

Sole of Discretion CIC

Company No. 09901722

Unaudited Accounts

31 December 2017

THURSDAY



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A29 18/10/2018 #121
COMPANIES HOUSE

Sole of Discretion CIC
BALANCE SHEET REGISTRAR
at 31 December 2017

Company No. 09901722	2017	2016
	£	£
Fixed assets	65,035	71,600
Current assets	13,218	11,535
Prepayments and accrued income	3,916	2,490
Creditors: Amounts falling due within one year	(80,026)	(49,955)
Net current liabilities	(62,892)	(35,930)
Total assets less current liabilities	2,143	35,670
Creditors: Amounts falling due after more than one year	(120,128)	(126,215)
Accruals and deferred income	(320)	(314)
	<u>(118,305)</u>	<u>(90,859)</u>
Capital and reserves	<u>(118,305)</u>	<u>(90,859)</u>

NOTES TO THE ACCOUNTS

1 Additional information

Sole of Discretion CIC is a private company limited by shares and incorporated in England and Wales.

Its registered number is:

09901722

Its registered office is:

5 Fish Quay
Plymouth
Devon
PL4 0LH

These accounts have been prepared in accordance with the micro-entity provisions applicable to companies subject to the small companies regime of the Companies Act 2006.

For the year ended 31 December 2017 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.

As permitted by section 444 (5A) of the Companies Act 2006 the directors have not delivered to the Registrar a copy of the company's profit and loss account.

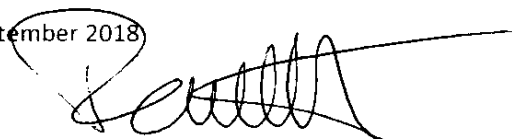
Approved by the board on 18 September 2018

And signed on its behalf by:

C. Bennett

Director

18 September 2018



15 / 00083

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**

Sole of Discretion

Company Number

09901722

Year Ending

31st December 2017

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.

Sole of Discretion is an ethical fishmonger selling quality, local fish.

We are a Community Interest Company owned by the fishers that land to it. We are 100% committed to ethical, quality fish, and hence buy only from static gill or trammel netters and hand liners fishing mostly out of Plymouth. We never buy from bottom trawlers or from boats over 10 metres.

We provide the ability for the fishers to land, process and sell their own fish, offering full traceability through the supply chain - a first in the UK. By working only with small-scale boats of under 10ms in length, there is significantly less damage to the marine environment than from the large trawlers. The fishers are paid a fair price, agreed in advance - thereby creating a market mechanism for rewarding those fishers doing the least damage to the environment.

Our fishers land late in an evening, or early in the morning, we pack and process during the day usually into 300gm fillet packs, and courier it to customers for next day delivery. It's hard to beat that freshness, and because we use only static nets or hand liners, the quality is unbeatable. We trace back to each boat, and all our retail packs state the name of the fisher and method of catch. We also blast freeze our fish - this is an integral part of our ethos: the small-scale fishers are often unable to get out in poor weather, so in order to meet customer demand and be able to continuously supply, we sell their fish frozen when they are not able to get out to sea. In blind tastings, blast frozen, freshly landed fish tasted really good compared to fresh fish that is a few days old, in fact, many people preferred the frozen!

We have recently been audited by SALSA and the Soil Association, and are the UK's first wild fishery permitted to use their logo.

We also work with Exeter University's marine biology department to help verify the science behind what we do, and videos and links to their research is publicly available.

(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.

There are regular informal discussions about expected landings, prices, gear use, student trips and marketing initiatives.

(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.)

PART 5 – SIGNATORY

The original report must be signed by a director or secretary of the company

Signed



Date

9th Oct 2018

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.

C Bennett	
5 The Fish Quay	
Plymouth	PL4 0LH
Tel	01752 657 528
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)