

# FEEL GOOD HEALTH & FITNESS LIMITED

Unaudited Financial Statements

## **Period of accounts**

**Start date:** 01 August 2018

**End date:** 31 July 2019

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<b>Director</b>	David Wright
<b>Registered Number</b>	06334905
<b>Registered Office</b>	5th Floor, Market Square House St James Street Nottingham Notts NG1 6FG
<b>Accountants</b>	UWM Accountants European House 93 Wellington Road Leeds LS12 1DZ

FEEL GOOD HEALTH & FITNESS LIMITED  
Statement of Financial Position  
As at 31 July 2019

	<b>Notes</b>	<b>2019 £</b>	<b>2018 £</b>
<b>Fixed assets</b>			
Tangible fixed assets	2	3,186	4,248
		<b>3,186</b>	<b>4,248</b>
<b>Current assets</b>			
Debtors	3	19,573	19,185
Cash at bank and in hand		4,860	8,560
		<b>24,433</b>	<b>27,745</b>
<b>Creditors: amount falling due within one year</b>	4	(363,842)	(358,403)
<b>Net current assets</b>		<b>(339,409)</b>	<b>(330,658)</b>
<b>Total assets less current liabilities</b>		(336,223)	(326,410)
<b>Net assets</b>		<b>(336,223)</b>	<b>(326,410)</b>
<b>Capital and reserves</b>			
Called up share capital		100	100
Profit and loss account		(336,323)	(326,510)
<b>Shareholders funds</b>		<b>(336,223)</b>	<b>(326,410)</b>

For the year ended 31 July 2019 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small

companies.

Director's Responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with Section 476
2. The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

**FEEL GOOD HEALTH & FITNESS LIMITED**

**Statement of Financial Position**

**As at 31 July 2019**

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of Part 15 of the Companies Act 2006. In accordance with Section 444 of the Companies Act 2006, the income statement has not been delivered to the Registrar of Companies.

Signed on behalf of the board of director

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David Wright  
Director

Date approved by the board: 20 April 2020

# FEEL GOOD HEALTH & FITNESS LIMITED

## Notes to the Financial Statements

### For the year ended 31 July 2019

#### **General Information**

Feel Good Health & Fitness Limited is a private company, limited by shares, registered in England and Wales, registration number 06334905, registration address 5th Floor, Market Square House, St James Street, Nottingham, Notts, NG1 6FG.

#### **1. Accounting Policies**

##### **Significant accounting policies**

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 comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

##### **Tangible fixed assets**

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Plant and Machinery	25% Reducing Balance
Fixtures and Fittings	25% Reducing Balance
Computer Equipment	25% Reducing Balance

**FEEL GOOD HEALTH & FITNESS LIMITED**  
**Notes to the Financial Statements**

**2. Tangible fixed assets**

<b>Cost</b>	<b>Machinery</b>	<b>Fixtures and Fittings</b>	<b>Computer Equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
At 01 August 2018	6,253	57,305	2,649	66,207
Additions	-	-	-	-
Disposals	-	-	-	-
<b>At 31 July 2019</b>	<b>6,253</b>	<b>57,305</b>	<b>2,649</b>	<b>66,207</b>
<b>Depreciation</b>				
At 01 August 2018	5,409	54,121	2,429	61,959
Charge for year	-	1,007	55	1,062
On disposals	-	-	-	-
<b>At 31 July 2019</b>	<b>5,409</b>	<b>55,128</b>	<b>2,484</b>	<b>63,021</b>
<b>Net book values</b>				
Closing balance as at 31 July 2019	<b>844</b>	<b>2,177</b>	<b>165</b>	<b>3,186</b>
Opening balance as at 01 August 2018	<b>844</b>	<b>3,184</b>	<b>220</b>	<b>4,248</b>

**3. Debtors: amounts falling due within one year**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Prepayments & Accrued Income	14,573	14,185
Other Debtors	5,000	5,000
	<b>19,573</b>	<b>19,185</b>

**4. Creditors: amount falling due within one year**

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Trade Creditors	15,489	16,024

PAYE & Social Security	748	553
Accrued Expenses	2,300	2,352
Other Creditors	340,871	333,331
VAT	4,434	6,143
	<b><u>363,842</u></b>	<b><u>358,403</u></b>

## FEEL GOOD HEALTH & FITNESS LIMITED

### Notes to the Financial Statements 5. Average No. of Employees For the year ended 31 July 2019

<b>Particulars</b>	<b>2019</b>	<b>2018</b>
Staff & Directors	4	3
	<b><u>4</u></b>	<b><u>3</u></b>