	835 -

Excess amounts

	Amount	Maximum available for surrender as group relief
Non-trading capital allowances		840 -
Qualifying donations		845 -
Management expenses	850 -	855 -

Northern Ireland information

856	Amount of group relief claimed which relates to NI trading losses used against rest of UK/mainstream profits	-
857	Amount of group relief claimed which relates to NI trading losses used against NI trading profits	-
858	Amount of group relief claimed which relates to rest of UK/mainstream losses used against NI trading profits	-

Overpayments and repayments

Small repayments

860	Do not repay sums of - or less.
Read the overpayments and repayments section of the Company Tax Return Guide for specific guidance on when and how to make an entry in this box.	

Repayments for the period covered by this return

865	Repayment of Corporation Tax	-
870	Repayment of Income Tax	-
875	Payable Research and Development tax credit	-
880	Payable Research and Development expenditure credit	-
885	Payable creative tax credit	-
890	Payable land remediation or life assurance company tax credit	-
895	Payable capital allowances first-year tax credit	-

Surrender of tax refund within group

Including surrenders under the Instalment Payments Regulations.	
900	The following amount is to be surrendered -
Put an 'X' in the appropriate box(es) below	
the joint Notice is attached	905 ☐
or	
will follow	910 ☐
915	Please stop repayment of the following amount until we send you the Notice -

920	Name of bank or building society	
925	Branch sort code	
930	Account number	
935	Name of account	
940	Building society reference	

[illegible]

Declaration
I declare that the information I have given on this Company Tax Return and any supplementary pages is correct and complete to the best of my knowledge and belief.

I understand that giving false information in the return, or concealing any part of the company's profits or tax payable, can lead to both the company and me being prosecuted.

975	Name	Helen Carter
980	Date DD/MM/YYYY	30/10/2022
985	Status	Director

Company Tax Return – supplementary page

**HM Revenue
& Customs**

Charities and Community Amateur Sports Clubs (CASCs)
CT600E (2015) Version 3 for accounting periods starting on or after 1 April 2015

Guidance

Guidance about when and how to complete this supplementary page can be found in the CT600 Guide.

For further information read *What supplementary pages do I need to complete and include as part of the Company Tax Return?* to find out what supplementary pages you need to complete.

Also, read the *Important points about all supplementary pages and CT600E – Charities and Community Amateur Sports Clubs (CASCs)* for further guidance about completing this supplementary page.

Company information

E1	Company name	Loughborough Wellbeing Centre CIO
E2	Tax reference	1673400102
Period covered by this supplementary page (cannot exceed 12 months)		
E3	from DD/MM/YYYY	07/11/2020
E4	to DD/MM/YYYY	06/11/2021

Claims to exemption (this section should be completed in all cases)

Charity/CASC repayment reference	E5	
Charity Commission registration number, or Scottish Charity number (if applicable)	E10	1192208
Put an 'X' in the relevant box if during the period covered by these supplementary pages:		
The company was a charity/CASC and is claiming exemption from all tax on all or part of its income and gains (Also put an 'X' in box E15 if the company was a charity/CASC but had no income or gains in the period)	E15	X
All income and gains are exempt from tax and have been, will be, applied for charitable or qualifying purposes only	E20	X
Some of the income and gains may not be exempt or have not been applied for charitable or qualifying purposes only, and I have completed form CT600	E25	
I claim exemption from tax		
Name	E30	Helen Carter
Status	E35	Director
Date DD/MM/YYYY	E40	30/10/2022

Repayments

To make a repayment claim for the period covered by these supplementary pages, please register and enrol to use the Charities Online service. See CT600 guide for further information.

Put an 'X' in the box if during the period covered by these supplementary pages you have over claimed tax

E45

Information required

Enter details of any income received from the following sources, claimed as exempt from tax in the hands of the charity/CASC. Enter the figure included in the charity's/CASC'S accounts for the period covered by this return.

Non-exempt amounts should be entered on the form CT600 in the appropriate boxes.

