

Objective

Our objective at F&C Capital and Income Investment Trust PLC is to secure long-term capital and income growth from a portfolio consisting mainly of FTSE All-Share companies.

THIS DOCUMENT IS IMPORTANT AND REQUIRES YOUR IMMEDIATE ATTENTION. If you are in any doubt about the action you should take, you are recommended to seek your own independent financial advice from your stockbroker, bank manager, solicitor, accountant or other independent financial adviser authorised under the Financial Services and Markets Act 2000 if you are in the United Kingdom or, if not, from another appropriately authorised financial adviser. If you have sold or otherwise transferred all your ordinary shares in F&C Capital and Income Investment Trust PLC please forward this document, together with the accompanying documents, immediately to the purchaser or transferee or to the stockbroker, bank or agent through whom the sale or transfer was effected for transmission to the purchaser or transferee.

Visit the website at www.fandccit.com

Registered in England and Wales with company registration number 2732011.

Potential investors are reminded that the value of investments and the income from them may go down as well as up and investors may not receive back the full amount invested. Tax benefits may vary as a result of statutory changes and their value will depend on individual circumstances.

Financial Highlights

Contents

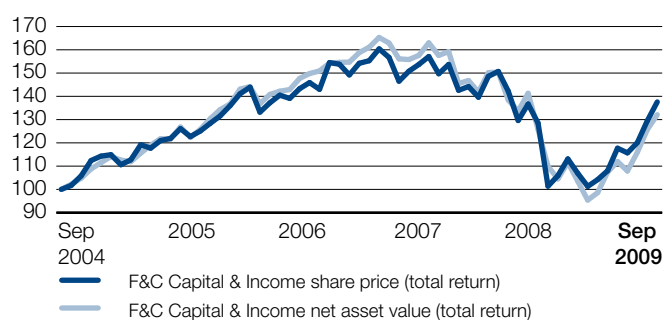
Summary of results

Attributable to shareholders	30 September 2009	30 September 2008	% Change
Net assets	£166.68m	£158.20m	+5.4
Net asset value per share	199.28p	200.45p	-0.6
Net revenue after tax	£7.21m	£7.61m	-5.3
Revenue return per share	8.85p	9.69p	-8.7
Total return per share	9.62p	(50.47p)	-
Dividends per share	8.65p*	8.40p*	+3.0
Share price	199.00p	196.50p	+1.3

* includes a special dividend of 0.4 pence per share paid in both years.

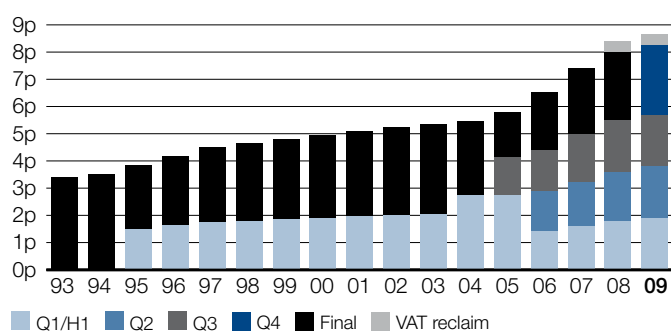
Total returns over five years – 2004 to 2009

Rebased to 100 at September 2004



Dividends per share – pence

1993 to 2009



Financial Highlights	1
Chairman's Statement	2
Manager's Review	6
Twenty Largest Holdings	9
Investment Portfolio by Sector	11
List of Investments	13
Management and Advisers	15
Directors	16
Directors' Report and Business Review	17
Directors' Remuneration Report	26
Corporate Governance Statement	27
Statement of Directors' Responsibilities in Respect of the Financial Statements	32
Independent Auditors' Report	33
Income Statement	34
Reconciliation of Movements in Shareholders' Funds	35
Balance Sheet	36
Cash Flow Statement	37
Notes on the Accounts	38
Ten Year Record	53
Notice of Annual General Meeting	55
Information for Shareholders	59
How to Invest	60

Financial calendar

2009 financial year events

Fourth interim dividend payable	31 December 2009
Annual general meeting	14 January 2010

2010 financial year events

First interim dividend payable	March 2010
Half-yearly results announced	May 2010
Second interim dividend payable	June 2010
Third interim dividend payable	September 2010
Annual results announced	November 2010
Fourth interim dividend payable	December 2010