Abbreviated financial statements

for the year ended 31 May 2014

THURSDAY



A25

13/11/2014 COMPANIES HOUSE #314

# Abbreviated balance sheet as at 31 May 2014

•		2014		2013	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	2		118,414		126,163
Current assets					
Stocks		650		650	
Debtors		28,726		26,441	
Cash at bank & in hand		269,695		212,016	
		299,071		239,107	
Creditors: amounts falling					
due within one year		(75,833)		(68,017)	
Net current assets			223,238		171,090
Total assets less current liabilities			341,652		297,253
Provisions for liabilities			(19,500)		(20,400)
Net assets			322,152		276,853
ivet assets			======================================		====
Capital and reserves					
Called up share capital	3		2		2
Profit & loss account			322,150		276,851
Shareholders' funds			322,152		276,853

The director's statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 3 to 4 form an integral part of these financial statements.

### Abbreviated balance sheet (continued)

# Director's statements required by Sections 475(2) and (3) for the year ended 31 May 2014

In approving these abbreviated accounts as director of the company I hereby confirm:

- (a) that for the year stated above the company was entitled to the exemption conferred by Section 477 of the Companies Act 2006;
- (b) that no notice has been deposited at the registered office of the company pursuant to Section 476 requesting that an audit be conducted for the year ended 31 May 2014; and
- (c) that I acknowledge my responsibilities for:
  - (1) ensuring that the company keeps accounting records which comply with Section 386; and
  - (2) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the year then ended in accordance with the requirements of Section 393 and which otherwise comply with the provisions of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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

The abbreviated accounts were approved by the Board and signed on its behalf by

S K Vadehra

Director

Dated: 1 October 2014

Company Registration Number: 03170899

Lucil K Vadera

# Notes to the abbreviated financial statements for the year ended 31 May 2014

## 1. Accounting policies

## 1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

#### 1.2. Turnover

Turnover represents the total amounts receivable, excluding value added tax, of membership fees, sales & hire during the year.

## 1.3. Tangible fixed assets & depreciation

All fixed assets are initially recorded at cost. Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Improvements to property - 4% straight line

Gym equipment - 15% reducing balance Furniture & fittings - 15% reducing balance Office equipment - 15% reducing balance

### 1.4. Leasing

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

### 1.5. Stock

Stock is valued at the lower of cost and net realisable value, after making due allowance for obselete and slow moving items.

# 1.6. Deferred taxation

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more, or a right to pay less or to receive more tax, with the exception of situations where the director determines the effects not to be material or are unlikely to reverse in the forseeable future.

### 1.7. Financial instruments

Financial instruments are classified and accounted for, according to the substance of contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

# Notes to the abbreviated financial statements for the year ended 31 May 2014

..... continued

2.	Fixed assets		Tangible fixed assets £
	Cost		
	At 1 June 2013		461,032
	Additions		12,163
	At 31 May 2014		473,195
	Depreciation		
	At 1 June 2013		334,869
	Charge for year		19,912
	At 31 May 2014		354,781
	Net book values		
	At 31 May 2014		118,414
	At 31 May 2013		126,163
3.	Share capital	2014	2013
		£	£
	Allotted, called up and fully paid		
	2 Ordinary shares of £1 each	2	2
		<del></del>	

All of the above shares represent equity shares.

# 4. Ultimate parent undertaking

Ambsol Limited is a wholly owned subsidiary of B.Z. Limited, a company incorporated in England, which Ambsol Limited regards as both its immediate and ultimate parent company.