



Mutual Societies Annual Return Form (AR30)

For societies registered under the Co-operative and Community Benefit Societies Act 2014

Society name:

Bristol Co-operative Gym Limited

Important information you should read before completing this form

You must use this form if you are a:

- registered society (previously referred to as an 'industrial and provident society')
- co-operative society
- community benefit society

registered under the Co-operative and Community Benefit Societies Act 2014.

You must submit this form and the society's accounts within 7 months of the end of your financial year. Failure to submit is an offence for which the society may be prosecuted.

Please note:

- we have an information note that may assist you in completing this application
- any personal details you give on the form will be placed on the society's public file.
- it is important you give accurate and complete information and disclose all relevant information. If you do not, it may take us longer to process your annual return.

Please keep a copy of the form and supporting documents for future reference.

Terms in this form

'FCA', 'PRA', 'us' and 'we' refer to the Financial Conduct Authority or Prudential Regulation Authority.

'You' refers to the person signing the form on behalf of the society.

'The 2014 Act' is the Co-operative and Community Benefit Societies Act 2014



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For societies registered under the Co-operative and Community Benefit Societies Act 2014

Filling in the form

1 If you are using your computer to complete the form:

- use the TAB key to move from question to question and press SHIFT TAB to move back to the previous question; and
- print the completed form and arrange for it to be signed by all relevant individuals.

2 If you are filling in the form by hand:

- use black ink;
- write clearly; and
- arrange for it to be signed and dated by all relevant individuals.

3 If you make a mistake, cross it out and initial the changes; do not use correction fluid.

4 If you:

- leave a question blank;
- do not get the form signed; or
- do not attach the required supporting information

without telling us why, we will treat the application as incomplete. This will increase the time taken to assess your application.

5 If there is not enough space on the form, you may use separate sheets of paper. Clearly mark each separate sheet of paper with the relevant question number. Any separate sheets should be signed by the signatories to the form.

6 **Email a scanned copy of the signed form and supporting documents to**

mutualsannrts@fca.org.uk

or send it by post to:

Mutuals Team
Financial Conduct Authority
25 The North Colonnade
Canary Wharf
LONDON
E14 5HS

7. Please make sure you include:

- this form
- a set of printed accounts – signed by two members and the secretary (3 signatures in total)
- an audit report or accountant's report where required; and
- any supporting documents.

1

Details of society

1.1 Details of the society

Register number	RS004395
Registered office address	13 Perry Street Bristol
Postcode	BS5 0SY

1.2 Year end date (dd/mm/yyyy)

See Note 1.2

3	1	/	0	3	/	2	0	1	8
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Committee of management

If you are a club you do not need to give a year of birth in questions 1.3-1.6.

The names of the members of the Committee at the date on which the return is signed should be entered below in BLOCK CAPITALS.

1.3 Details of Chairman

Name	N/A
Address	
Postcode	
Year of birth	yyyy
Business occupation and other directorships	

1.4 Details of Treasurer

Name	Rachel Hahn
Address	91 Clay Bottom Bristol
Postcode	BS5 7HB
Year of birth	1987
Business occupation and other directorships	Social Worker

1.5 Details of Secretary

Name	Guy Lochhead
Address	13 Perry Street Bristol
Postcode	BS5 0SY
Year of birth	1989
Business occupation and other directorships	Weightlifting Coach

1.6 Details of Members of the Committee

Name	Address	Year of birth	Business occupation and other directorships
Samantha Cole	13 Colston Road, Bristol, BS5 6AA	1978	Psychologist
Leila Gamaz	13 Perry Street, Bristol, BS5 0SY	1989	Note-taker
		yyyy	
		yyyy	
		yyyy	
		yyyy	

Please use separate sheets of paper if you need more space, following the instructions provided in section 5 above.

Please indicate how many separate sheets of paper you have used

N/A

Please continue, answering all questions.

1.7 Are any members of the society's committee disqualified as directors under the Company Director Disqualification Act 1986?

- No
 Yes

1.8 Does the society carry out any activity which is regulated under the Financial Services and Markets Act 2000? (e.g. accepting deposits in a form other than withdrawable shares; offering insurance products; undertaking residential mortgage business). If 'yes' please state the society's Financial Services Register firm reference number

- No
 Yes

Financial Services Register firm reference number

1.9 Is the society a subsidiary of another society?

- No
 Yes

1.10 Does the society have one or more subsidiaries?

- No
 Yes

1.11 Is the society currently accepted by the HM Revenue and Customs as a charity for tax purposes?

- No
 Yes

Please confirm you have attached a copy of the letter from HM Revenue and Customs confirming charitable tax status:

- Yes

1.12 Is this society a charity registered with the Office of the Scottish Charity Regulator (OSCR)?

- No
 Yes ▶ provide your Scottish Charity number below

1.13 Is the society registered with one of the following (please tick)?

- Homes and Communities Agency
 The Welsh Ministers
 Scottish Housing Regulator

If so, please provide your register number

All societies must answer the following questions:

- if a **bona fide co-operative society** go to question 1.14
- if **existing for the benefit of the community** go to question 1.19

Bona fide co-operative society**1.14 How did members benefit from the business, industry or trade of the society during the year?**

Members improved their health, strength and fitness. They also learned new skills from the varied workshops we put on, as well as through the voluntary work they do in order to help run the gym. Additionally, many new social connections and friendships have been made through the gym.

