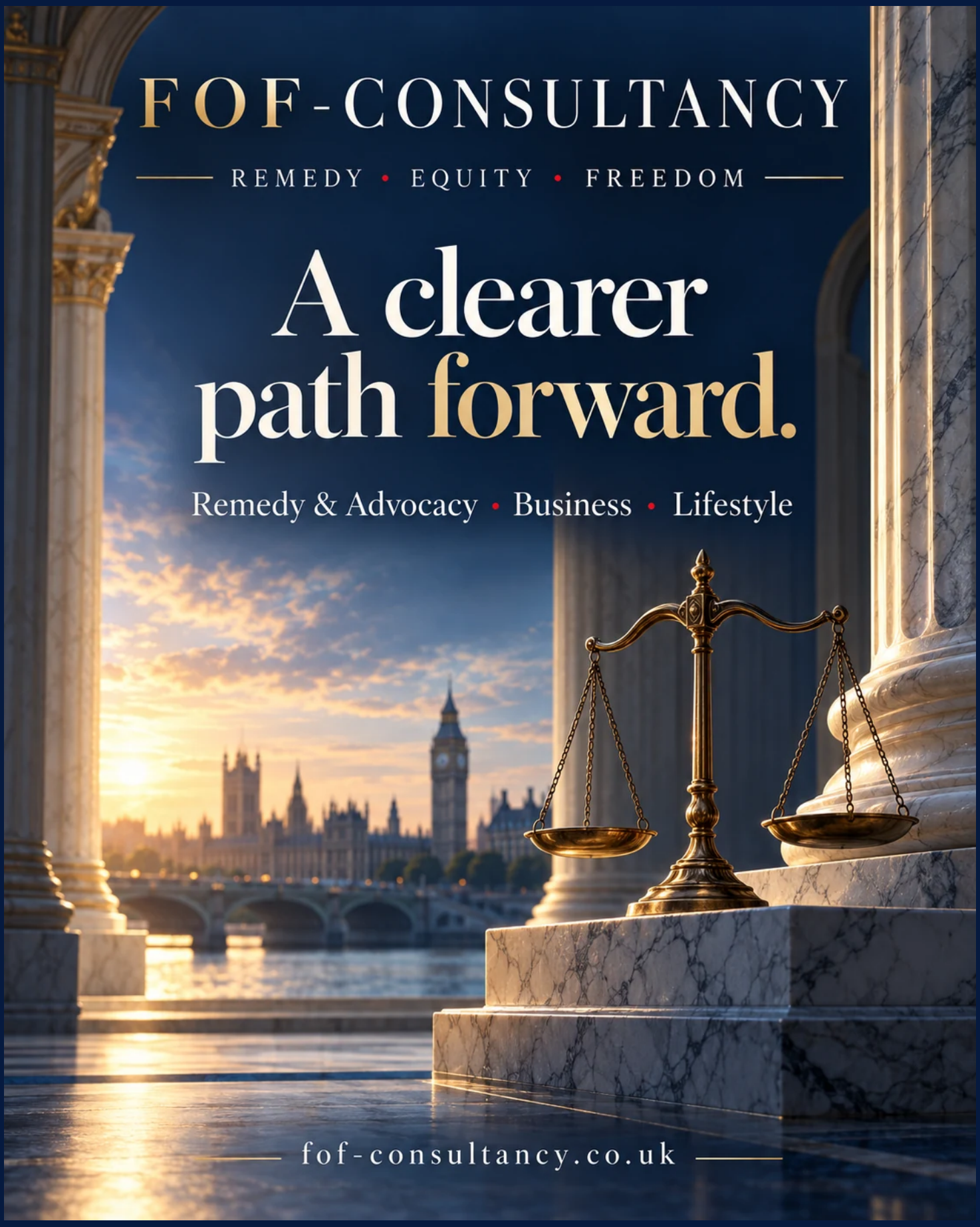

COMMUNITY AND SERVICES PROSPECTUS

fof-consultancy.co.uk

Information edition · 30 October 2026

01 / OUR PURPOSE

Remedy. Equity. Freedom.

FOF Consultancy brings practical support into three connected areas of life. We begin by listening, establishing the facts and agreeing a clear next step with the person or household involved.

Remedy & Advocacy

Help to organise evidence and correspondence, identify questions that need answering, pursue complaints and appropriate escalation, and keep a reliable record of what happened.

Business Consultancy

Support to clarify an idea, understand an audience and market, develop brand messaging, prepare a business plan or proposal, and map a practical route to launch or growth.

Lifestyle Consultancy

The Fresh Start Programme helps individuals and households review time, skills, routines and goals, then build manageable plans for a more stable and fulfilling life.

HOW WE WORK

Listen carefully. Separate known facts from assumptions. Agree the scope in writing. Review progress and correct errors. FOF does not guarantee a particular case result, business outcome or lifestyle change.

02 / WAYS TO WORK WITH US

A level that fits the work.

Each of the three service areas offers Silver, Gold and Diamond levels. The precise tasks, timeline and fee are agreed after an initial enquiry, so each person knows what is included before work begins.

Silver / Foundation

A focused starting point: clarify the situation, priorities and immediate action plan. For business, this can include offer and audience discovery; for lifestyle, a personal reset; for remedy, an initial review.

Gold / Development

Build on the foundation with a fuller plan, organised records, written outputs or scheduled progress work. The exact deliverables depend on the service and the agreed proposal.

Diamond / Extended support

A wider pathway for involved matters, longer-term business development or whole-household goals, with agreed reviews and coordination over a longer period.

BEFORE YOU COMMIT

FOF confirms the scope, fee, any extra costs, responsibilities and limitations in writing. Urgent court deadlines, regulated legal advice, medical needs and specialist debt advice may require a qualified professional directly.

03 / JOIN THE WORK

People make change possible.

FOF welcomes people who want to contribute their time, experience and local knowledge. Opportunities include administration, research and document support within an agreed role, community awareness, and practical support across the three service areas.

AN ENQUIRY IN THREE STEPS

01 **Tell us the situation**

Send a short outline of the support you seek, your preferred contact method and any date that matters.

02 **Agree the right route**

We discuss whether FOF can help, what information is needed, and the proposed scope or volunteer role.

03 **Work with a clear record**

Keep the plan, correspondence and next steps understandable and reviewable as circumstances develop.

Start a conversation

Email fof-consultancy@proton.me or visit fof-consultancy.co.uk. Avoid sending sensitive case documents in your first message; we can discuss a suitable sharing method.

FOF describes itself as a private nonprofit organisation. Donations to its wider work are separate from service package fees. This prospectus is general information and is not professional advice on a particular matter.