

Clare Harding Limited

Filleted Accounts

31 March 2024

Clare Harding Limited**Registered number:** 04824678**Balance Sheet****as at 31 March 2024**

	Notes	2024	2023
		£	£
Fixed assets			
Tangible assets	3	3,322	4,518
Current assets			
Stocks		800	1,501
Cash at bank and in hand		3,586	1,234
		<u>4,386</u>	<u>2,735</u>
Creditors: amounts falling due within one year	4	(37,918)	(40,261)
Net current liabilities		<u>(33,532)</u>	<u>(37,526)</u>
Total assets less current liabilities		<u>(30,210)</u>	<u>(33,008)</u>
Creditors: amounts falling due after more than one year	5	(933)	(1,733)
Net liabilities		<u>(31,143)</u>	<u>(34,741)</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		(31,144)	(34,742)
Shareholder's funds		<u>(31,143)</u>	<u>(34,741)</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Director

Approved by the board on 29 August 2024

Clare Harding Limited

Notes to the Accounts

for the year ended 31 March 2024

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and 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).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Gym equipment	25% reducing balance
Fixtures & fittings	25% reducing balance

Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost is determined using the first in first out method. The carrying amount of stock sold is recognised as an expense in the period in which the related revenue is recognised.

2 Employees

	2024 Number	2023 Number
Average number of persons employed by the company	0	0

3 Tangible fixed assets

	Plant and machinery etc £
Cost	
At 1 April 2023	44,225
Disposals	(87)
At 31 March 2024	44,138

Depreciation

At 1 April 2023	39,707
Charge for the year	1,109
At 31 March 2024	40,816

Net book value

At 31 March 2024	3,322
At 31 March 2023	4,518

4 Creditors: amounts falling due within one year	2024	2023
	£	£
Bank loans and overdrafts	800	1,401
Trade creditors	-	192
Taxation and social security costs	-	99
Other creditors	37,118	38,569
	<u>37,918</u>	<u>40,261</u>

5 Creditors: amounts falling due after one year	2024	2023
	£	£
Bank loans	<u>933</u>	<u>1,733</u>

6 Other information

Clare Harding Limited is a private company limited by shares and incorporated in England. Its registered office is:

53 Brook Road
Stansted
Essex
CM24 8BB