

Unaudited Financial Statements for the Year Ended 31 December 2022

for

Living Better Health Ltd

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for the Year Ended 31 December 2022

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Living Better Health Ltd

Company Information
for the Year Ended 31 December 2022

DIRECTOR: Ms L M Barnes

REGISTERED OFFICE: 9 Ivy Bank
Bath
BA2 5NF

REGISTERED NUMBER: 08310626 (England and Wales)

ACCOUNTANTS: Dolman's Chartered Accountants
The Mews
Hounds Road
Chipping Sodbury
Bristol
BS37 6EE

Balance Sheet
31 December 2022

| | Notes | 2022 £ | £ | 2021 £ | £ |
|--|-------|-----------------|-----------------|-----------------|-----------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 4 | | 1,126 | | 637 |
| CURRENT ASSETS | | | | | |
| Stocks | | 900 | | 2,200 | |
| Cash at bank | | <u>952</u> | | <u>2,301</u> | |
| | | 1,852 | | 4,501 | |
| CREDITORS | | | | | |
| Amounts falling due within one year | 5 | <u>24,887</u> | | <u>27,076</u> | |
| NET CURRENT LIABILITIES | | | <u>(23,035)</u> | | <u>(22,575)</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | (21,909) | | (21,938) |
| CREDITORS | | | | | |
| Amounts falling due after more than one year | 6 | | - | | (876) |
| PROVISIONS FOR LIABILITIES | | | - | | (121) |
| NET LIABILITIES | | | <u>(21,909)</u> | | <u>(22,935)</u> |
| CAPITAL AND RESERVES | | | | | |
| Called up share capital | | | 1 | | 1 |
| Retained earnings | | <u>(21,910)</u> | | <u>(22,936)</u> | |
| | | <u>(21,909)</u> | | <u>(22,935)</u> | |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- 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.

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

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 and authorised for issue on 25 September 2023 and were signed by:

Ms L M Barnes - Director

Notes to the Financial Statements
for the Year Ended 31 December 2022

1. **STATUTORY INFORMATION**

Living Better Health Ltd 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 Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" 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.

Plant and machinery etc - 33% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was NIL (2021 - NIL).

4. **TANGIBLE FIXED ASSETS**

| | Plant and machinery etc £ |
|-----------------------|------------------------------------|
| COST | |
| At 1 January 2022 | 950 |
| Additions | 1,198 |
| At 31 December 2022 | <u>2,148</u> |
| DEPRECIATION | |
| At 1 January 2022 | 313 |
| Charge for year | 709 |
| At 31 December 2022 | <u>1,022</u> |
| NET BOOK VALUE | |
| At 31 December 2022 | <u>1,126</u> |
| At 31 December 2021 | <u>637</u> |

Notes to the Financial Statements - continued
for the Year Ended 31 December 2022

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

| | 2022 | 2021 |
|---------------------------|---------------|---------------|
| | £ | £ |
| Bank loans and overdrafts | 416 | 2,500 |
| Trade creditors | 910 | - |
| Other creditors | 23,561 | 24,576 |
| | <u>24,887</u> | <u>27,076</u> |

6. **CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

| | 2022 | 2021 |
|------------|----------|------------|
| | £ | £ |
| Bank loans | <u>-</u> | <u>876</u> |

7. **DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES**

The following advances and credits to a director subsisted during the years ended 31 December 2022 and 31 December 2021:

| | 2022 | 2021 |
|--------------------------------------|---------------|---------------|
| | £ | £ |
| Ms L M Barnes | | |
| Balance outstanding at start of year | 39,436 | 42,560 |
| Amounts advanced | 863 | 850 |
| Amounts repaid | (1,763) | (3,974) |
| Amounts written off | - | - |
| Amounts waived | - | - |
| Balance outstanding at end of year | <u>38,536</u> | <u>39,436</u> |

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.