Type of income	Amount
Enter total turnover from exempt charitable trading activities	E50
Investment income - exclude any amounts included on form CT600	E55 -
UK land and building - exclude any amounts included on form CT600	E60 -
Gift Aid - exclude any amounts included on form CT600	E65 -
From other charities - exclude any amounts included on form CT600	E70 -
Gifts of shares or securities received	E75 -
Gifts of real property received	E80 -
Other sources (not included above)	E85 -
Total of boxes E50 to E85	E90 -

Enter details of expenditure as shown in the charity's/CASC's accounts for the period covered by these supplementary pages

Type of expenditure	Amount
Trading costs in relation to exempt charitable activities (in box E50)	E95
UK land and buildings costs in relation to exempt charitable activities (in box E60)	E100 -
All general administration/governance costs	E105 -
All grants and donations made within the UK	E110 -
All grants and donations made outside the UK	E115 -
Other expenditure not included above, or not used in calculating figures entered on the form CT600	E120 -
Total of boxes E95 to E120	E125 -

Information required

Charity/CASC assets

	Disposals in period (total consideration received)	Held at the end of the period (use accounts figures)
Tangible fixed assets	E130 -	E135 2,023
UK investments (excluding controlled companies)	E140 -	E145 -
Shares in, and loans to, controlled companies	E150 -	E155 -
Overseas investments	E160 -	E165 -
Loans and non-trade debtors		E170 -
Other current assets		E175 -
Qualifying investments and loans <i>Applies to charities only. See CT600 guide</i>		E180
Value of any non-qualifying investments and loans <i>Applies to charities only. See CT600 guide</i>		E185 -
Number of subsidiary or associated companies the charity controls at the end of the period. Exclude companies that were dormant throughout the period		E190 1

HM Revenue & Customs

Company Tax Return

CT600 (2022) Version 3

for accounting periods starting on or after 1 April 2015

Your Company Tax Return

If we send the company a 'Notice' to deliver a Company Tax Return it has to comply by the filing date or we charge a penalty, even if there is no tax to pay.

A return includes a Company Tax Return form, any supplementary pages, accounts, computations and any relevant information. The CT600 Guide tells you how the return must be formatted and delivered. It contains general information you may need to deliver your return, links to more detailed advice and box-by-box guidance for this form and the supplementary pages.

The forms in the CT600 series set out the information we need and provide a standard format for calculations.

Company information

1	Company name	Loughborough Wellbeing Centre CIO
2	Company registration number	CE023254
3	Tax reference	1673400102
4	Type of company	8

Northern Ireland

Put an 'X' in the appropriate box(es) below					
5	NI trading activity	☐	6	SME	☐
7	NI employer	☐	8	Special circumstances	☐

About this return

This is the tax return for the company named above, for the period below			
30	from DD/MM/YYYY	35	to DD/MM/YYYY
	07/11/2021		31/12/2021
Put an 'X' in the appropriate box(es) below			
40	A repayment is due for this return period		☐
45	Claim or relief affecting an earlier period		☐
50	Making more than one return for this company now		☐
55	This return contains estimated figures		☐
60	Company part of a group that is not small		☐
65	Notice of disclosable avoidance schemes		☐
	Transfer Pricing		☐
70	Compensating adjustment claimed		☐
75	Company qualifies for SME exemption		☐

About this return - continued

	Accounts and computations	
80	I attach accounts and computations for the period to which this return relates	☒
85	I attach accounts and computations for a different period	☐
90	If you are not attaching the accounts and computations, explain why	
	PDF accounts attached with explanation	
	Supplementary pages enclosed	
95	Loans and arrangements to participators by close companies - <i>form CT600A</i>	☐
100	Controlled foreign companies and foreign permanent establishment exemptions - <i>form CT600B</i>	☐
105	Group and consortium - <i>form CT600C</i>	☐
110	Insurance - <i>form CT600D</i>	☐
115	Charities and Community Amateur Sports Clubs (CASCs) - <i>form CT600E</i>	☒
120	Tonnage Tax - <i>form CT600F</i>	☐
125	Northern Ireland - <i>form CT600G</i>	☐
130	Cross-border Royalties - <i>form CT600H</i>	☐
135	Supplementary charge in respect of ring fence trades - <i>form CT600I</i>	☐
140	Disclosure of Tax Avoidance Schemes - <i>form CT600J</i>	☐
141	Restitution Tax - <i>form CT600K</i>	☐
142	Research and Development - <i>form CT600L</i>	☐
143	Freeports – <i>form CT600M</i>	☐

