

CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31st JANUARY 2023



CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.

COMPANY INFORMATION

Directors	Michael Johnston
Company Number	NI650141
Registered Office	42 Main Street Ballycarry Co Antrim BT38 9HH
Accountants	MCG Accountancy 3a 8 Kilroot Business Centre Carrickfergus BT38 7PR

CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.
TRADING AND PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31st JANUARY 2023

	31st January 2023	31st January 2022
SALES:	17,085	17,254
GRANTS:	0	970
COST OF SALES:		
Purchases	<u>1,046</u>	<u>193</u>
GROSS PROFIT:	16,039	18,031
EXPENSES FOR THE YEAR:		
Motor and Travelling Expenses	3,253	2,718
Repairs & Renewals	179	1,747
Telephone	1,197	551
Accountancy and Professional Fees	824	700
Wages and Salaries	0	1,916
Rent and Rates	5,392	1,809
Stationery and Advertising	246	1,028
Lighting and Heating	324	341
Depreciation	622	758
Insurance	<u>240</u>	<u>300</u>
Total Expenses	12,396	11,868
NET PROFIT BEFORE TAXATION	<u>3,643</u>	<u>6,163</u>
Corporation taxation payable	0	0
NET PROFIT AFTER TAXATION	<u>3,643</u>	<u>6,163</u>
Dividend Declared	0	0
RETAINED EARNINGS	<u>3,643</u>	<u>6,163</u>

CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.
BALANCE SHEET AS AT 31st JANUARY 2023

	31st January 2023	31st January 2022
FIXED ASSETS		
Fixtures and Fittings	<u>2,832</u>	<u>3,454</u>
	2,832	3,454
CURRENT ASSETS:		
Bank Current Account	<u>15,687</u>	<u>20,375</u>
	15,687	20,375
CURRENT LIABILITIES:		
Creditors and Accruals	1,104	11,120
NET CURRENT ASSETS:	14,583	9,255
LONG TERM LIABILITIES:		
Loan Accounts	18,301	17,238
NET TOTAL ASSETS	<u>-886</u>	<u>-4,529</u>
FINANCED BY:		
Share Capital	100	100
Retained Earnings	<u>-986</u>	<u>-4,629</u>
	<u>-886</u>	<u>-4,529</u>

For the financial year ended 31st January 2022 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

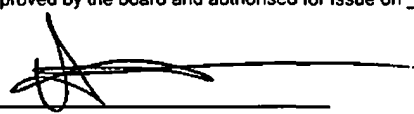
Directors Responsibilities:

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 25/10/23


Michael Johnston
Director

Company Registration Number: NI650141

CONTACT COMBATIVE DEFENCE SYSTEMS C.I.C.

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31st JANUARY 2023

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.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31st JANUARY 2023**

3 SHARE CAPITAL

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



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

31ST January 2023



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 wellbeing 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.

(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 Directors remuneration is payable this year.

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.

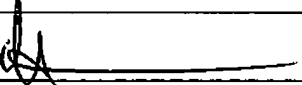
No asset transfers have been made.

(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

26/10/2023

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, 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

The accounts and CIC34 **cannot** be filed online

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