

# 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**

2019-2020
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**Please ensure the company name is consistent with the company name entered on the accounts.**

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 small disability-led Social Enterprise, based in Edinburgh, which supports the mental health and wellbeing of all Scotland's workforce in the private, public and third sector.

Our main focus is on education, mental health literacy and culture, delivering courses, workshops, awareness raising sessions, focus groups and more; helping workplaces 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 2019-2020 financial year workplaces and communities have benefited in the following ways.

- 44 Mental Health First Aid two-day training courses have been delivered to recognise in others the symptoms of stress and poor mental wellbeing. 14 were public open courses and 30 were in-house. 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. 510 participants were trained. 26% of attendees were from the voluntary sector, 10% public and 57% from the private sector. Individuals made up the rest.
- 2 Mental Health First Aid for Young People courses were run with Fettes School, supporting staff to recognise and look out for symptoms of poor mental health in the 11 to 17-year age group. We now run these twice a year at Fettes and 12 participants attend each course.
- 1 Mental Health First Aid for Young People course was run with Royal Hospital for Children (Glasgow) and 12 participants attended.
- Other workshops and course have increased throughout the year as we develop long term relationships with clients and embed mental health and wellbeing improvements in the workplaces, these have included
  - A 1-day Mental Health First Aid Refresher
  - 4 x Mental Health Awareness Workshops
  - 8 x Resilience Workshops
  - 4 x Bespoke, tailored Workshops
  - 3 x 1-day Managers Training
  - One Emotional Culture Workshop
- We have continued to attend and be invited to conferences and events to speak or provide a presentation or workshop. We have undertaken throughout the year
  - A Future of Work Event
  - Managing Mental Health in the Workplace Conference
  - Looking after Teachers Wellbeing Conferences
  - 2 x Presentations
- To celebrate our achievements since we began and raise our profile and communicate the importance of our mission, we held an event at the Scottish Parliament which was attended by approximately 50 attendees and these included some MSP's and three speakers.

*(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.

Our feedback forms include ideas for new or revised courses/workshops that we could be offering, as well as suggested areas for improvement. As an agile organisation, we continue to make improvements and create innovative services.

*(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 two directors in respect of qualifying services was £35,395.

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/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.

Tel	
DX Number	DX Exchange

**When you have completed and signed the form, please attach it to the accounts and send both forms by post to the Registrar of Companies at:**

*For companies registered in England and Wales:* Companies House, Crown Way, Cardiff, CF14 3UZ  
DX 33050 Cardiff

*For companies registered in Scotland:* Companies House, 4<sup>th</sup> Floor, Edinburgh Quay 2, 139  
Fountainbridge, Edinburgh, EH3 9FF DX 235 Edinburgh or LP – 4 Edinburgh 2

*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)**