Tax calculation

Turnover

145	Total turnover from trade		-
150	Banks, building societies, insurance companies and other financial concerns – put an 'X' in this box if you do not have a recognised turnover and have not made an entry in box 145	☐	

Income

155	Trading profits		-
160	Trading losses brought forward set against trading profits		-
165	Net trading profits – box 155 minus box 160		-
170	Bank, building society or other interest, and profits from non-trading loan relationships		-
172	Put an 'X' in box 172 if the figure in box 170 is net of carrying back a deficit from a later accounting period	☐	

Income - continued

175	Annual payments not otherwise charged to Corporation Tax and from which Income Tax has not been deducted	-
180	Non-exempt dividends or distributions from non-UK resident companies	-
185	Income from which Income Tax has been deducted	-
190	Income from a property business	-
195	Non-trading gains on intangible fixed assets	-
200	Tonnage Tax profits	-
205	Income not falling under any other heading	-

Chargeable gains

210	Gross chargeable gains	-
215	Allowable losses including losses brought forward	-
220	Net chargeable gains - <i>box 210 minus box 215</i>	-

Profits before deductions and reliefs

225	Losses brought forward against certain investment income	-
230	Non-trade deficits on loan relationships (including interest) and derivative contracts (financial instruments) brought forward set against non-trading profits	-
235	Profits before other deductions and reliefs - <i>net sum of boxes 165 to 205 and 220 minus sum of boxes 225 and 230</i>	-

Deductions and reliefs

240	Losses on unquoted shares	-
245	Management expenses	-
250	UK property business losses for this or previous accounting period	-
255	Capital allowances for the purposes of management of the business	-
260	Non-trade deficits for this accounting period from loan relationships and derivative contacts (financial instruments)	-

Deductions and reliefs - continued

263	Carried forward non-trade deficits from loan relationships and derivative contracts (financial instruments)	-
265	Non-trading losses on intangible fixed assets	-
275	Total trading losses of this or a later accounting period	-
280	Put an 'X' in box 280 if amounts carried back from later accounting periods are included in box 275	☐
285	Trading losses carried forward and claimed against total profits	-
290	Non-trade capital allowances	-
295	Total of deductions and reliefs – <i>total of boxes 240 to 275, 285 and 290</i>	-
300	Profits before qualifying donations and group relief – <i>box 235 minus box 295</i>	-
305	Qualifying donations	-
310	Group relief	-
312	Group relief for carried forward losses	-
315	Profits chargeable to Corporation Tax – <i>box 300 minus boxes 305, 310 and 312</i>	-
320	Ring fence profits included	-
325	Northern Ireland profits included	-

Tax calculation

Enter how much profit has to be charged and at what rate

	Financial year (yyyy)		Amount of profit		Rate of tax %		Tax
330		335	-	340	-	345	-
		350	-	355		360	-
		365	-	370		375	-
380		385	-	390	-	395	-
		400	-	405		410	-
		415	-	420		425	-
Corporation Tax - <i>total of boxes 345, 360, 375, 395, 410 and 425</i>				430			-
Marginal relief for ring fence trades				435			-
Corporation Tax chargeable - <i>box 430 minus box 435</i>				440			-

Reliefs and deductions in terms of tax

445	Community Investment Relief	-
450	Double Taxation Relief	-
455	Put an 'X' in box 455 if box 450 includes an underlying Rate relief claim	☐
460	Put an 'X' in box 460 if box 450 includes any amount carried back from a later period	☐
465	Advance Corporation Tax	-
470	Total reliefs and deduction in terms of tax - <i>total of boxes 445, 450 and 465</i>	-

Coronavirus support schemes and overpayments (see CT600 guide for definitions)

471	Coronavirus Job Retention Scheme (CJRS) received	-
472	CJRS entitlement	-
473	CJRS overpayment already assessed or voluntary disclosed	-
474	Other coronavirus overpayments	-

