In accordance with Rule 18.7 of the Insolvency (England & Wales) Rules 2016 and Sections 92A, 104A and 192 of the Insolvency Act 1986.

LIQ03

Notice of progress report in voluntary winding up



COMPANIES HOUSE Company details 2 → Filling in this form Company number 0 9 6 7 3 0 Please complete in typescript or in bold black capitals. Company name in full Paramed Consulting Limited Liquidator's name Tom Full forename(s) Surname **Bowes** 3 Liquidator's address Building name/number Lancaster House, Street 171 Chorley New Road, Post town Bolton, County/Region Postcode В 1 Q|ZCountry Liquidator's name o Other liquidator Full forename(s) **Andrew David** Use this section to tell us about Surname another liquidator. Rosler Liquidator's address @ Building name/number Lancaster House, **O**ther liquidator Use this section to tell us about Street 171 Chorley New Road, another liquidator. Post town Bolton, County/Region Postcode Q|ZCountry

·	LIQ03 Notice of progress report in voluntary winding up				
6	Period of progress report				
From date	9 0 9 72 72 YO YZ YZ				
To date					
7	Progress report				
	☑ The progress report is attached				
8	Sign and date				
Liquidator's signature	X Cent and 3				
Signature date	1 9 1 0 2 0 2 3				

LIQ03

following:

Notice of progress report in voluntary winding up

Presenter information You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record. Olivia Newsome Ideal Corporate Solutions Limited Address Lancaster House, 171 Chorley New Road, Bolton, County/Region Postcode Country DX Telephone 01204 663000 Checklist We may return forms completed incorrectly or with information missing. Please make sure you have remembered the

The company name and number match the information held on the public Register.
 You have attached the required documents.

☐ You have signed the form.

Important information

All information on this form will appear on the public record.

✓ Where to send

You may return this form to any Companies House address, however for expediency we advise you to return it to the address below:

The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ. DX 33050 Cardiff.

f Further information

For further information please see the guidance notes on the website at www.gov.uk/companieshouse or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.gov.uk/companieshouse

ANNUAL PROGRESS REPORT

PARAMED CONSULTING LIMITED - IN CREDITORS' VOLUNTARY LIQUIDATION

Content

- Administration and Planning
- Enquiries and Investigations
- Realisation of Assets
- Creditors
- Ethics
- Fees and Expenses
- Creditors' Rights
- Conclusion

Appendices

- Appendix I Statutory Information
- Appendix II Receipts and Payments account for the period 29 September 2022 to 28 September 2023
- Appendix III Detailed list of work undertaken in the period 29 September 2022 to 28
 September 2023
- Appendix IV Time cost information for the period 29 September 2022 to 28 September 2023
- Appendix V Time costs summary for period
- Appendix VI Expenses summary for period

ADMINISTRATION AND PLANNING

Statutory information

Statutory information may be found at Appendix I.

The Joint Liquidators are required to meet a considerable number of statutory and regulatory obligations. Whilst many of these tasks do not have a direct benefit in enhancing realisations for the insolvent estate, they assist in the efficient and compliant progressing of the administration of the case, which ensures that work is carried out to high professional standards. A detailed list of these tasks may be found in Appendix III.

Reporting

The Joint Liquidators have met their statutory and regulatory duties to report to creditors, as listed below. In consideration of the need for transparency and engagement with creditors, care has been taken to ensure that reports and other communications with creditors have provided useful details of the strategies pursued and the outcomes anticipated.

During the Review Period, the following key documents have been issued:

The report on the creditors \$100 decision.

(Creditors note that this report has been complied outside of the reporting period.)

Other administration tasks

During the Review Period, the following material tasks in this category were carried out:

Case reviews.

ENQUIRIES AND INVESTIGATIONS

During the Review Period, the Joint Liquidators carried out an initial review of the Company's affairs in the period prior to appointment. This included seeking information and explanations from the directors by means of questionnaires; making enquiries of the Company's accountants; reviewing information received from creditors; and collecting and examining the Company's bank statements, accounts and other records.

The directors did not provide books and records however they did provide a completed questionnaire as well as a Statement of Affairs.

The information gleaned from this process enabled the Joint Liquidators to meet their statutory duty to submit a confidential report on the conduct of the directors to the Insolvency Service.

This work was also carried out with the objective of making an initial assessment of whether there were any matters that may lead to any recoveries for the benefit of creditors. This would typically include any potential claims which may be brought against parties either connected to or who have past dealings with the Company.

