

CIC 34

Community Interest Company Report

For official use
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*Please
complete in
typescript, or
in bold black
capitals.*

**Company Name in
full**

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Company Number

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Year Ending

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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.

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 fair and accurate description of how they have benefited the community, or section of the community, which the company is intended to serve.

Umbrella Yoga is an organisation devoted to improving the health and wellbeing of people with additional mental and physical needs through provision of specialised yoga sessions. We operate within Kirklees, West Yorkshire. Over the course of the last twelve months we have grown as a company and developed as a service in multiple ways.

SERVICE DELIVERY & IMPACT: From 1st April 2023 to 31st March 2024, we delivered a total of 1120 group yoga sessions. Each targeted one of our core participant areas: community yoga, including refugees and migrants, parents and carers, women-only groups and faith groups (493 sessions); adults with learning disabilities (416); older adults including people with dementia (117); trauma survivors, including sexual abuse survivors and brain injury survivors (83) and Staff Wellbeing sessions (11). Over 3300 unique individuals from Kirklees participated in our classes.

We have worked in partnership with over 30 organisations during the last 12 months. By collaborating with other service providers in Kirklees we are able to reach more people that will benefit from our service, and we are able to develop our skills and knowledge base in relation to each of the participant groups we support.

Evaluation: We have developed our evaluation and feedback processes. We have introduced standardised surveys for some of our groups (where language and communication skills are sufficient) and have used verbal communication to get feedback from other participants. We asked our community yoga sessions a series of questions to find out whether the yoga sessions helped them with stress, low mood, self-care, confidence, physical health, and reducing isolation. They rated perceived impact on a scale of 1 (worst) to 10 (best). The average score was over 8.5 on all measures. Written feedback was also very positive:

"I feel much better, much more confident. I have parkinsons and I have noticed my coordination and fine motor skills have improved."

"I really enjoyed this class and sad it's come to an end. It really helped with my stress and anxiety and my physical wellbeing. It's the only time I got for myself."

"Yoga has been a fantastic outlet for me to get out of the house, move my body, relax my mind and feel physically and emotionally better and more connected. Thank you so much."

"I love this class. I've a stressful job role so this is good for my mind and body and being social. I couldn't attend several sessions due to my mum having cancer and passing on late last year but I've come back and it's like I've never left. A little family."

This year we trialled some novel feedback approaches through collaboration with a photographer. The photographer represented another social enterprise that aims to use photography for social change. He was able to capture images of some of our nonverbal and learning disabled participants practising yoga, then we used the images to facilitate communication about their experiences. They shared what the yoga meant to them - with key themes emerging as 'movement', 'together' and 'calm'.

GRANT FUNDING: Since April 2023 we have been awarded 33 grants. 13 of our applications were rejected (meaning a 72% success rate). We've had success with several local funding bodies - including Third Sector Leaders Kirklees, One Community, Creative Minds, Kirklees Council Local Ward Funding and Yorkshire Sport. We've also branched out to national funding bodies to increase

the breadth of our reach and support, with success coming from National Lottery, Sport England, Barnardos, UnLtd and Barchester Community Fund.

ADDITIONAL FUNDING: The majority of our income continues to be from grant funding. We are working on strengthening other sources of funding in an effort to remain sustainable and cover our growing core costs.

- We continue to offer '**Staff Wellbeing**' yoga to companies so that they can take care of staff wellbeing needs as well as meet ESG targets. We have invested time into establishing procedures and pay structures for these in order to streamline the process.
- We have secured two Corporate Donations and hope to build on this in the future.
- We accept **donations** for classes from some of our community members (individuals and partner organisations).
- We continue to actively **fundraise** and have led several successful events (e.g., sound baths, sunrise yoga & breakfast, Ashtanga beats sessions) as well as receiving sponsorship for events (e.g., a marathon by one of our staff).

Planning for the next financial year:

- We are in the process of developing a **Specialised Yoga Teacher Training course**, which will share our unique practical expertise in delivering yoga sessions to those with learning disabilities, dementia and trauma survivors, as well as up-to-date evidence-based theory. We will run the first course in January 2025.
- We have laid the foundations for a '**digital content subscription**' for our service users and clients. We will open this up from July 2024.