Calculation of tax outstanding or overpaid

475	Net Corporation Tax liability – box 440 minus box 470	-
480	Tax payable on loans and arrangements to participators	-
485	Put an 'X' in box 485 if you completed box A70 in the supplementary pages CT600A	☐
490	Controlled Foreign Companies (CFC) tax payable	-
495	Bank levy payable	-
496	Bank surcharge payable	-
500	CFC tax, bank levy and bank surcharge payable – <i>total of box 490, 495 and 496</i>	-
505	Supplementary charge (ring fence trades) payable	-
510	Tax chargeable – <i>total of boxes 475, 480, 500 and 505</i>	-
515	Income Tax deducted from gross income included in profits	-
520	Income Tax repayable to the company	-
525	Self-assessment of tax payable before restitution tax and coronavirus support scheme overpayments – <i>box 510 minus box 515</i>	-

Calculation of tax outstanding or overpaid - continued

526	Coronavirus support schemes overpayment now due – <i>total of boxes 471 and 474 minus boxes 472 and 473</i>	-
527	Restitution tax	-
528	Self-assessment of tax payable – total of boxes 525, 526 and 527	-

Tax reconciliation

530	Research and Development credit	-
535	(Not currently used)	
540	Creative tax credit	-
545	Total of Research and Development credit, and creative tax credit – <i>total box 530 to 540</i>	-
550	Land remediation tax credit	-
555	Life assurance company tax credit	-
560	Total land remediation and life assurance company tax credit – <i>total box 550 and 555</i>	-
565	Capital allowances first-year tax credit	-
570	Surplus Research and Development credits or creative tax credit payable – <i>box 545 minus box 525</i>	-
575	Land remediation or life assurance company tax credit payable – <i>total of boxes 545 and 560 minus boxes 525 and 570</i>	-
580	Capital allowances first-year tax credit payable – <i>boxes 545, 560 and 565 minus boxes 525, 570 and 575</i>	-
585	Ring fence Corporation Tax included	-
586	NI Corporation Tax included	-
590	Ring fence supplementary charge included	-
595	Tax already paid (and not already repaid)	-
600	Tax outstanding – <i>box 525 minus boxes 545, 560, 565 and 595</i>	-
605	Tax overpaid including surplus or payable credits – <i>total sum of boxes 545, 560, 565 and 595 minus 525</i>	-

Tax reconciliation - continued

610	Group tax refunds surrendered to this company	-
615	Research and Development expenditure credits surrendered to this company	-

Exporter information

During the return period, did the company export goods and/or services to individuals, enterprises or organisations outside the United Kingdom (UK)?

616	Yes - goods	☐	617	Yes – services	☐	618	No – neither	☐
-----	-------------	--------------------------	-----	----------------	--------------------------	-----	--------------	--------------------------

Indicators and information

620	Franked investment income/Exempt ABGH distributions	-
625	Number of 51% group companies	-
<i>Put an 'X' in the relevant boxes, if in the period, the company:</i>		
630	should have made (whether it has or not) instalment payments as a large company under the Corporation Tax (Instalment Payments) Regulations	☐
631	should have made (whether it has or not) instalment payments as a very large company under the Corporation Tax (Instalment Payments) Regulations	☐
635	is within a group payments arrangement for the period	☐
640	has written down or sold intangible assets	☐
645	has made cross-border royalty payments	☐
647	Eat Out to Help Out Scheme: reimbursed discounts included as taxable income	-

Information about enhanced expenditure

Research and Development (R&D) or creative enhanced expenditure

650	Put an 'X' in box 650 if the claim is made by a small or medium-sized enterprise (SME), including a SME subcontractor to a large company	☐
655	Put an 'X' in box 655 if the claim is made by a large company	☐
660	R&D enhanced expenditure	-
665	Creative enhanced expenditure	-
670	R&D and creative enhanced expenditure - total box 660 and 665	-
675	R&D enhanced expenditure of an SME on work sub contracted to it by a large company	-
680	Vaccine research expenditure	-

