

REGISTERED NUMBER: 06039046 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 January 2018

for

A1 Back Care And Ergonomic Solutions
Limited

Contents of the Financial Statements
for the Year Ended 31 January 2018

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	3

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

Balance Sheet
31 January 2018

	Notes	31.1.18 £	£	31.1.17 £	£
FIXED ASSETS					
Tangible assets	4		1,457		1,825
CURRENT ASSETS					
Cash at bank		21,376		20,538	
CREDITORS					
Amounts falling due within one year	5	<u>8,522</u>		<u>10,257</u>	
NET CURRENT ASSETS			<u>12,854</u>		<u>10,281</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>14,311</u>		<u>12,106</u>
CAPITAL AND RESERVES					
Called up share capital			2		2
Retained earnings	6		<u>14,309</u>		<u>12,104</u>
SHAREHOLDERS' FUNDS			<u>14,311</u>		<u>12,106</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2018 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
- (b) and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

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 6 March 2018 and were signed by:

Mrs S L Whyte - Director

Notes to the Financial Statements
for the Year Ended 31 January 2018

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.

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.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 25% 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 have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet 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 2 (2017 - 2) .

Notes to the Financial Statements - continued
for the Year Ended 31 January 2018

4. **TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 February 2017 and 31 January 2018	<u>3,298</u>	<u>7,043</u>	<u>10,341</u>
DEPRECIATION			
At 1 February 2017	2,421	6,095	8,516
Charge for year	<u>131</u>	<u>237</u>	<u>368</u>
At 31 January 2018	<u>2,552</u>	<u>6,332</u>	<u>8,884</u>
NET BOOK VALUE			
At 31 January 2018	<u>746</u>	<u>711</u>	<u>1,457</u>
At 31 January 2017	<u>877</u>	<u>948</u>	<u>1,825</u>

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

	31.1.18 £	31.1.17 £
Taxation and social security	6,947	8,938
Other creditors	<u>1,575</u>	<u>1,319</u>
	<u>8,522</u>	<u>10,257</u>

6. **RESERVES**

	Retained earnings £
At 1 February 2017	12,104
Profit for the year	20,645
Dividends	<u>(18,440)</u>
At 31 January 2018	<u>14,309</u>

7. **RELATED PARTY DISCLOSURES**

During the year, total dividends of £18,440 (2017 - £21,529) were paid to the director .

The directors Mrs C Sharp & Mrs S Whyte are considered to be key management personnel.

The director Mrs S Whyte has earned a salary of £8,060 (£8,060 - 2016) 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.