

REGISTERED NUMBER: 06334905 (England and Wales)

Financial Statements for the Year Ended 31 July 2018

for

Feel Good Health & Fitness Limited

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for the year ended 31 July 2018

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Feel Good Health & Fitness Limited

**Company
Information
for the year ended 31 July 2018**

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

Statement of Financial Position
31 July 2018

	Notes	31/7/18 £	£	31/7/17 £	£
FIXED ASSETS					
Tangible assets	4		4,248		5,009
CURRENT ASSETS					
Debtors	5	19,185		18,883	
Cash at bank and in hand		<u>8,560</u>		<u>1,348</u>	
		27,745		20,231	
CREDITORS					
Amounts falling due within one year	6	<u>358,404</u>		<u>339,331</u>	
NET CURRENT LIABILITIES			<u>(330,659)</u>		<u>(319,100)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(326,411)</u>		<u>(314,091)</u>
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			<u>(326,511)</u>		<u>(314,191)</u>
SHAREHOLDERS' FUNDS			<u>(326,411)</u>		<u>(314,091)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2018 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 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 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.
- (b) 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 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.

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director on 9 October 2018 and were signed by:

Mr D Wright - Director

Notes to the Financial Statements
for the year ended 31 July 2018

1. **STATUTORY INFORMATION**

Feel Good Health & Fitness Limited is a private company, limited by shares , registered in England and Wales.

The company's registered number and registered office address can be found on the Company Information page.

2. **ACCOUNTING POLICIES**

Basis of preparing the financial statements

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

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 profit or loss on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 3 (2017 - 4) .

4. **TANGIBLE FIXED ASSETS**

	Plant and machinery etc £
COST	
At 1 August 2017	65,551
Additions	<u>656</u>
At 31 July 2018	<u>66,207</u>
DEPRECIATION	
At 1 August 2017	60,542
Charge for year	<u>1,417</u>
At 31 July 2018	<u>61,959</u>
NET BOOK VALUE	
At 31 July 2018	<u>4,248</u>
At 31 July 2017	<u>5,009</u>

Notes to the Financial Statements - continued
for the year ended 31 July 2018

5.	DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
		31/7/18	31/7/17
		£	£
	Other debtors	<u>19,185</u>	<u>18,883</u>
6.	CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		
		31/7/18	31/7/17
		£	£
	Trade creditors	16,024	14,174
	Taxation and social security	6,696	4,000
	Other creditors	<u>335,684</u>	<u>321,157</u>
		<u>358,404</u>	<u>339,331</u>