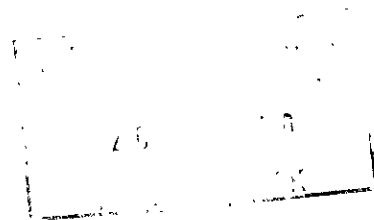


Companies Registry No. NI650141 (Northern Ireland)

**CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.**  
**UNAUDITED FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31<sup>st</sup> JANUARY 2020**



MONDAY



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20/07/2020

#101

COMPANIES HOUSE

## **CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.**

### **COMPANY INFORMATION**

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Directors	Michael Johnston
Company Number	NI650141
Registered Office	42 Main Street Ballycarry Co Antrim BT38 9HH
Accountants	McGuinness & Co 11 Bridge Street Belfast Co. Antrim BT1 1LT

**CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.  
TRADING AND PROFIT AND LOSS ACCOUNT  
FOR THE YEAR ENDED 31st JANUARY 2020**

	31st January 2020	31st January 2019
<b>SALES:</b>	22,987	8,679
<b>COST OF SALES:</b>		
Purchases	<u>374</u>	<u>669</u>
<b>GROSS PROFIT:</b>	22,613	8,010
<b>EXPENSES FOR THE YEAR:</b>		
Motor and Travelling Expenses	3,301	3,437
Repairs & Renewals	326	876
Telephone	506	291
Accountancy and Professional Fees	840	720
Wages and Salaries	8,112	8,470
Rent and Rates	2,864	2,048
Stationery and Advertising	401	1,623
Lighting and Heating	240	59
Depreciation	1,127	1,375
Insurance	<u>420</u>	<u>165</u>
Total Expenses	18,137	19,064
<b>NET PROFIT BEFORE TAXATION</b>	<u>4,476</u>	<u>-11,054</u>
Corporation taxation payable	0	0
<b>NET PROFIT AFTER TAXATION</b>	<u>4,476</u>	<u>-11,054</u>
Dividend Declared	0	0
<b>RETAINED EARNINGS</b>	<u>4,476</u>	<u>-11,054</u>

**CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.**  
**BALANCE SHEET AS AT 31st JANUARY 2020**

	31st January 2020	31st January 2019
<b>FIXED ASSETS</b>		
Fixtures and Fittings	<u>5,137</u>	<u>6,264</u>
	5,137	6,264
<b>CURRENT ASSETS:</b>		
Bank Current Account	<u>1,926</u>	<u>2,064</u>
	1,926	2,064
<b>CURRENT LIABILITIES:</b>		
Creditors and Accruals	1,400	720
<b>NET CURRENT ASSETS:</b>	526	1,344
<b>LONG TERM LIABILITIES:</b>		
Directors Current Account	12,141	18,562
<b>NET TOTAL ASSETS</b>	<u>-6,478</u>	<u>-10,954</u>
<b>FINANCED BY:</b>		
Share Capital	100	100
Retained Earnings	<u>-6,578</u>	<u>-11,054</u>
	<u>-6,478</u>	<u>-10,954</u>

For the financial year ended 31st January 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies

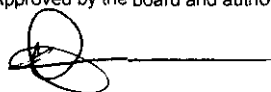
**Directors Responsibilities**

The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of the financial statements

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime

Approved by the board and authorised for issue on 20/7/2020



Michael Johnston  
 Director

Company Registration Number: NI650141

# CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.

## NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31<sup>st</sup> JANUARY 2020

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### **1 Accounting policies**

#### **1.1 Accounting convention.**

The financial statements are prepared under the historical cost convention

#### **1.2 Compliance with accounting standards**

The accounts have been prepared in accordance with applicable accounting standards

#### **1.3 Turnover**

Turnover represents amounts receivable for goods and services net of VAT and trade discounts

#### **1.4 Tangible fixed assets and depreciation**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Fixtures and Fittings	18% Reducing Balance
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#### **1.5 Leasing and hire purchase commitments**

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible assets and depreciated over the shorter of the lease term and their useful lives. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

#### **1.6 Stock**

Stock is valued at the lower of cost and net realisable value.

#### **1.7 Foreign currency translation**

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All differences are taken to profit and loss account.

**CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.**

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31st JANUARY 2020**

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**2 FIXED ASSETS**

**Fixtures    Total**

**Cost**

At 1 Feb 2019	7,639	7,639
Additions	<u>0</u>	<u>0</u>

At 31 Jan 2020	7,639	7,639
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**Depreciation**

At 1 Feb 2019	1,375	1,375
Charge for year	<u>1,127</u>	<u>1,127</u>

At 31 Jan 2020	2,502	2,502
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<b>Net Book Value</b>	<u><u>5,137</u></u>	<u><u>5,137</u></u>
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**3 SHARE CAPITAL**

**Authorised**

100,000 Ordinary Shares of £1 each	100,000
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**Issued**

100 Ordinary Shares of £1 each	100
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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

**CONTACT COMBATIVE DEFENCE  
SYSTEMS C.I.C.**

Company Number

NI650141

Year Ending

31<sup>ST</sup> January 2020

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)

**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.

Promotion of fitness, physical and mental health, and well being for the community through strength and conditioning training, martial arts and workshops.

We have people using our equipment and facility to improve physical and mental health and promote weight loss. We encourage teamwork and sharing, and actively welcome the special needs community.

*(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 undertake an annual survey of the members regarding activities and timetabling. We constantly update the range and scheduling of classes and activities to keep things fresh and relevant. We undertook a scheme to limit alone time in the facility and promote togetherness and inclusivity.

*(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.

Directors remuneration is limited to £2600 per director per annum.

**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 asset transfers have 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

20/7/20

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)**