PARTNERS: We have maintained numerous effective partnerships over the last 12 months, as well as collaborating with some other excellent groups. Our partnership network now includes: Waves Day Centre, Highfields Day Centre, Womens Centre, Support to Recovery, Pennine Domestic Abuse Network, Kirklees Rape and Sexual Abuse Centre, Mencap in Kirklees, Age UK Calderdale & Kirklees, Ability Options, Young Onset Dementia network, Afghan Ladies Group, Ambitions 4 Kirklees, Step-Up Day Centre, The Kirkwood and Shabang Inclusive Learning. We have collaborations in place with numerous Community Centres in Kirklees - including the Trinity Centre (Batley), Cowersley Community Centre, Ravensthorpe Community Centre and Holmfirth Centre. These collaborations enable the centres to remain active hubs in the community, with our room hire fees supporting their running costs and our accessible sessions enabling the centres to provide a range of activities.

PEOPLE: Our board of directors has undergone minor changes: Catherine Eleanor Firth (Founding Director) remains in position as CEO and Anna Riddell-Roberts continues to Chair the board. Pollyanna Steiner and Rachel Gosling remain in post as Exec Directors. Carole Roberts is our only non-exec Director. Gabriella Brooke retired from the board after 3 years of service. She has not been replaced.

Our team of yoga session leaders remains strong, with three new appointments in the last 12 months, taking us to a total of 11. One of our teachers (Helen White) also manages our accounts and Alida Gulamhussein is our Community Yoga Co-ordinator. We now have a part-time administrator in post - Catherine Addy.

RESEARCH: It is important for our work to be evidence-based. We always collect feedback to evaluate our service so that we can understand our impact and develop as necessary, an example of

which is the creation of the yoga prompt cards. We are also collaborating with research groups to facilitate understanding the efficacy and impact of yoga with specific additional needs groups.

- Yoga for Learning Disabilities - we are a key partner in a developing collaboration between the University of Huddersfield and Mencap In Kirklees. We are applying for funding from the Innovation Centre at the University to conduct a research project on the impact of yoga for adults with Learning disabilities.

OTHER ACHIEVEMENTS & DEVELOPMENTS:

- Redeveloped our website, increasing functionality and improving user experience, and improved our social media presence significantly.

- Secured a 'core costs' grant (with UnLtd) which also provides business, HR and finance management support.

- Developed our Volunteer Program - we now have 6 official volunteers.

- Reviewed all our policies.

- Invited to present at the Third Sector Leaders Kirklees AGM - which was themed 'Thriving in Difficult Times'.

- Established pay structure for staff wellbeing yoga sessions and secured our first long-term contract.

(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 are the beneficiaries of the yoga sessions, as well as our partner organisations who we work with to deliver sessions to members of our services. Discussions are held, and surveys are circulated, at the end of all our programmes to gain feedback and establish impact.

Highly positive outcomes have been reported, in particular relating to the mental health and wellbeing of beneficiaries. The staff from centres we collaborate with express a significant positive impact on the beneficiaries (see quotes above), particularly relating to: reduced isolation, improved confidence, enjoyment, physical activity, ability to be calm. Individual participants also report similar benefits.

(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.

Our non-executive Directors receive no remuneration for their service: Carole Roberts, Anna Riddell-Roberts, Gabriella Brooke (retired).

Our Executive Directors receive service-specific remuneration for tasks relating to Project Management, Directorship tasks, Admin tasks. This is paid on a monthly self-employed basis (via invoices). None of our staff are currently on the payroll (this was recently reviewed and we made the decision to remain engaged on a freelance basis; it will be reviewed again in 6 months).

This has amounted to a total of:

Catherine E Firth: £7630.00 (plus £9180.00 for teaching yoga classes)

Rachel Gosling: £7627.50 (plus £14770.00 for teaching yoga classes)

Pollyanna Steiner: £7500.80 (plus £5120.00 for teaching yoga classes)

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.)

(N.B. Please enclose a cheque for £15 payable to Companies House)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed

Date

Office held (tick 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.

	Telephone
DX Number	DX Exchange

When you have completed and signed the form, please send it 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, 4th 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