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F3 CONSULTANTS CO-OPERATIVE CIC

**Company Registration Number:
3765761 (England and Wales)**

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 01st October 2011

End date: 30th September 2012

WEDNESDAY



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F3 CONSULTANTS CO-OPERATIVE CIC

**Contents of the Financial Statements
for the Period Ended 30th September 2012**

Company Information

Report of the Directors

Profit and Loss Account

Gains and Losses

Balance sheet

Notes to the Financial Statements

F3 CONSULTANTS CO-OPERATIVE CIC

**Company Information
for the Period Ended 30th September 2012**

Director: Mr Simon Ramsey Michaels
Ms Amanda-Jane Woodland

Company secretary: Ms Amanda-Jane Woodland

Registered office: 4 PEARL STREET
BRISTOL
BS3 3EA

Company Registration Number: 3765761 (England and Wales)

F3 CONSULTANTS CO-OPERATIVE CIC

Directors' Report Period Ended 30th September 2012

The directors present their report with the financial statements of the company for the period ended 30th September 2012

Principal activities

The principal activity of the company in the period under review was. provision of consultancy services to the local food sector

Directors

The directors shown below have held office during the whole of the period from

01st October 2011 to 30th September 2012

Mr Simon Ramsey Michaels

Ms Amanda-Jane Woodland

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on 24 June 2013
And Signed On Behalf Of The Board By

Name: Ms Amanda-Jane Woodland

Status Director



F3 CONSULTANTS CO-OPERATIVE CIC

Profit and Loss Account

for the Period Ended 30th September 2012

	Notes	2012 £	2011 £
Turnover.	2	100,310	131,862
Cost of sales		86,309	97,765
Gross profit or (loss):		14,001	34,097
Administrative expenses.		19,301	22,801
Operating profit or (loss):		(5,300)	11,296
Interest receivable and similar income		8	9
Interest payable and similar charges		62	136
Tax on profit or loss on ordinary activities		(5,354)	11,169
Tax on profit or (loss) on ordinary activities:		0	0
Profit or (loss) for the financial year		(5,354)	11,169

The notes form part of these financial statements

F3 CONSULTANTS CO-OPERATIVE CIC

**Statement of total recognised gains and losses
30th September 2012**

Statement of total recognised gains and losses

The company does not have any gains and losses other than Profit and Loss
for the period to report

The notes form part of these financial statements

F3 CONSULTANTS CO-OPERATIVE CIC

Balance sheet As at 30th September 2012

	Notes	2012 £	2011 £
Current assets			
Debtors:	3	7,632	17,246
Cash at bank and in hand:		6,843	0
Total current assets		14,475	17,246
Creditors: amounts falling due within one year	4	12,509	9,926
Net current assets (liabilities).		1,966	7,320
Total assets less current liabilities.		1,966	7,320
Creditors: amounts falling due after more than one year:		0	0
Provision for liabilities:		0	0
Total net assets (liabilities):		1,966	7,320

The notes form part of these financial statements

(Ms) AMANDA-JANE WOODLAND (DIRECTOR)



F3 CONSULTANTS CO-OPERATIVE CIC

Balance sheet As at 30th September 2012 continued

	Notes	2012 £	2011 £
Capital and reserves			
Profit and Loss account	5	1,966	7,320
Total shareholders funds		1,966	7,320

For the year ending 30 September 2012 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 Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008)

The financial statements were approved by the Board of Directors on 24 June 2013

SIGNED ON BEHALF OF THE BOARD BY

Name Ms Amanda-Jane Woodland
Status: Director



The notes form part of these financial statements

F3 CONSULTANTS CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2012

1. Accounting policies

Basis of measurement and preparation of accounts

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Turnover policy

Turnover represents net invoiced sales of goods, excluding value added tax.

Other accounting policies

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

F3 CONSULTANTS CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2012

2. Turnover

Grants 15,849 Consultancy fees 79,865 Consultancy expense
allowance 4,596

F3 CONSULTANTS CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2012

3. Debtors

	2012	2011
	£	£
Trade debtors:	2,020	3,798
Prepayments and accrued income:	5,612	13,448
Total:	7,632	17,246

F3 CONSULTANTS CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2012

4. Creditors: amounts falling due within one year

	2012	2011
	£	£
Bank loans and overdrafts:	-	2,382
Trade creditors	1,599	937
Taxation and social security	1,326	1,849
Accruals and deferred income:	9,584	4,758
Total:	12,509	9,926

F3 CONSULTANTS CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2012

5. Profit and loss account

	2012	2011
	£	£
Opening balance:	7,320	(3,849)
Profit or (loss) for the period	(5,354)	11,169
Equity dividends paid:	0	0
Retained profit:	1,966	7,320

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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

F3 consultants co-operative CIC

Company Number

3765761

Year Ending

30 September 2012

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

We have continued to innovate in the area of sustainable food economies with several key projects for public sector agencies and community groups this year. The main projects are described in the attached continuation sheet:

(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.

We publish Local Food News - this is now an occasional service alerting people to useful reports, snippets of news and tender opportunities. More than 1000 people/organisations make use of this service to keep up to date with key developments in the local food sector

In all our project work, we make participation by diverse stakeholders integral to the process of developing our solutions, through telephone interviews, surveys and participative workshops. The findings from these interactions inform our reports and recommendations

(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.

"No remuneration was received"

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

24/06/13

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

F3 Consultants Co-operative CIC

Company number: 3765761

CIC 34 Community Interest Company Report – continuation sheet for Part 1

F3 projects for the year Oct11-Sep12

Torfaen Ecostudio – supporting the project delivery of the land based production study for Create at Torfaen Borough Council

MLFW Workshops – a series of workshops carried out on behalf of Plunkett as part of the social enterprise support funding for Make Local Food Work

Aldingbourne procurement – scoping processing opportunities for Aldingbourne Trust

Derriford Park – working with LDA design to develop a masterplan for Derriford Community Park for Plymouth City Council to adopt green policies

Kent FM – writing a business plan for Kent farmers' market

RCMA Social Marketing – Low income, good food: Cardiff

- Understanding consumer buying behaviour;
- Improving access to fresh fruit and vegetables,
- Reducing greenhouse gas emissions

Sustainable Food Economies – This project is ongoing and involves creating and piloting a Toolkit to help communities develop action plans for their local food economies, at a local authority scale

Ashtrim Garden Centre – carrying out a feasibility study for a proposed site for a project focussing on teaching young people and adults the skills to tend the land and grow fruit and vegetables