



# Balance Sheet Report

For: 01 Aug 21 to 31 Jul 22

Created: 21 Apr 23

## Feed Avalon CIC

Unit C1 Northover Buildings Glastonbury Somerset BA6 9NU

Phone: 07729250406 Email: julia@feedavalon.org.uk

Website: www.feedavalon.org.uk

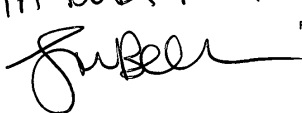
"For the year ending 31/07/22 the company was entitled to exemption from the audit under section 477 of Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts. These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies' regime."

JULIA BEDFORD  
DIRECTOR

Description	SATURDAY	Aug 21	Sept 21	Oct 21	Nov 21	Dec 21	Jan 22	Feb 22	Mar 22	Apr 22	May 22	Jun 22	Jul 22
Fixtures & fittings (7001001)	A06 29/04/2023 *AC267M4* COMPANIES HOUSE #221	147	147	147	147	147	147	147	147	147	147	147	147
<b>Total Fixed assets</b>		147	147	147	147	147	147	147	147	147	147	147	147
Trade debtors (7501001)		10,186	10,186	10,186	10,186	10,186	10,186	10,186	10,186	12,186	12,186	12,186	1,645
<b>Total Trade debtors</b>		10,186	10,186	10,186	10,186	10,186	10,186	10,186	10,186	12,186	12,186	12,186	1,645
The Cooperative Bank (7502002)		30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	26,039
<b>Total Cash</b>		30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	30,920	26,039
Trade creditors (8501001)		(9,915)	(11,138)	(12,669)	(15,226)	(16,184)	(17,417)	(18,289)	(18,774)	(19,235)	(19,322)	(20,226)	(5,598)
<b>Total Trade creditors</b>		(9,915)	(11,138)	(12,669)	(15,226)	(16,184)	(17,417)	(18,289)	(18,774)	(19,235)	(19,322)	(20,226)	(5,598)
VAT control (8502001)		283	283	283	283	283	283	283	283	283	283	283	283
<b>Total VAT creditor</b>		283	283	283	283	283	283	283	283	283	283	283	283
Nicole Patricia Vosper Expenses (8504001)		1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000
Michele Alison Darnell-Roberts Expenses (8504006)		1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000
Bonita Louise Everson Expenses (8504007)					1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000	1,000

JULIA BEDFORD, DIRECTOR

Description	Aug 21	Sept 21	Oct 21	Nov 21	Dec 21	Jan 22	Feb 22	Mar 22	Apr 22	May 22	Jun 22	Jul 22
Julia Bedford Expenses (8504008)	1,020	1,020	1,020	1,220	1,220	1,420	1,600	1,600	1,600	1,600	1,600	1,600
Total Expenses creditors	3,020	3,020	3,020	4,220	4,220	4,420	4,600	4,600	4,600	4,600	4,600	4,600
Net assets	34,640	33,418	31,887	30,529	29,571	28,538	27,847	27,361	28,900	28,813	27,909	27,115
Share capital (9001001)												
Dividends (9501001)												
Historic retained earnings	37,876	37,876	37,876	37,876	37,876	37,876	37,876	37,876	37,876	37,876	37,876	37,876
Cumulative profit/loss	(3,236)	(4,458)	(5,989)	(7,347)	(8,305)	(9,338)	(10,029)	(10,515)	(8,976)	(9,063)	(9,966)	(10,761)
Shareholders equity	34,640	33,418	31,887	30,529	29,571	28,538	27,847	27,361	28,900	28,813	27,909	27,115

JULIA BEDFORD, DIRECTOR  




## Profit and loss

For: 01/08/2021 to 31/07/2022  
Created: 21/04/2023

## Feed Avalon CIC


Unit C1 Northover Buildings Glastonbury  
Somerset BA6 9NU  
Phone: 07729250406 Email:  
julia@feedavalon.org.uk  
Website: www.feedavalon.org.uk

## Profit and loss

Account	Aug 21	Sept 21	Oct 21	Nov 21	Dec 21	Jan 22	Feb 22	Mar 22	Apr 22	May 22	Jun 22	Jul 22	Total
Other Income (3001001)	60	0	0	0	0	0	0	0	2,000	0	0	0	2,060
<b>Total other Income</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2,000</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2,060</b>
<b>Total income</b>	<b>60</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2,000</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>2,060</b>
Cost of sales (2001001)	(2,306)	(195)	(678)	(334)	0	0	0	0	0	0	0	(400)	(3,913)
Labour (2001002)	(150)	(255)	(363)	(533)	0	0	0	0	0	0	(720)	0	(2,021)
Materials (2001003)	0	0	0	0	(63)	(385)	0	0	(425)	(87)	(36)	(37)	(1,033)
<b>Total cost of sales</b>	<b>(2,456)</b>	<b>(450)</b>	<b>(1,041)</b>	<b>(867)</b>	<b>(63)</b>	<b>(385)</b>	<b>0</b>	<b>0</b>	<b>(425)</b>	<b>(87)</b>	<b>(756)</b>	<b>(437)</b>	<b>(6,966)</b>
<b>Total gross profit</b>	<b>(2,456)</b>	<b>(450)</b>	<b>(1,041)</b>	<b>(867)</b>	<b>(63)</b>	<b>(385)</b>	<b>0</b>	<b>0</b>	<b>(425)</b>	<b>(87)</b>	<b>(756)</b>	<b>(437)</b>	<b>(6,966)</b>
Rent and rates (4002001)	(455)	(683)	(455)	(455)	0	(455)	(455)	0	0	0	0	(180)	(3,138)
Heat and lighting (4002002)	0	(54)	0	0	0	(193)	(111)	0	(36)	0	(70)	0	(464)