Land remediation enhanced expenditure

685	Enter the total enhanced expenditure	-
-----	--------------------------------------	--------------------------------

Information about capital allowances and balancing charges

Allowances and charges in calculation of trading profits and losses

	Capital allowances	Balancing charges
Annual investment allowance	690 -	
Machinery and plant - super-deduction	691 -	692 -
Machinery and plant - special rate allowance	693 -	694 -
Machinery and plant - special rate pool	695 -	700 -
Machinery and plant - main pool	705 -	710 -
Structures and buildings	711 -	
Business premises renovation	715 -	720 -
Other allowances and charges	725 -	730 -
	Capital allowances	Disposal value
Electric charge-points	713 -	714 -
Enterprise zones	721 -	722 -
Zero emissions goods vehicles	723 -	724 -
Zero emissions cars	726 -	727 -

Allowances and charges not included in calculation of trading profits and losses

	Capital allowances	Balancing charges
Annual investment allowance	735 -	
Structures and buildings	736 -	
Business premises renovation	740 -	745 -
Machinery and plant - super-deduction	741 -	742 -
Machinery and plant - special rate allowance	743 -	744 -
Other allowances and charges	750 -	755 -
	Capital allowances	Disposal value
Electric charge-points	737 -	738 -
Enterprise zones	746 -	747 -
Zero emissions goods vehicles	748 -	749 -
Zero emissions cars	751 -	752 -

Qualifying expenditure

760	Machinery and plant on which first year allowance is claimed	-
765	Designated environmentally friendly machinery and plant	-
770	Machinery and plant on long-life assets and integral features	-
771	Structures and buildings	-
772	Machinery and plant - super-deduction	-
773	Machinery and plant - special rate allowance	-
775	Other machinery and plant	-

Losses, deficits and excess amounts

Amount arising

	Amount	Maximum available for surrender as group relief
Losses of trades carried on wholly or partly in the UK	780 -	785 -
Losses of trades carried on wholly outside the UK	790 -	
Non-trading deficits on loan relationships and derivative contracts	795 -	800 -
UK property business losses	805 -	810 -
Overseas property business losses	815 -	
Losses from miscellaneous transactions	820 -	
Capital losses	825 -	
Non-trading losses on intangible fixed assets	830 -	835 -

Excess amounts

	Amount	Maximum available for surrender as group relief
Non-trading capital allowances		840 -
Qualifying donations		845 -
Management expenses	850 -	855 -

Northern Ireland information

856	Amount of group relief claimed which relates to NI trading losses used against rest of UK/mainstream profits	-
857	Amount of group relief claimed which relates to NI trading losses used against NI trading profits	-
858	Amount of group relief claimed which relates to rest of UK/mainstream losses used against NI trading profits	-

Overpayments and repayments

Small repayments

860	Do not repay sums of - or less.
-----	--

Read the overpayments and repayments section of the Company Tax Return Guide for specific guidance on when and how to make an entry in this box.

Repayments for the period covered by this return

865	Repayment of Corporation Tax	-
870	Repayment of Income Tax	-
875	Payable Research and Development tax credit	-
880	Payable Research and Development expenditure credit	-
885	Payable creative tax credit	-
890	Payable land remediation or life assurance company tax credit	-
895	Payable capital allowances first-year tax credit	-

Surrender of tax refund within group

Including surrenders under the Instalment Payments Regulations.

900	The following amount is to be surrendered	-
-----	---	--------------------------------

Put an 'X' in the appropriate box(es) below

the joint Notice is attached	905	☐
or		
will follow	910	☐

915	Please stop repayment of the following amount until we send you the Notice	-
-----	--	--------------------------------

920	Name of bank or building society	
925	Branch sort code	
930	Account number	
935	Name of account	
940	Building society reference	

945	Complete the authority below if you want the repayment to be made to a person other than the company I, as (enter status - company secretary, treasurer, liquidator or authorised agent, etc.)
950	of (enter company name)
955	authorise (enter name)
960	of address (enter address)
	Postcode
965	Nominee reference
	to receive payment on company's behalf
970	Name

Declaration
I declare that the information I have given on this Company Tax Return and any supplementary pages is correct and complete to the best of my knowledge and belief.

