

Abbreviated Accounts for the Year Ended 31 July 2013

for

Feel Good Health & Fitness Limited

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for the year ended 31 July 2013

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Feel Good Health & Fitness Limited

**Company
Information
for the year ended 31 July 2013**

DIRECTOR: Mr D Wright

SECRETARIES: Mrs A Wright
Mrs L M Macdonald

REGISTERED OFFICE: European House
93 Wellington Road
Leeds
West Yorkshire
LS12 1DZ

REGISTERED NUMBER: 06334905 (England and Wales)

ACCOUNTANTS: Urquhart Warner Myers Limited
European House
93 Wellington Road
Leeds
West Yorkshire
LS12 1DZ

Abbreviated Balance Sheet
31 July 2013

	Notes	31/7/13 £	£	31/7/12 £	£
FIXED ASSETS					
Tangible assets	2		28,080		36,592
CURRENT ASSETS					
Debtors		18,583		18,176	
Cash at bank and in hand		557		1,459	
		<u>19,140</u>		<u>19,635</u>	
CREDITORS					
Amounts falling due within one year		<u>213,951</u>		<u>147,297</u>	
NET CURRENT LIABILITIES			<u>(194,811)</u>		<u>(127,662)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(166,731)</u>		<u>(91,070)</u>
CREDITORS					
Amounts falling due after more than one year			6,257		12,541
NET LIABILITIES			<u>(172,988)</u>		<u>(103,611)</u>
CAPITAL AND RESERVES					
Called up share capital	3		100		100
Profit and loss account			<u>(173,088)</u>		<u>(103,711)</u>
SHAREHOLDERS' FUNDS			<u>(172,988)</u>		<u>(103,611)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2013.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2013 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and
- (a) 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end
- of each financial year and of its profit or loss for each financial year in accordance with the
- (b) requirements of
- Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to
- financial statements, so far as applicable to the company.

Abbreviated Balance Sheet - continued
31 July 2013

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 19 February 2014 and were signed by:

Mr D Wright - Director

Notes to the Abbreviated Accounts
for the year ended 31 July 2013

1. **ACCOUNTING POLICIES**

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on reducing balance

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. **TANGIBLE FIXED ASSETS**

	Total £
COST	
At 1 August 2012	93,956
Additions	636
At 31 July 2013	<u>94,592</u>
DEPRECIATION	
At 1 August 2012	57,364
Charge for year	9,148
At 31 July 2013	<u>66,512</u>
NET BOOK VALUE	
At 31 July 2013	<u>28,080</u>
At 31 July 2012	<u>36,592</u>

3. **CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31/7/13 £	31/7/12 £
100	Ordinary shares	£1	<u>100</u>	<u>100</u>