

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 2013

End date: 30th September 2014



F3 CONSULTANTS CO-OPERATIVE CIC

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F3 CONSULTANTS CO-OPERATIVE CIC

**Company Information
for the Period Ended 30th September 2014**

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 2014

The directors present their report with the financial statements of the company for the period ended 30th September 2014

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 2013 to 30th September 2014

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 25 June 2015
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 2014

	Notes	2014 £	2013 £
Turnover	2	169,057	137,525
Cost of sales		<u>155,424</u>	<u>122,821</u>
Gross profit or (loss)		<u>13,633</u>	<u>14,704</u>
Administrative expenses		11,572	13,291
Operating profit or (loss):		<u>2,061</u>	<u>1,413</u>
Interest receivable and similar income		15	30
Interest payable and similar charges		<u>41</u>	<u>1</u>
Profit or (loss) on ordinary activities		<u>2,035</u>	<u>1,442</u>
Profit or (loss) for the financial year:		<u>2,035</u>	<u>1,442</u>

The notes form part of these financial statements.

F3 CONSULTANTS CO-OPERATIVE CIC

Statement of total recognised gains and losses 30th September 2014

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 2014

	Notes	2014 £	2013 £
Current assets			
Debtors:	3	13,336	4,462
Cash at bank and in hand:		<u>27,427</u>	<u>2,567</u>
Total current assets:		<u>40,763</u>	<u>7,029</u>
Creditors: amounts falling due within one year	4	<u>35,320</u>	<u>3,621</u>
Net current assets (liabilities)		<u>5,443</u>	<u>3,408</u>
Total assets less current liabilities		5,443	3,408
Total net assets (liabilities)		<u>5,443</u>	<u>3,408</u>

The notes form part of these financial statements



(MS AMANDA-JANE WOODLAND)

DIRECTOR

25/06/15

F3 CONSULTANTS CO-OPERATIVE CIC

Balance sheet As at 30th September 2014 continued

	Notes	2014 £	2013 £
Capital and reserves			
Profit and Loss account.	5	5,443	3,408
Total reserves		5,443	3,408

For the year ending 30 September 2014 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 25 June 2015.

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 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.

Other accounting policies

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

Additional information

The company is limited by guarantee and has no share capital.

F3 CONSULTANTS CO-OPERATIVE CIC

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

2. Turnover £

Grants 111,763 of which.

Supply Chain Efficiencies Scheme 77,011

Big Lottery Fund (Local Food) 25,998 (16,792 SFE & 9,206 LFR)

Supurbfood (European Commission) 8,754

Consultancy fees 51,582

Consultancy expense allowance 4,295

Sales (reports etc) 1,398

Miscellaneous income 19

F3 CONSULTANTS CO-OPERATIVE CIC

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

3. Debtors

	2014	2013
	£	£
Trade debtors	9,983	4,462
Other debtors	<u>3,353</u>	<u>-</u>
Total	<u>13,336</u>	<u>4,462</u>

F3 CONSULTANTS CO-OPERATIVE CIC

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

4. Creditors: amounts falling due within one year

	2014	2013
	£	£
Trade creditors:	35,320	3,158
Taxation and social security	-	463
Total:	<u>35,320</u>	<u>3,621</u>

F3 CONSULTANTS CO-OPERATIVE CIC

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

5. Profit and loss account

	2014	2013
	£	£
Opening balance:	3,408	1,966
Profit or (loss) for the period:	<u>2,035</u>	<u>1,442</u>
Retained profit:	<u>5,443</u>	<u>3,408</u>

401353/15

CIC 34

Community Interest Company Report

For official use
(Please leave blank)

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 2014

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)



F3 Consultants Co-operative CIC

Company number: 3765761

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

F3 projects for the year Oct13-Sep14

CCRI – an evaluation of the Local Food Programme; a £59.8 million funding programme that distributes money from the Big Lottery Fund (BIG) to a variety of food-related projects to help make locally grown food accessible and affordable to communities.

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

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.

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

Community Foodie Evaluation – assessing the impact of the community foodie project, set up to engage local people in the growing and celebration of food through a shared interest and understanding.

SSC Phase 2 (Supply Chain Efficiencies Scheme in Wales) -additional funding was made available to provide the following additional outputs:

Project A” (Self-assessment toolkit)

Project B” (Assisting social enterprises to collaborate with private sector supply chain partners)

SW Growers’ Co-operative – assessing collaboration opportunities and models for horticultural growers in West Wales

Store is the Core Evaluation – assessing the Store is the Core programme that offered support to village shops and other local retailers through advice, mentoring and training to improve retail performance.

Sandwell – a project for Sandwell Council to conduct an options appraisal for future models for community agriculture and growing initiatives in Sandwell

Manchester Veg People – a public procurement assessment

Cwym Harry Cultivate – business plan and IT assistance

Bryncynon Strategy – carrying out a feasibility study and business plan for the Bryncynon Green Valley Centre

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

At the time of completing our end of grant report for the Local Food Roots film made with Big Lottery Fund money, 18,455 beneficiaries had been identified (through youtube views, facebook likes, twitter followers, film screenings, dvd sales and contributors)

At the time of completing our end of grant report for the Sustainable Food Economies project, funded by Big Lottery, more than 60 beneficiaries and 30 organisations had been identified as expected to benefit during the life of the project

(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

25/06/15

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