

REGISTERED NUMBER: 06039046 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 January 2017

for

A1 Back Care And Ergonomic Solutions
Limited

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for the Year Ended 31 January 2017

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DIRECTOR:

Mrs S L Whyte

REGISTERED OFFICE:

8 Hillside
Ware
Hertfordshire
SG12 9JZ

REGISTERED NUMBER:

06039046 (England and Wales)

ACCOUNTANTS:

Nordens
The Retreat
406 Roding Lane South
Woodford Green
Essex
IG8 8EY

Statement of Financial Position
31 January 2017

| | Notes | 31.1.17 £ | 31.1.16 £ | 1.2.15 £ |
|--|-------|--------------|--------------|-------------|
| FIXED ASSETS | | | | |
| Tangible assets | 4 | 1,825 | 1,584 | - |
| CURRENT ASSETS | | | | |
| Cash at bank | | 20,538 | 25,799 | - |
| CREDITORS | | | | |
| Amounts falling due within one year | 5 | (10,257) | (17,812) | - |
| NET CURRENT ASSETS | | 10,281 | 7,987 | - |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | 12,106 | 9,571 | - |
| NET ASSETS | | 12,106 | 9,571 | - |
| CAPITAL AND RESERVES | | | | |
| Called up share capital | | 2 | 2 | - |
| Retained earnings | 7 | 12,104 | 9,569 | - |
| SHAREHOLDERS' FUNDS | | 12,106 | 9,571 | - |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2017.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2017 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director on 18 April 2017 and were signed by:

Mrs S L Whyte - Director

Notes to the Financial Statements
for the Year Ended 31 January 2017

1. **STATUTORY INFORMATION**

A1 Back Care And Ergonomic Solutions Limited is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. **ACCOUNTING POLICIES**

Basis of preparing the financial statements

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Changes in accounting estimate

The company changed its depreciation policy estimate for computer equipment during the year from 33.33% per annum reducing balance basis to 25% per annum reducing balance basis.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on reducing balance and 15% on reducing balance

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that that have been enacted or substantively enacted by the statement of financial position date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the statement of financial position date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 1 (2016 - 1) .

Notes to the Financial Statements - continued
for the Year Ended 31 January 2017

4. **TANGIBLE FIXED ASSETS**

| | Plant and machinery etc £ |
|-----------------------|--|
| COST | |
| At 1 February 2016 | 9,629 |
| Additions | <u>712</u> |
| At 31 January 2017 | <u>10,341</u> |
| DEPRECIATION | |
| At 1 February 2016 | 8,045 |
| Charge for year | <u>471</u> |
| At 31 January 2017 | <u>8,516</u> |
| NET BOOK VALUE | |
| At 31 January 2017 | <u>1,825</u> |
| At 31 January 2016 | <u>1,584</u> |

5. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

| | 31.1.17 £ | 31.1.16 £ |
|------------------------------|----------------------|----------------------|
| Taxation and social security | 8,938 | 9,201 |
| Other creditors | <u>1,319</u> | <u>8,611</u> |
| | <u>10,257</u> | <u>17,812</u> |

6. **LEASING AGREEMENTS**

Minimum lease payments under non-cancellable operating leases fall due as follows:

| | 31.1.17 £ | 31.1.16 £ |
|----------------------------|----------------------|----------------------|
| Within one year | 1,805 | 4,332 |
| Between one and five years | <u>-</u> | <u>1,805</u> |
| | <u>1,805</u> | <u>6,137</u> |

7. **RESERVES**

| | Retained earnings £ |
|---------------------|------------------------------------|
| At 1 February 2016 | 9,569 |
| Profit for the year | 24,064 |
| Dividends | <u>(21,529)</u> |
| At 31 January 2017 | <u>12,104</u> |

8. **RELATED PARTY DISCLOSURES**

During the year, total dividends of £21,529 (2016 - £30,966) were paid to the director .

Notes to the Financial Statements - continued
for the Year Ended 31 January 2017

8. **RELATED PARTY DISCLOSURES - continued**

The Director Mrs S L Whyte is considered to be key management personal.

Mrs Whyte earned a salary of £8,060 for services undertaken on behalf of the company.

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.