

F3 CONSULTANTS CO-OPERATIVE CIC

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

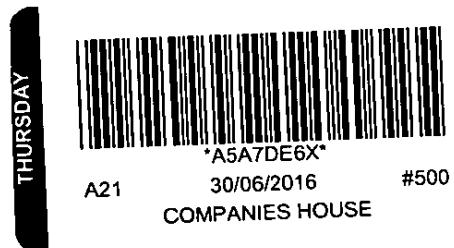
Report of the Directors and Unaudited Financial Statements

Company limited by guarantee

Period of accounts

Start date: 01st October 2014

End date: 30th September 2015



F3 CONSULTANTS CO-OPERATIVE CIC

**Contents of the Financial Statements
for the Period Ended 30th September 2015**

Company Information

Report of the Directors

Income and Expenditure Account

Gains and Losses

Balance sheet

Notes to the Financial Statements

F3 CONSULTANTS CO-OPERATIVE CIC

**Company Information
for the Period Ended 30th September 2015**

Directors: Mr Simon Ramsey Michaels
Ms Amanda-Jane Woodland
Mr Alec Duthie
Mr Alan Chubb
Ms Katrin Hochberg
Ms Joy Carey
Mr Nicholas Weir

Company secretary: Ms Amanda-Jane Woodland

Registered office: 29 School Road
Upper Beeding
STEYNING

BN44 3HY

Company Registration Number: 3765761 (England and Wales)

F3 CONSULTANTS (CO-OPERATIVE CIC

Directors' Report Period Ended 30th September 2015

The directors present their report with the financial statements of the company for the period ended 30th September 2015

Principal activities

The principal activity of the company in the period under review was the 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 2014 to 30th September 2015

Mr Simon Ramsey Michaels
Ms Amanda-Jane Woodland

Mr Alec Duthie

Mr Alan Chubb

Ms Katrin Hochberg

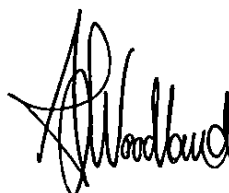
Ms Joy Carey

Mr Nicholas Weir

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 29 June 2016
And Signed On Behalf Of The Board By:

Name Ms Amanda-Jane Woodland
Status Director



(Amanda-Jane Woodland)

F3 CONSULTANTS (CO-OPERATIVE CIC**Income and Expenditure Account****for the Period Ended 30th September 2015**

	Notes	2015 £	2014 £
Turnover	2	223,002	169,057
Cost of sales		<u>(210,891)</u>	<u>(155,424)</u>
Gross surplus		<u>12,111</u>	<u>13,633</u>
Administrative expenses		<u>(12,726)</u>	<u>(11,572)</u>
Operating surplus/deficit		<u>(615)</u>	<u>2,061</u>
Interest receivable and similar income		24	15
Interest payable and similar charges:		<u>(17)</u>	<u>(41)</u>
Surplus/deficit on ordinary activities before taxation		<u>(608)</u>	<u>2,035</u>
Surplus/deficit for the financial year:		<u>(608)</u>	<u>2,035</u>

The notes form part of these financial statements

F3 CONSULTANTS (CO-OPERATIVE CIC

Statement of total recognised gains and losses

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

F3 CONSULTANTS (CO-OPERATIVE CIC

Balance sheet

As at 30th September 2015

	Notes	2015 £	2014 £
Current assets			
Debtors:		18,554	13,336
Cash at bank and in hand		<u>4,991</u>	<u>27,427</u>
Total current assets		<u>23,545</u>	<u>40,763</u>
Creditors: amounts falling due within one year		<u>(18,710)</u>	<u>(35,320)</u>
Net current assets (liabilities):		<u>4,835</u>	<u>5,443</u>
Total assets less current liabilities:		4,835	5,443
Total net assets (liabilities)		<u>4,835</u>	<u>5,443</u>

The notes form part of these financial statements

F3 CONSULTANTS CO-OPERATIVE CIC

Balance sheet As at 30th September 2015 continued

	Notes	2015 £	2014 £
Reserves			
Income and Expenditure account		<u>4,835</u>	<u>5,443</u>
Members funds		<u>4,835</u>	<u>5,443</u>

For the year ending 30 September 2015 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 29 June 2016.

SIGNED ON BEHALF OF THE BOARD BY

Name Ms Amanda-Jane Woodland
Status Director

The notes form part of these financial statements

 (Amanda-Jane Woodland)

F3 CONSULTANTS CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2014

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

F3 CONSULTANTS' CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2015

2. Turnover £

Grants 184,856 of which:

Supply Chain Efficiencies Scheme 162,813

Supurbfood (European Commission) 22,043

Consultancy fees 37,558

Consultancy expense allowance 180

Sales (reports etc) 405

Miscellaneous income 3

F3 CONSULTANTS, CO-OPERATIVE CIC

Notes to the Financial Statements for the Period Ended 30th September 2015

3. Company limited by guarantee

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

500001/15

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 2015

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

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

27/06/16

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: 37657761

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

F3 projects for the year (Oct14-Sep15)

Sustainable Food Economies – this project involved creating and piloting a Toolkit to help communities develop action plans for their local food economies, at a local authority scale. This project was completed in the previous financial year but the toolkit continued to be ordered.

Local Food Roots film – the production of a 30-minute documentary film "Local Food Roots" about the emergence of the local food movement in the UK and why this is significant, funded by the Local Food programme of the Big Lottery Fund. This project was completed in the previous financial year but the film continued to be screened and ordered.

Supurbfood – a collaboration project under the European Seventh Framework Programme entitled "Towards sustainable modes of urban and peri-urban food provisioning".

SSC Phase 3 (Supply Chain Efficiencies Scheme in Wales) -additional funding was made available to provide the following additional outputs:

Output (new activities Ph 3)	Approved Target	Revised Target
Promote toolkit to businesses, direct or via other agencies		75
Refine toolkit, research and provide 'help zone' and build online system		1
No. of businesses completing the self assessment		15
Regional workshops		2
Prepare annual report		1

'Who feeds Donostia San Sebastian? Towards a resilient food plan' - A study of the dimensions of the food system in Donostia-San Sebastian

Staffordshire Review – a review of Staffordshire Agri-food Economy

Horticulture Wales Promotional Gardens – assessing development opportunities for collaboration with local growers at the National Botanic Gardens Wales