

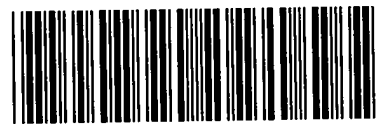
Registered number  
3822445

Wellow Health and Fitness Limited

Abbreviated Accounts

30 September 2014

TUESDAY



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COMPANIES HOUSE

**Wellow Health and Fitness Limited****Registered number:** 3822445**Abbreviated Balance Sheet****as at 30 September 2014**

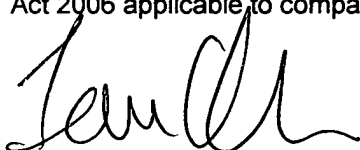
	Notes	2014 £	2013 £
<b>Fixed assets</b>			
Tangible assets	2	18,746	9,638
<b>Current assets</b>			
Debtors		908	1,292
Cash at bank and in hand		19,424	26,516
		<u>20,332</u>	<u>27,808</u>
<b>Creditors: amounts falling due within one year</b>		<u>(13,275)</u>	<u>(12,887)</u>
<b>Net current assets</b>		7,057	14,921
<b>Net assets</b>		<u>25,803</u>	<u>24,559</u>
<b>Capital and reserves</b>			
Called up share capital	3	63,500	64,000
Capital redemption reserve		9,153	8,845
Profit and loss account		(46,850)	(48,286)
<b>Shareholders' funds</b>		<u>25,803</u>	<u>24,559</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

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.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.



Director

Approved by the board on 1 March 2015.

**Wellow Health and Fitness Limited**  
**Notes to the Abbreviated Accounts**  
**for the year ended 30 September 2014**

**1 Accounting policies**

***Basis of preparation***

The accounts 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 the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

***Depreciation***

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Land and buildings	10% straight line
Plant and machinery	25% straight line
Fixtures and fittings	25% straight line

**2 Tangible fixed assets**

£

**Cost**

At 1 October 2013	104,978
Additions	14,213
Disposals	(3,800)
At 30 September 2014	<u>115,391</u>

**Depreciation**

At 1 October 2013	95,340
Charge for the year	5,105
On disposals	(3,800)
At 30 September 2014	<u>96,645</u>

**Net book value**

At 30 September 2014	<u>18,746</u>
At 30 September 2013	<u>9,638</u>

**3 Share capital**

**Nominal  
value**

**2014  
Number**

**2014  
£**

**2013  
£**

Allotted, called up and fully paid:

Ordinary shares	£1 each	63,500	<u>63,500</u>	<u>64,000</u>
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**4 Controlling party**

Mr R E Chalk, together with members of his close family, including Mr I Chalk (director), control the company by virtue of a controlling interest of more than 51% of the issued share capital.