

Registered number
06659223

Physical Balance Limited

Abbreviated Accounts

31 August 2015

Physical Balance Limited**Registered number:** 06659223**Abbreviated Balance Sheet****as at 31 August 2015**

	Notes	2015 £	2014 £
Fixed assets			
Tangible assets	3	59,927	75,347
Current assets			
Stocks		2,025	2,025
Debtors		17,666	12,209
Cash at bank and in hand		105,284	112,698
		<u>124,975</u>	<u>126,932</u>
Creditors: amounts falling due within one year		<u>(63,116)</u>	<u>(60,985)</u>
Net current assets		61,859	65,947
Total assets less current liabilities		<u>121,786</u>	<u>141,294</u>
Provisions for liabilities		<u>(6,815)</u>	<u>(8,769)</u>
Net assets		<u>114,971</u>	<u>132,525</u>
Capital and reserves			
Called up share capital	4	2	2
Profit and loss account		114,969	132,523
Shareholders' funds		<u>114,971</u>	<u>132,525</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.

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.

I Harrison
Director

Physical Balance Limited
Notes to the Abbreviated Accounts
for the year ended 31 August 2015

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.

Plant and equipment	25% straight line
Goodwill	Now fully depreciated
Leasehold Premises	Over terms of lease (5 Years)
Integral features	Over terms of lease (5 Years)

Stocks

Stock is valued at the lower of cost and net realisable value.

2 Intangible fixed assets **£**

Cost

At 1 September 2014	24,485
At 31 August 2015	<u>24,485</u>

Amortisation

At 1 September 2014	24,485
At 31 August 2015	<u>24,485</u>

Net book value

At 31 August 2015	<u>-</u>
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3 Tangible fixed assets **£**

Cost

At 1 September 2014	86,702
Additions	<u>1,573</u>
At 31 August 2015	<u>88,275</u>

Depreciation

At 1 September 2014	11,355
Charge for the year	16,993
At 31 August 2015	<u>28,348</u>

Net book value

At 31 August 2015	<u>59,927</u>
At 31 August 2014	<u>75,347</u>

4 Share capital	Nominal value	2015 Number	2015 £	2014 £
Allotted, called up and fully paid:				
Ordinary shares	£1 each	2	<u>2</u>	<u>2</u>

5 Loans to directors

Description and conditions	B/fwd £	Paid £	Repaid £	C/fwd £
I Harrison				
Current account	(4,916)	7,730	(5,000)	(2,186)
C Harrison				
Current account	(4,916)	7,729	(5,000)	(2,187)
	<u>(9,832)</u>	<u>15,459</u>	<u>(10,000)</u>	<u>(4,373)</u>

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