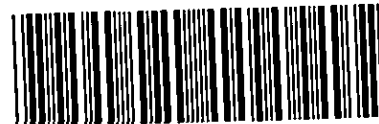


Registered number
SC511588

No Feart CIC
Report and Accounts
31 July 2016

SATURDAY



S64WJYUJ
SCT 22/04/2017 #262
COMPANIES HOUSE

No Feart CIC

Registered number: SC511588

Directors' Report

The directors present their report and accounts for the period ended 31 July 2016.

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The company's principal activity during the year continued to be the promotion, coodination and development of programmes of support services for those who have suffered from abuse.

Directors

The following persons served as directors during the period:

J S Clark

A Jack

L Smillie

Small company provisions

This report has been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

This report was approved by the board on 21 April 2017 and signed on its behalf.



Lynn Smillie
Director

No Feart CIC
Profit and Loss Account
for the period from 24 July 2015 to 31 July 2016

	2016
	£
Turnover	60,194
Administrative expenses	(55,829)
Operating profit	<u>4,365</u>
Profit on ordinary activities before taxation	<u>4,365</u>
Tax on profit on ordinary activities	-
Profit for the period	<u><u>4,365</u></u>

No Feart CIC**Registered number:** SC511588**Balance Sheet****as at 31 July 2016**

	Notes	2016 £
Fixed assets		
Tangible assets	2	6,619
Current assets		
Cash at bank and in hand		5,857
Creditors: amounts falling due within one year	3	(8,111)
Net current liabilities		(2,254)
Net assets		4,365
Capital and reserves		
Profit and loss account		4,365
Shareholders' funds		4,365

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.



Lynn Smillie

Director

Approved by the board on 21 April 2017

No Feart CIC
Statement of Changes in Equity
for the period from 24 July 2015 to 31 July 2016

	Share capital	Share premium	Re- valuation reserve	Profit and loss account	Total
	£	£	£	£	£
At 24 July 2015	-	-	-	-	-
Profit for the period				4,365	4,365
At 31 July 2016	<u>-</u>	<u>-</u>	<u>-</u>	<u>4,365</u>	<u>4,365</u>

No Feart CIC
Notes to the Accounts
for the period from 24 July 2015 to 31 July 2016

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

No Feart CIC
Notes to the Accounts
for the period from 24 July 2015 to 31 July 2016

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Provisions

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

2 Tangible fixed assets

	Plant and machinery etc £
Cost	
Additions	8,825
At 31 July 2016	<u>8,825</u>
Depreciation	
Charge for the period	2,206
At 31 July 2016	<u>2,206</u>
Net book value	
At 31 July 2016	<u>6,619</u>

3 Creditors: amounts falling due within one year	2016 £
Other creditors	<u>8,111</u>

No Feart CIC
Notes to the Accounts
for the period from 24 July 2015 to 31 July 2016

4 Related party transactions

L Smillie provides professional services to the company. Fees paid during the period amounted to £40,610.

5 Other information

No Feart CIC is a private company limited by guarantee and incorporated in Scotland. Its registered office is:
5 Balgonie Road
Glasgow
G52 1HW

CIC 34**Community Interest Company
Report**

	For official use <i>(Please leave blank)</i>	
<i>Please complete in typescript, or in bold black capitals.</i>	Company Name in full	No Feart Community Interest Company
	Company Number	SC511588
	Year Ending	31 July 2016

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

Our first year has been successful, although due to building works and our change of year-end date we have not yet been able to achieve all our objectives.

Our key success is that we have set up "referring contracts" in partnership with Glasgow Housing Association, Loretto Care, and Glasgow City Council as well as operating self-referrals via The Freedom Programme.

These contracts have led to women and men affected by past or present abuse coming to us for support and guidance. In excess of 100 people have been supported both individually and within groups. Not all support has been face to face; Facebook, e-mail, Twitter and No Fear's website have successfully been used to communicate with, and support individuals.

We are progressing with our Comfort Food Cafe, and have purchased most of the equipment required. However, some equipment, for which funding has been received can only be purchased when the renovation of the premises we will use are completed. We anticipate that the cafe will open over the summer of 2016.

In order to promote and expand the services we provide Lynn has given interviews with the New Day newspaper and the This Morning Show on ITV. Both interviews have led to positive feedback and publicity for No Fear. Among the comments received is that "my story is similar to yours (Lynn's) and you have given me hope". We have also gained volunteers as a result, and other CICs have expressed interest in working alongside us. While our finances have been relatively healthy we regard these successes as our highlights for the period.

For the future we are looking to work alongside larger organisations who can provide external expertise that we would not wish to fund ourselves. However, where funds are available for our core tasks we will undertake them ourselves.

Finally, we should like to thank all those who believe in what we are doing and have supported us financially, with encouragement, with rooms for meeting, by volunteering, or just by simply saying thank you for support.

(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.

Stakeholders are defined as funders, attendees, staff/volunteers, social workers, attendees' families and housing managers.

Evaluations of the course work and assessments has been undertaken both internally and by Glasgow City Council and grantors. We are involved in attendees care plans, and their social workers have liaised with us on individual progress. Where adjustments to support have been required we have made them in consultation with all relevant parties.

Additionally, and in the interests of good governance, we actively seek voluntary feedback from all stakeholders. Where issues and suggestions are made we take them on board and make necessary adjustments.

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.

Please see the accounts.

**PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL
CONSIDERATION – No transfer of assets 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

21/4/07

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.

Lynn Smillie	
5 Balgonie Road	
Glasgow	
G52 1HW	Tel 07706754817
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)