

Company Registration No. 08497901 (England and Wales)

GOWER HEALTH & FITNESS SOLUTIONS LIMITED
UNAUDITED ABBREVIATED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2016

GOWER HEALTH & FITNESS SOLUTIONS LIMITED

CONTENTS

	Page
Abbreviated balance sheet	1
Notes to the abbreviated accounts	2 - 3

GOWER HEALTH & FITNESS SOLUTIONS LIMITED

ABBREVIATED BALANCE SHEET

AS AT 30 SEPTEMBER 2016

	Notes	2016 £	£	2015 £	£
Fixed assets					
Tangible assets	2		411		104
Current assets					
Stocks		22,449		3,231	
Debtors		5,200		327	
Cash at bank and in hand		25,369		15,289	
		<u>53,018</u>		<u>18,847</u>	
Creditors: amounts falling due within one year		<u>(41,978)</u>		<u>(18,815)</u>	
Net current assets			11,040		32
Total assets less current liabilities			<u>11,451</u>		<u>136</u>
Provisions for liabilities			(82)		-
			<u>11,369</u>		<u>136</u>
Capital and reserves					
Called up share capital	3		2		2
Profit and loss account			11,367		134
Shareholders' funds			<u>11,369</u>		<u>136</u>

For the financial year ended 30 September 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These abbreviated financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board for issue on 2 January 2017

Mr M F Gower
Director

Company Registration No. 08497901

GOWER HEALTH & FITNESS SOLUTIONS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 30 SEPTEMBER 2016

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated).

1.3 Turnover

Turnover represents amounts receivable for goods and services net of trade discounts.

1.4 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 less estimated residual value of each asset over its expected useful life, as follows:

Fixtures, fittings & equipment	25% reducing balance
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1.5 Stock

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

1.6 Deferred taxation

Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted.

1.7 Foreign currency translation

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All differences are taken to profit and loss account.

GOWER HEALTH & FITNESS SOLUTIONS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 SEPTEMBER 2016

2 Fixed assets

Tangible assets £

Cost

At 1 October 2015	185
Additions	445
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At 30 September 2016	630
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Depreciation

At 1 October 2015	81
Charge for the year	138
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At 30 September 2016	219
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Net book value

At 30 September 2016	411
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At 30 September 2015	104
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3 Share capital

2016 £

2015 £

Allotted, called up and fully paid

2 Ordinary of £1 each	2	2
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