1.15 Is membership of the society required to obtain the benefits offered by it?

- Yes
 No

1.16 In what way did members participate in an ongoing basis in the society's primary business during the year?

We held four general meetings as well as many other meetings for smaller sub-groups to handle specific issues they were interested in - marketing, local connections, working with specific demographics etc.

1.17 How did members democratically control the society?

Alongside our regular meetings, we use the online decision-making platform Loomio to conduct polls and discuss ideas.

1.18 How did the society use any surplus/profit?

If the society distributed the surplus/profit to members please explain how this was done.

We used some profit to buy some equipment we wanted, but most of it is being used to build a reserve of two months' running costs.

Please use separate sheets of paper if you need more space (see section 5 above)

Please indicate how many separate sheets of paper you have used.

N/A

Continue to 2.1

Community benefit society

1.19 Who are the community the society benefited?

1.20 How did the society benefit that community during the year?

1.21 How did the society use any surplus/profit?

Please use separate sheets of paper if you need more space (see section 5 above).
Please indicate how many separate sheets of paper you have used.

Continue to 2.1

2 Statistics

Account details

2.1 You must enter the figures below

See notes for help on items E-T. Enter NIL where applicable

A	Members at beginning of year	0
B	Members ceased during year	5
C	Members admitted during year	33
D	Members at end of year	28
E	Turnover for year	9,293
F	Total of income and expenditure (receipts and payments added together)	17,050
G	Net surplus/(deficit) for year	(1,536)
H	Fixed assets	0
I	Current assets	2,065
J	Total assets (equal to amount in row O, below)	2,065
K	Current liabilities	3,601
L	Share capital	0
M	Long-term liabilities	0
N	Reserves	(1,536)
O	Total liabilities, share capital & reserves (K+L+M+N) (equal to amount in J above)	2,065
All societies (excluding clubs) must complete boxes P-T		
P	Investments in other registered societies	0
Q	Loans from members	2,016
R	Loans from Employees' Superannuation Schemes	0
S	Dividends on sales	0
T	Share interest	0

2.2 Names of subsidiaries as defined in sections 100 and 101 of the Co-operative and Community Benefit Societies Act 2014

2.3 Names of subsidiaries not dealt with in group accounts (if any) and reasons for exclusions (as approved by the FCA)

The society must have written authority from us to exclude a subsidiary from group accounts

3 The audit

3.1 Type of audit used for the attached accounts.

If the society has used a full professional audit or an accountant's report then the report must be prepared by a registered auditor.

- Full professional audit ▶ Continue to section 4
- Accountant's report ▶ Complete questions 3.2 and 3.3
- Lay audit ▶ Complete questions 3.2 and 3.3
- Unaudited ▶ Complete questions 3.2 and 3.3

3.2 Do the society's registered rules allow the society not to undertake a full professional audit?

- No
- Yes

3.3 Has the membership passed at a general meeting a resolution allowing the society not to undertake a full professional audit for the year of account in question? (In accordance with section 84 of the Co-operative and Community Benefit Societies Act 2014)

- No
- Yes

4 Accounts and signature

Accounts

4.1 Date on which the accounts and balance sheet will be/were laid before the AGM (dd/mm/yyyy)

3	1	/	1	0	/	2	0	1	8
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4.2 Has your society produced accounts to the minimum standard required?

- Yes ▶ you must confirm that you have attached the accounts and the audit/accountant's report bearing the original signatures of the auditor (if required by law), the secretary and the two committee members. Attached
- No ▶ you must produce accounts to the minimum standard required, see notes for details.

Signature – all societies to complete

4.3 The Secretary of the society must sign and date below

I certify that the information in this form is correct to the best of my knowledge and belief.

Name	Guy Lochhead
Signature	 <u>signed on 31/10/2018 13:32:10 GMT</u>
Phone number	07964673984
Email	guy@bristolcooperativegym.org
Date	31/10/18

Bristol Co-operative Gym Limited

Company No. RS004395

**Committee's Report and Unaudited
Accounts**

31 March 2018

Bristol Co-operative Gym Limited
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Bristol Co-operative Gym Limited

COMPANY INFORMATION

Directors

S. Cole

L. Gamaz

R. Hahn

G. Lochhead

Secretary

G. Lochhead

Registered Office

13 Perry Street

Bristol

BS5 0SY

Accountants

Magic Bean Counters Limited

Unit 14c, The Old Co-op

42 Chelsea Road

Bristol

BS5 6AF

Bristol Co-operative Gym Limited

COMMITTEES REPORT

The Committee, who are also directors of the company for the purposes of the Companies Act 2006, present their report and the accounts for the period ended 31 March 2018.

