

Company Registration No. 11952878 (England and Wales)

**FOOD FOR THOUGHT DARLINGTON CIC
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE PERIOD FROM 18 APRIL 2019 TO 30 SEPTEMBER 2020**

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**FOOD FOR THOUGHT DARLINGTON CIC
ANNUAL REPORT AND UNAUDITED ACCOUNTS
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FOOD FOR THOUGHT DARLINGTON CIC
COMPANY INFORMATION
FOR THE PERIOD FROM 18 APRIL 2019 TO 30 SEPTEMBER 2020

Directors	K A Davies S L Denning L F Graham H Mortimer D Storr
Company Number	11952878 (England and Wales)
Registered Office	26 CARMEL GARDENS DARLINGTON DL3 8JD ENGLAND
Accountants	JLA Accounting Limited 9 Flora Avenue Darlington DL3 8PF

**FOOD FOR THOUGHT DARLINGTON CIC
(COMPANY NO: 11952878 ENGLAND AND WALES)
DIRECTORS' REPORT**

The directors present their report and accounts for the period from 18 April 2019 to 30 September 2020.

Directors

The following directors were appointed during the period:

K A Davies was appointed on 18 April 2019.
L F Graham was appointed on 18 April 2019.
S L Denning was appointed on 25 September 2019.
H Mortimer was appointed on 21 October 2019.
D Storr was appointed on 21 October 2019.

Statement of directors' responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law, the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

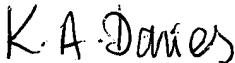
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006.

Signed on behalf of the board of directors



.....
K A Davies
Director

Approved by the board on: 12 January 2021

**CHARTERED ACCOUNTANTS' REPORT TO THE BOARD OF DIRECTORS ON THE
PREPARATION OF THE UNAUDITED STATUTORY ACCOUNTS OF FOOD FOR THOUGHT
DARLINGTON CIC FOR THE PERIOD FROM 18 APRIL 2019 TO 30 SEPTEMBER 2020**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Food for Thought Darlington CIC for the period from 18 April 2019 to 30 September 2020 as set out on pages 6 - 8 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at icaew.com/membershandbook.

Our work has been undertaken in accordance with AAF 7/16 as detailed at icaew.com/compilation.

JLA Accounting Limited
Chartered Accountants

9 Flora Avenue
Darlington
DL3 8PF

12 January 2021

FOOD FOR THOUGHT DARLINGTON CIC
STATEMENT OF INCOME AND RETAINED EARNINGS
FOR THE PERIOD FROM 18 APRIL 2019 TO 30 SEPTEMBER 2020

	2020
	£
Turnover	17,819
Cost of sales	(15,070)
	<u>2,749</u>
Gross profit	
Administrative expenses	(4,884)
	<u>(2,135)</u>
Operating loss	
Income from investments	1
	<u>(2,134)</u>
Loss on ordinary activities before taxation	
Tax on loss on ordinary activities	-
	<u>(2,134)</u>
Loss for the period	<u>(2,134)</u>
Retained earnings at the start of the period	-
Loss for the period	(2,134)
Dividends	-
	<u>(2,134)</u>
Retained earnings at the end of the period	<u>(2,134)</u>

FOOD FOR THOUGHT DARLINGTON CIC
STATEMENT OF FINANCIAL POSITION
AS AT 30 SEPTEMBER 2020

	Notes	2020 £
Fixed assets		
Tangible assets	4	600
Current assets		
Cash at bank and in hand		1,362
Net current assets		<u>1,362</u>
Net assets		<u>1,962</u>
Capital and reserves		
Capital contribution reserve		4,096
Profit and loss account		<u>(2,134)</u>
Shareholders' funds		<u><u>1,962</u></u>

For the period ending 30 September 2020 the company was entitled to exemption from audit 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 provisions of FRS 102 Section 1A - Small Entities.

The financial statements were approved by the Board of Directors and authorised for issue on 12 January 2021 and were signed on its behalf by

K A Davies

K A Davies
Director

Company Registration No. 11952878

FOOD FOR THOUGHT DARLINGTON CIC
NOTES TO THE ACCOUNTS
FOR THE PERIOD FROM 18 APRIL 2019 TO 30 SEPTEMBER 2020

1 Statutory information

Food for Thought Darlington CIC is a Community Interest Company, limited by guarantee, registered in England and Wales, registration number 11952878. The registered office is 26 CARMEL GARDENS, DARLINGTON, DL3 8JD, ENGLAND.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Computer equipment 25% straight line

4 Tangible fixed assets

	Computer equipment £
Cost or valuation	At cost
At 18 April 2019	-
Additions	800
At 30 September 2020	800
Depreciation	
Charge for the period	200
At 30 September 2020	200
Net book value	
At 30 September 2020	600

5 Average number of employees

During the period the average number of employees was 0.

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

Food For Thought Darlington CIC

Company Number

11952878

Year Ending

30/09/20

(The date format is required in full)

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.

The company runs a voluntary organisation providing food, and other essentials, redistribution services.

During the financial year 2019/2020, the organisations activities have benefited the local community in the following ways:

- Intercept surplus food and re-distribute it to people who need help. We do a direct delivery service to any household in need around the town;
- Support our recipients in other ways to alleviate inequality, such as re-distribution of donated clothing, essentials, furniture, bikes, laptops;
- Purchase and distribute supermarket shopping vouchers and other items when our recipients are in urgent need;
- Cook with intercepted surplus to provide hot, nutritious meals in the community, via open access events;
- Provide cookery groups to educate our recipients about nutrition and diet on a budget and eat together;
- Work with other local and national organisations to address the issues of food poverty, food waste and inequality.

We support everyone who approaches us, but our recipients are mainly large families on low incomes, single parent households, asylum seekers, older people and people with physical disabilities and mental health problems, and anyone else who finds it difficult to go to a conventional foodbank on a particular day at a particular time. We also support people who find themselves in temporary accommodation due to homelessness and anyone who is isolating because of the virus and cannot rely on support of family or friends.

Our organisation has huge impact locally. We help and support between 45-60 households a week on average (equating to approximately 80 adults and 100 children). On Christmas eve 2020, we delivered to 105 households. We are very much appreciated for the efforts we put in to support local people. This recent article in our local newspaper, the Northern Echo, may give you more of an idea how our work benefits people: ['It is humiliating': What it's like to live on the breadline in Darlington | The Northern Echo](#)

(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.

The company's stakeholders are:

Those businesses which provide us with surplus as well as those who facilitate such relationships;

Members of our local community who benefit from our services;

Members of our local community who volunteer for us;

Other Darlington-based groups and organisations which benefit from our re-distribution of surplus; and

Other locally-based organisations which partner with us to support our recipients and Volunteers.

Stakeholders are invited to our AGM where we present a report of our activities, take feedback and make plans for the future.

There is also an ongoing dialogue between us and our stakeholders throughout the year where feedback is received informally.

Contributions are welcome from everyone and all input is given due consideration.

(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 (Please note this must be a live signature)

(DD/MM/YY)

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

Signed

K.A. Davies

Date

13/01/21

Please note that it is a legal requirement for the date format to be provided in full throughout the CIC34 report.

Applications will be rejected if this information is incorrect.

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.

Katharine Davies	
23 Manor Rd, Darlington	
DL3 8ET	
	Tel 07787 419190
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

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