JULIA BEDFORD,  
DIRECTOR  
*Julia Bedford*

Account	Aug 21	Sept 21	Oct 21	Nov 21	Dec 21	Jan 22	Feb 22	Mar 22	Apr 22	May 22	Jun 22	Jul 22	Total
Insurance (4002003)	(250)	0	0	0	0	0	0	0	0	0	0	0	(250)
Total rent and rates	(705)	(737)	(455)	(455)	0	(648)	(566)	0	(36)	0	(70)	(180)	(3,852)
Internet (4003002)	(100)	0	0	0	0	0	0	(70)	0	0	(40)	(30)	(240)
Total communications	(100)	0	0	0	0	0	0	(70)	0	0	(40)	(30)	(240)
Travel (4005001)	0	0	0	0	(860)	0	(125)	(310)	0	0	0	0	(1,295)
Total travel	0	0	0	0	(860)	0	(125)	(310)	0	0	0	0	(1,295)
Advertising (4006001)	0	0	0	0	0	0	0	0	0	0	0	(110)	(110)
Total advertising	0	0	0	0	0	0	0	0	0	0	0	(110)	(110)
Accounting fees (4007001)	(35)	(35)	(35)	(35)	(35)	0	0	(106)	0	0	(38)	(38)	(358)
Total professional fees	(35)	(35)	(35)	(35)	(35)	0	0	(106)	0	0	(38)	(38)	(358)
Total expenses	(840)	(772)	(490)	(490)	(895)	(648)	(691)	(486)	(36)	0	(148)	(358)	(5,854)
Profit / Loss	(3,236)	(1,222)	(1,531)	(1,357)	(958)	(1,033)	(691)	(486)	1,539	(87)	(904)	(794)	(10,761)

JULIA BEDFORD,  
DIRECTOR  


# CIC 34

## Community Interest Company Report

For official use  
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*Please  
complete in  
typescript, or  
in bold black  
capitals.*

**Company Name in  
full**

Feed Avalon CIC

**Company Number**

8632448

**Year Ending**

(31/07/22)

*(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)**

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credence or postal order payable to Companies House)

(N.B. A Filing Fee of £12 is payable on this document. Please enclose a

complex company with more detailed notes.

chapter 8 of the Regulator's guidance notes and the alternate example provided for a more Part 7 of the Community Interest Company Regulations 2002. For further guidance see investigations and Community Enterprise) Act 2004 and contain the information required by reports must be delivered in accordance with section 34 of the Companies (Audit, Repeal and Reform) Act 2004. This template illustrates what the Regulator of Community Interest Companies considers to

accounts.

Please ensure the company name is consistent with the company name entered on the

(The date format is required in full)

capital:  
in bold black  
type, or  
complete in  
please

Year Ending

(31/10/15)

Company Number

8442448

Company Name in full

Feed Avalon CIC

(Please leave blank)

For official use

COMMUNITY INTEREST COMPANY REPORT

CIC 34

## **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.

Feed Avalon CIC is a social enterprise that establishes food systems that are socially and economically empowering in order to optimise food resilience in Glastonbury, Street and the surrounding areas.

Autumn 2021, after we eased out of crisis mode we organised courses in the Community Garden. This was with help of Somerset Community Foundation who teamed up with Somerset Community Food to provide the Growing Grant. We held 8 workshops 4 cooking and 4 herbal medicine with ourselves teaching and invited guest tutors. They were such a success. People were so happy to be together in the community again in the safe environment of the garden; learning new skills and reconnecting friendships.

In spring of 2022, with thanks to Smart Communities Food Resilience Grant Scheme, we held workshops in the community garden aimed at families and adults. They were a great success with folk leaving courses with knowledge, inspiration and plants to grow.

We continued to grow plants in the nursery of the Red Brick Community Garden for people in the area to purchase at a vary nominal price. Taking them to local events such as Scythe Fair to reach a wider audience.

We held the annual Seed Swap, collaborating with other local groups/ farms/ growers. Providing free seeds for the 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.

The company's stakeholders are residents of Glastonbury, Street and the surrounding villages.

We have consulted the stakeholder with what we was needed for the company and community coming out of lock down restrictions. We were encouraged to hold workshops and continue to start putting on in person events.

*(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.

The Directors are employed in different positions within the company all having responsibilities for certain projects. One co-ordinates all the Education and Training, one works at the Community Garden and another does basic catering and hosting for events. A further runs the community kitchen and workshop space.

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 full considerations has been made.

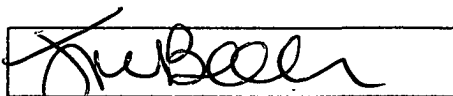
*(Please continue on separate continuation sheet if necessary.)*

**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

  
DIRECTOR

Date

28/04/23

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.

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

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