

**BACK IN ACTION (REHABILITATION) LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

C W Dix Limited
Accountants & Business Advisors
4b Silkwood Court
Wakefield
West Yorkshire
WF5 9TP

Back in Action (Rehabilitation) Limited
Unaudited Financial Statements
For The Year Ended 31 March 2023

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Back in Action (Rehabilitation) Limited
Balance Sheet
As At 31 March 2023

Registered number: 04666405

		2023		2022	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	4		54,129		67,855
			<u>54,129</u>		<u>67,855</u>
CURRENT ASSETS					
Debtors	5	5,177		10,000	
Cash at bank and in hand		<u>15,847</u>		<u>48,080</u>	
		21,024		58,080	
Creditors: Amounts Falling Due Within One Year	6	<u>(45,016)</u>		<u>(67,804)</u>	
NET CURRENT ASSETS (LIABILITIES)			<u>(23,992)</u>		<u>(9,724)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>30,137</u>		<u>58,131</u>
Creditors: Amounts Falling Due After More Than One Year	7		<u>(23,333)</u>		<u>(33,333)</u>
PROVISIONS FOR LIABILITIES					
Deferred Taxation			<u>(5,736)</u>		<u>(5,736)</u>
NET ASSETS			<u>1,068</u>		<u>19,062</u>
CAPITAL AND RESERVES					
Called up share capital	8		2		2
Profit and Loss Account			<u>1,066</u>		<u>19,060</u>
SHAREHOLDERS' FUNDS			<u>1,068</u>		<u>19,062</u>

Back in Action (Rehabilitation) Limited
Balance Sheet (continued)
As At 31 March 2023

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Mr I Horsley

Director

20/12/2023

The notes on pages 3 to 5 form part of these financial statements.

Back in Action (Rehabilitation) Limited
Notes to the Financial Statements
For The Year Ended 31 March 2023

1. General Information

Back in Action (Rehabilitation) Limited Registered number 04666405 is a limited by shares company incorporated in England & Wales. The Registered Office is Springwell House, 10 Agbrigg Road, Sandal, Wakefield, WF2 6AF.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost basis and in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Statement of Compliance

The financial statements have been prepared in compliance with the provisions of FRS 102 Section 1A, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

2.2. Turnover

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

2.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	15% per annum reducing balance
Plant & Machinery	25% per annum reducing balance
Fixtures & Fittings	25% per annum reducing balance

2.4. Taxation

The charge for taxation takes into account taxation deferred as a result of timing differences between the treatment of certain items for taxation and accounting purposes. In general, deferred taxation is recognised in respect of timing differences that have originated but not reversed at the balance sheet date. However, deferred tax assets are recognised only to the extent that the directors consider that it is more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted. Deferred taxation is measured on a non-discounted basis at the tax rates that are expected to apply in periods in which the timing differences reverse, based on tax rates and the law enacted or substantively enacted at the balance sheet date.

2.5. Pensions

The company operates a defined pension contribution scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

2.6. Registrar Filing Requirements

The company has taken advantage of Companies Act 2006 section 444(1) and opted not to file the profit and loss account, directors report, and notes to the financial statements relating to the profit and loss account.

3. Average Number of Employees

Average number of employees, including directors, during the year was:

	2023	2022
Office and administration	5	5
	5	5

Back in Action (Rehabilitation) Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2023

4. Tangible Assets

	Land & Property			
	Leasehold	Plant & Machinery	Fixtures & Fittings	Total
	£	£	£	£
Cost				
As at 1 April 2022	44,800	128,374	27,948	201,122
As at 31 March 2023	44,800	128,374	27,948	201,122
Depreciation				
As at 1 April 2022	12,432	101,200	19,635	133,267
Provided during the period	4,855	6,793	2,078	13,726
As at 31 March 2023	17,287	107,993	21,713	146,993
Net Book Value				
As at 31 March 2023	27,513	20,381	6,235	54,129
As at 1 April 2022	32,368	27,174	8,313	67,855

5. Debtors

	2023	2022
	£	£
Due within one year		
Trade debtors	5,177	10,000
	5,177	10,000

6. Creditors: Amounts Falling Due Within One Year

	2023	2022
	£	£
Bank loans and overdrafts	10,000	10,000
Corporation tax	3,116	8,079
Other taxes and social security	635	635
Accruals and deferred income	10,975	2,800
Director's loan account	20,290	46,290
	45,016	67,804

7. Creditors: Amounts Falling Due After More Than One Year

	2023	2022
	£	£
Bank loans	23,333	33,333
	23,333	33,333

8. Share Capital

	2023	2022
	£	£
Allotted, Called up and fully paid	2	2

Back in Action (Rehabilitation) Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2023

9. Pension Commitments

The company operates a defined contribution pension scheme for eligible staff. The assets of the scheme are held separately from those of the company in an independently administered fund. At the balance sheet date unpaid contributions of £137 were due to the fund. They are included in Other Creditors.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.