

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

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

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

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

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

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

3. Debtors: amounts falling due within one year

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

4. Creditors: amount falling due within one year

	2019	2018
	£	£
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
	<u>363,842</u>	<u>358,403</u>

FEEL GOOD HEALTH & FITNESS LIMITED

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

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