I understand that giving false information in the return, or concealing any part of the company's profits or tax payable, can lead to both the company and me being prosecuted.

975	Name	Helen Carter
980	Date DD/MM/YYYY	30/10/2022
985	Status	Director

Company Tax Return – supplementary page

**HM Revenue
& Customs**

Charities and Community Amateur Sports Clubs (CASCs)
CT600E (2015) Version 3 for accounting periods starting on or after 1 April 2015

Guidance

Guidance about when and how to complete this supplementary page can be found in the CT600 Guide.

For further information read *What supplementary pages do I need to complete and include as part of the Company Tax Return?* to find out what supplementary pages you need to complete.

Also, read the *Important points about all supplementary pages and CT600E – Charities and Community Amateur Sports Clubs (CASCs)* for further guidance about completing this supplementary page.

Company information

E1	Company name	Loughborough Wellbeing Centre CIO
E2	Tax reference	1673400102
Period covered by this supplementary page (cannot exceed 12 months)		
E3	from DD/MM/YYYY	07/11/2021
E4	to DD/MM/YYYY	31/12/2021

Claims to exemption (this section should be completed in all cases)

Charity/CASC repayment reference	E5	
Charity Commission registration number, or Scottish Charity number (if applicable)	E10	1192208
Put an 'X' in the relevant box if during the period covered by these supplementary pages:		
The company was a charity/CASC and is claiming exemption from all tax on all or part of its income and gains (Also put an 'X' in box E15 if the company was a charity/CASC but had no income or gains in the period)	E15	X
All income and gains are exempt from tax and have been, will be, applied for charitable or qualifying purposes only	E20	X
Some of the income and gains may not be exempt or have not been applied for charitable or qualifying purposes only, and I have completed form CT600	E25	
I claim exemption from tax		
Name	E30	Helen Carter
Status	E35	Director
Date DD/MM/YYYY	E40	30/10/2022

Repayments

To make a repayment claim for the period covered by these supplementary pages, please register and enrol to use the Charities Online service. See CT600 guide for further information.

Put an 'X' in the box if during the period covered by these supplementary pages you have over claimed tax

E45

Information required

Enter details of any income received from the following sources, claimed as exempt from tax in the hands of the charity/CASC. Enter the figure included in the charity's/CASC'S accounts for the period covered by this return.

Non-exempt amounts should be entered on the form CT600 in the appropriate boxes.

Type of income	Amount
Enter total turnover from exempt charitable trading activities	E50
Investment income - exclude any amounts included on form CT600	E55 -
UK land and building - exclude any amounts included on form CT600	E60 -
Gift Aid - exclude any amounts included on form CT600	E65 -
From other charities - exclude any amounts included on form CT600	E70 -
Gifts of shares or securities received	E75 -
Gifts of real property received	E80 -
Other sources (not included above)	E85 -
Total of boxes E50 to E85	E90 -

Enter details of expenditure as shown in the charity's/CASC's accounts for the period covered by these supplementary pages

Type of expenditure	Amount
Trading costs in relation to exempt charitable activities (in box E50)	E95
UK land and buildings costs in relation to exempt charitable activities (in box E60)	E100 -
All general administration/governance costs	E105 -
All grants and donations made within the UK	E110 -
All grants and donations made outside the UK	E115 -
Other expenditure not included above, or not used in calculating figures entered on the form CT600	E120 -
Total of boxes E95 to E120	E125 -

Information required

Charity/CASC assets

	Disposals in period (total consideration received)	Held at the end of the period (use accounts figures)
Tangible fixed assets	E130 -	E135 1,868
UK investments (excluding controlled companies)	E140 -	E145 -
Shares in, and loans to, controlled companies	E150 -	E155 -
Overseas investments	E160 -	E165 -
Loans and non-trade debtors		E170 -
Other current assets		E175 -
Qualifying investments and loans <i>Applies to charities only. See CT600 guide</i>		E180
Value of any non-qualifying investments and loans <i>Applies to charities only. See CT600 guide</i>		E185 -
Number of subsidiary or associated companies the charity controls at the end of the period. Exclude companies that were dormant throughout the period		E190 -