

# CIC 34

## Community Interest Company Report

**For official use**  
*(Please leave blank)*

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*Please  
complete in  
typescript, or  
in bold black  
capitals.*

**Company Name in full**

MHScot Workplace Wellbeing CIC
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**Company Number**

SC440192
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**Year Ending**

2017- 2018
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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)**

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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.

MHScot Workplace Wellbeing CIC is a disability led Social Enterprise, based in Edinburgh, which supports the emotional wellbeing of Scotland's workforce and volunteers by offering mental health courses, workshops, awareness raising sessions, focus groups, 1-to-1 support and more that is going to help you to improve and create a positive, empowering and resilient workplace environment. Healthy working environments also create and maintain healthy home environments in which everyone can thrive.

During 2017-2018 financial year workplaces and communities have benefited in the following ways.

- A 1-day Mental Health Awareness course was delivered to Juno Perinatal Mental Health Support which is a group of mums in Edinburgh who all have personal experience of perinatal mental health difficulties. They had some new volunteers and wanted to equip them with the skills for spotting signs and symptoms of poor mental health.
- We delivered 2 full day courses on Suicide and Self-Harm to Venture Scotland who run outdoor-based personal development programmes for young people aged 16-30, who face complex and difficult problems. A lot of the young people they support are in crisis and they wanted to increase their own knowledge, while also appreciating that their own mental health can be impacted by the challenges that the young people face.
- 14 Mental Health First Aid two-day training courses have been delivered to recognise in others the symptoms of stress and poor mental wellbeing. 11 were public open courses and 3 were in-house; The ALLIANCE, Aegon and National Trust for Scotland. This enabled participants to feel confident and knowledgeable about being the first point of contact in a mental health crisis. It's also helped improve people's knowledge of different mental health conditions, stigma and recovery. 161 participants were trained. 41% of attendees were from the voluntary sector, 17% public and 29% from the private sector. Individuals made up the rest.
- We attended a Workplace Wellbeing Holyrood Event & Workshop in Edinburgh where we gave a presentation and took part in a Q&A session speaking to an audience of around 45 and attended 'Next Steps for Social Enterprise Holyrood Briefing Case Study' where we spoke to around 20 people about our social mission as a Social Enterprise and the sector.

*(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.

The stakeholders for MHScot Workplace Wellbeing CIC include those engaged with health and wellbeing services in the workplace, HR managers, budget decision makers and those affected by mental health difficulties in the workplace, including stress and physical conditions. We work in all sectors, including Third, Public and Private to influence changes in practice, procedures and processes.

We have an on-going survey that’s promoted via social media to gauge what the top 3 issues are in the workplace in relation to poor mental wellbeing. We are using this to fine tune our services and understand our approach and who it might work best with.

*(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 number of emoluments paid to or receivable by directors in respect of qualifying services was £9,804.

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

*Office held (delete as appropriate) 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: 0774 981 7473	
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)**