This initial assessment revealed matters that the Joint Liquidators considered merited further investigation. The Joint Liquidator is following up with the Director regarding matters that were raised

following the review of the company's bank account. The Joint Liquidators investigations remain ongoing in this respect.

Although this work has not generated any financial benefit to creditors to date, it was necessary to meet the statutory duties as well as conduct appropriate enquiries and investigations into potential rights of actions to enhance realisations. Should the Joint Liquidators investigations lead to any financial benefit to creditors, creditors will be informed in subsequent reports.

REALISATION OF ASSETS

Detailed below is key information about asset realisation and strategy, however, more details about the work undertaken may be found at Appendix III. The Joint Liquidators formulated and worked through a realisation strategy that sought to maximise realisations net of costs. The financial benefit of those efforts is described further below.

Funds held in Client Account

Prior to the appointment of the Joint Liquidators, the Director transferred the sum of £6,300.00 to Ideal Corporate Solutions Limited ("ICS") to cover pre appointment costs. ICS billed their agreed fee of £5,000.00 plus VAT leaving a residual balance of £300.00 in ICS' client account.

Additionally, the Company transferred the sum of £750.00, being the balance in the company bank account to hold pending Liquidation. On appointment, the total balance of £1,050.00 was transferred to the Liquidation estate.

Bank Interest

All funds held in the Liquidation are held in an interest-bearing account. The sum of £18.50 has been accrued in the review period.

CREDITORS

Irrespective of whether sufficient realisations are achieved to pay a dividend to creditors, the Joint Liquidators have had to carry out key tasks which are detailed in the list at Appendix III. The following sections explain the anticipated outcomes to creditors and any distributions paid.

Secured creditors

The Company has no charges granted over its assets.

Preferential creditors

The Director advised that the Company has no preferential creditors.

Secondary Preferential creditors

In any insolvency process started from 1 December 2020, HMRC is a secondary preferential creditor for the following liabilities:

- VAT
- PAYE Income Tax

- Employees' NIC
- CIS deductions
- student loan deductions

This will mean that, if there are sufficient funds available, any of the above amounts owed by the Company will be paid after the preferential creditors have been paid in full.

The Director advised that the Company has no secondary preferential creditors. To date, no claim has been received from HMRC in respect of their preferential liability.

Unsecured creditors

The unsecured creditors as per the statement of affairs totalled £31,490.64 and to date claims totalling £24,271.04 have been received. Please be advised that proofs of debt are still being received and therefore the total value of unsecured claims is not known at present.

Dividend prospects

At this time, it is unlikely that a dividend will be distributed to any class of creditor.

Where a floating charge is created after 15 September 2003 a prescribed part of the company's net property shall be made available to unsecured creditors.

The Company has not granted a floating charge to any creditor after 15 September 2003 and consequently there will be no prescribed part in this Liquidation.

ETHICS

Please also be advised that Joint Liquidator is bound by the Insolvency Code of Ethics when carrying out all professional work relating to an insolvency appointment.

General ethical considerations

Prior to the Joint Liquidator's appointment, a review of ethical issues was undertaken, and no ethical threats were identified. A further review has been carried out and no threats have been identified in respect of the management of the insolvency appointment over the Review Period.

Specialist Advice and Services

When instructing third parties to provide specialist advice and services or having the specialist services provided by the firm, the Joint Liquidator is obligated to ensure that such advice or work is warranted, and that the advice or work contracted reflects the best value and service for the work undertaken. The firm reviews annually the specialists available to provide services within each specialist area and the cost of those services to ensure best value. The specialists chosen usually have knowledge specific to the insolvency industry and, where relevant, to matters specific to this insolvency appointment.

FEES AND EXPENSES

Pre-Appointment Costs

A fixed fee of £5,000.00 plus VAT was agreed and paid by the Director prior to the winding up resolution.

The Joint Liquidators Fees

The time costs for the period 29 September 2022 to 28 September 2023 total £5,917.00, representing 28.40 hours at an average hourly rate of £208.35. To date, no funds have been drawn on account of time costs incurred. The time costs for the period are detailed at Appendix V.

It is the firm's practice to ensure that work is conducted by the appropriate staff member at the appropriate level of experience. Junior members of staff deal with the day to day administration on cases and a manager then oversees the work undertaken. Where the issues are complex and litigious, the work will be closely supervised or undertaken by a manager.

Expenses

The expenses, which include disbursements, that have been incurred and not yet paid during the period are detailed on Appendix VI.

The category 1 expenses paid for in the period 29 September 2022 to 28 September 2023 total £215.04 are detailed at Appendix VI and represent payments to parties not associated with the firm, who have provided services or goods for the administration of the assignment. To date, the sum of £177.50 has been drawn in this respect.