Principal activities

The principal activity of the company during the period under review was coaching and sport instruction.

Directors

The Directors who served at any time during the period were as follows:

A. Holding (Resigned 20 May 2018)

G. Lochhead

V. Wakefield-Jarrett (Resigned 20 May 2018)

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006.

Signed on behalf of the board



signed on 31/10/2018 13:31:32 GMT

G. Lochhead

Company Secretary

31 October 2018

Bristol Co-operative Gym Limited
INCOME AND EXPENDITURE ACCOUNT
for the period ended 31 March 2018

	Notes	2018
		£
Turnover		9,293
Cost of Sales		<u>(9,349)</u>
Gross loss		(56)
Distribution costs and selling expenses		(167)
Administrative expenses		(1,313)
Operating deficit		<u>(1,536)</u>
Deficit on ordinary activities before taxation		<u>(1,536)</u>
Deficit for the financial period after taxation		<u><u>(1,536)</u></u>

The company did not trade during the preceding period. During that period, the company received no income and incurred no expenditure and therefore made neither profit nor loss.

Bristol Co-operative Gym Limited**BALANCE SHEET**

at 31 March 2018

Company No.	RS004395	Notes	2018 £
Current assets			
Debtors		2	755
Cash at bank and in hand			1,310
			<u>2,065</u>
Creditors: Amount falling due within one year		3	<u>(3,601)</u>
Net current liabilities			(1,536)
Total assets less current liabilities			<u>(1,536)</u>
Net liabilities			<u><u>(1,536)</u></u>
Reserves			
Income and expenditure account			(1,536)
Total equity			<u><u>(1,536)</u></u>

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

For the period ended 31 March 2018 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.

Approved by the board on 31 October 2018

And signed on its behalf by:



signed on 31/10/2018 12:38:11 GMT
L. Gamaz

Director

31 October 2018



signed on 31/10/2018 15:37:18 GMT
R. Hahn

Director



signed on 31/10/2018 13:31:32 GMT
G. Lochhead

Company Secretary

Bristol Co-operative Gym Limited
STATEMENT OF CHANGES IN EQUITY
for the period ended 31 March 2018

	Income and Expenditure Account £	Total equity £
At 8 June 2016	-	-
Deficit for the period	(1,536)	(1,536)
At 31 March 2018	<u>(1,536)</u>	<u>(1,536)</u>

for the period ended 31 March 2018

1 Accounting policies

Basis of preparation

The accounts have been prepared 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) and the Companies Act 2006 . There were no material departures from that standard.

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets and in accordance with the accounting policies set out below.

Turnover

Turnover is measured at the fair value of the consideration received or receivable. Turnover is reduced for estimated customer returns, rebates and other similar allowances.

Revenue from the sale of goods is recognised when all the following conditions are satisfied:

- the Company has transferred to the buyer the significant risks and rewards of ownership of the goods;
- the Company retains neither continuing managerial involvement to the degree usually associated with ownership nor effective control over the goods sold;
- the amount of revenue can be measured reliably;
- it is probable that the economic benefits associated with the transaction will flow to the Company;
- and
- the costs incurred or to be incurred in respect of the transaction can be measured reliably.

Specifically, revenue from the sale of goods is recognised when goods are delivered and legal title is passed.

NOTES TO THE ACCOUNTS

Taxation

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from the surplus as reported in the income and expenditure account because of items of income or expense that are taxable or deductible in other years and items that are never taxable or deductible. The Company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable temporary differences. Deferred tax assets are generally recognised for all deductible timing differences to the extent that it is probable that taxable profits will be available against which those deductible temporary differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period.

Current or deferred tax for the year is recognised in the income and expenditure account, except when they relate to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method, less impairment losses for bad and doubtful debts.

Trade and other creditors

Short term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

Provisions

Provisions are made where an event has taken place that gives the Company a legal or constructive obligation that probably requires settlement by a transfer of economic benefit, and a reliable estimate can be made of the amount of the obligation.

Provisions are charged as an expense to the income and expenditure account in the year that the Company becomes aware of the obligation, and are measured at the best estimate at balance sheet date of the expenditure required to settle the obligation, taking into account relevant risks and uncertainties. When payments are eventually made, they are charged to the provision carried in the balance sheet.

2 Debtors

	2018
	£
Other debtors	755
	<hr/>
	<u>755</u>

NOTES TO THE ACCOUNTS

3 Creditors:

amounts falling due within one year

	2018
	£
Loans from directors	2,016
Accruals and deferred income	1,585
	<hr/>
	3,601
	<hr/>

4 Reserves

Income and expenditure account - includes all current and prior period retained surpluses and deficits.

5 Related party disclosures

Controlling party

The company is limited by guarantee and has no share capital; thus no single party controls the company.

6 Additional information

Bristol Co-operative Gym Limited is a private company limited by guarantee and incorporated in England and Wales.

The company is a registered Co-operative Society under the Co-operative and Community Benefit Societies Act 2014.

Its registered number is:

RS004395

Its registered office is:

13 Perry Street

Bristol

BS5 0SY