There are no category 2 expenses incurred in the period. The Joint Liquidator has not sought creditors approval to draw Category 2 expenses to date.

Information about this insolvency process may be found on the R3 website at http://www.creditorinsolvencyguide.co.uk/. A copy of 'A Creditors' Guide to Fees' together with the firm's charge-out rate and expenses policy may be found at https://www.idealcs.co.uk/assets/Liquidation._A_Guide_for_Creditors_on_Insolvency_Practitioners_Fe es._Version_1_April_2021-1.pdf. A hard copy of both the Creditors' Guide and the firm's charge-out rate and disbursement policy may be obtained on request.

CREDITORS' RIGHTS

An unsecured creditor may, with the permission of the court or with the concurrence of 5% in value of the unsecured creditors (including the creditor in question) request further details of the Joint Liquidator's remuneration and expenses, within 21 days of receipt of this report. Any secured creditor may request the same details in the same time limit.

An unsecured creditor may, with the permission of the court or with the concurrence of 10% in value of the creditors (including the creditor in question), apply to court to challenge the amount and/or basis of the Joint Liquidator's fees and the amount of any proposed expenses or expenses already incurred, within 8 weeks of receipt of this report. Any secured creditor may make a similar application to court within the same time limit.

CONCLUSION

The administration of the case will continue until the Joint Liquidator has concluded his statutory investigations, as detailed in the body of this report.

If you require any further information, please contact Olivia Newsome at this office.

Signed _____

Joint Liquidator

25 October 2023

Appendix I

Statutory Information

Company Name Paramed Consulting Limited

Company Number 10962730

Registered Office C/O Ideal corporate Solutions Limited, Lancaster House, 171

Chorley New Road, Bolton, BL1 4QZ

Former Registered Office 166 Banks Road, West Kirby, Wirral, CH48 ORH

Office holders Tom Bowes and Andrew Rosler

Office holders' address Ideal Corporate Solutions Limited, Lancaster House, 171 Chorley

New Road, Bolton, BL1 4QZ

Date of appointment 29 September 2022

Appendix II

Receipts and Payments account for the period 29 September 2022 to 28 September 2023

Paramed Consulting Limited (In Liquidation) Joint Liquidators' Summary of Receipts & Payments

From 29/09/2022 To 28/09/2023 £	From 29/09/2022 To 28/09/2023 £		Statement of Affairs £
		ASSET REALISATIONS	
18.50	18.50	Bank Interest Gross	
1,050.00	1,050.00	Funds Held in Client Account	750.00
1,068.50	1,068.50	Tanas Flora III Sherit / toosant	700.00
1,000.00	1,000.00	COST OF REALISATIONS	
177.50	177.50	Statutory Advertising	
(177.50)	(177.50)	otatatory , tavortioning	
((,	UNSECURED CREDITORS	
NIL	NIL	Bank (Bounce Back Loan)	4,000.00)
NIL	NIL	HM Revenue and Customs	7,489.54)
NIL	NIL	Trade & Expenses Creditors	(1.00)
NIL	NIL		(***-*)
		DISTRIBUTIONS	
NIL	NIL	Ordinary Shareholders	(100.00)
NIL	NIL	,	(7
891.00	891.00		0,840.54)
<u> </u>		REPRESENTED BY	
35.50		Vat Receivable	
855.50		YB Estate Account	
891.00			

Note:

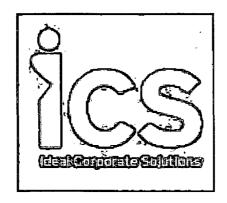
...2

Appendix III

Detailed list of work undertaken

Below is detailed information about the tasks undertaken by the Joint Liquidators

General Description	Includes
Statutory and General Administration	
Statutory/advertising	Filing of documents to meet statutory requirements including annual receipts and payments accounts Annual corporation tax returns Quarterly VAT returns Advertising in accordance with statutory requirements Bonding the case for the value of the assets
Document maintenance/file review/checklist	Filing of documents Periodic file reviews documenting strategy Periodic reviews of the application of ethical, anti-money laundering and anti-bribery safeguards Maintenance of statutory and case progression task lists/diaries Updating checklists
Bank account administration	Preparing correspondence opening and closing accounts Requesting bank statements Bank account reconciliations Correspondence with bank regarding specific transfers Maintenance of the estate cash book Banking remittances and issuing cheques/BACS payments
Planning / Review	Discussions regarding strategies to be pursued Meetings with team members and independent advisers to consider practical, technical and legal aspects of the case
Books and records / storage	Dealing with records in storage Sending job files to storage
Pension scheme	Identifying whether there is a pension scheme Submitting the relevant notices if a pension scheme is identified Instructing agents to wind up any pension scheme Liaising and providing information to be able to finalise winding up the pension scheme
Reports	Circulating initial report to creditors upon appointment Preparing annual progress report, investigation and general reports to creditors Disclosure of sales to connected parties
Investigations	
SIP 2 Review	Collection and making an inventory of company books and records Correspondence to request information on the company's dealings, making further enquiries of third parties Reviewing questionnaires submitted by creditors and directors Reconstruction of financial affairs of the company Reviewing company's books and records Preparation of deficiency statement Review of specific transactions and liaising with directors regarding certain transactions Liaising with the committee/creditors or major creditors about further action to be taken
Statutory reporting on conduct of director(s)	Preparing statutory investigation reports Liaising with Insolvency Service Submission of report with the Insolvency Service Preparation and submission of supplementary information if required Assisting the Insolvency Service with its investigations
Creditors and Distributions	
Creditor Communication	Receive and follow up creditor enquiries via telephone Review and prepare correspondence to creditors and their representatives via facsimile, email and post Assisting employees to pursue claims via the RPO Corresponding with the PPF and the Pensions Regulator
Dealing with proofs of debt ("POD")	Receipting and filing POD when not related to a dividend Corresponding with RPO regarding POD when not related to a dividend



Charge-out Rates and Bases of Expenses

Charge-out Rates

Staff	Ghargeoutrates To 80 September 2019 G/(hour	Charge outrates 10:tober 2019 to 81 Warch 2022 62/hour	Chargeoutrates From 1 April 2022 Cl/liour
Insolvency Practitioner	350.00	390.00	390.00
Senior Manager	250.00	275.00	290.00
Senior Administrator	-	175.00	190.00
Administrator	125.00	125.00	150.00
Junior Administrator	75.00	75.00	90.00
Cashier	100.00	100.00	100.00

Bases of Expenses

Category 2 expenses are expenses that are of an incidental nature and cannot, or cannot easily, be directly related to a particular insolvency case because there is an element of shared or allocated cost. Where the cost of the expense incurred is an estimated, unitised cost, the charging policy will based on external costs or opportunity cost. They are charged as follows:

- From 1 April 2022 car mileage is re-charged at the rate of 45 pence per mile (previously 40 pence per mile);
- Storage of books and records (when not rechargeable as a Category 1 expense) is recharged on
 the basis that the number of standard archive boxes held in storage for a particular case bears
 to the total of all archive boxes for all cases in respect of the period for which the storage charge
 relates;
- Printing and photocopying at 15p per copy (where applicable);

Please note that charge out rates and expenses are reviewed annually on 1 May and are subject to change.

Appendix IV

Time cost information for the period 29 September 2022 to 28 September 2023

Time Entry - SIP9 Time & Cost Summary

P6543 - Paramed Consulting Limited Project Code: POST From: 29/09/2022 To: 28/09/2023

Classification of Work Function	Partner	Manager	Other Senior Professionals	Assistants & Support Staff	Total Hours	Time Cost (£)	Average Hourly Rate (£)
Admin & Planning	0.40	1.00	0.00	3.85	5.25	873.50	166.38
Case Specific Matters	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Creditors	0.00	0.00	0.00	0.20	0.20	18.00	90.00
Investigations	2.20	3.00	0.00	17.75	22.95	5,025.50	218.98
Realisation of Assets	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Trading	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Total Hours	2.60	4.00	0.00	21.80	28.40	5,917.00	208.35
Total Fees Claimed						0.00	
Total Disbursements Claimed						0.00	

Appendix V

Time costs summary for period

	Actual time costs incurred during the Review Period				
Work category	Number of hours	Average hourly rate £ per hour	Total time costs		
Administration (including statutory reporting)	5.25	166.38	873.50		
Realisation of assets	0.00	0.00	0.00		
Creditors (claims and distribution)	0.20	90.00	18.00		
Investigations	22.95	218.98	5,025.50		
Total	28.40	208.35	5,917.00		

Appendix VI

Expenses summary for period

Below are details of the Joint Liquidators' expenses for the period under review and the total to date.

Expenses	Actual expenses incurred in the review period £	Actual expenses drawn to date £	Actual expenses outstanding £
Category 1		***	
Bond ·	20.00	0.00	20.00
Postage	17.54	0.00	17.54
Statutory advertising	177.50	177.50	0.00
Total	215.04	177.50	37.54