

**REGISTERED NUMBER: 09909103 (England and Wales)**

**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2022**

**FOR**

**MF HEALTH AND SPORT LTD**



**MF HEALTH AND SPORT LTD (REGISTERED NUMBER: 09909103)**

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FOR THE YEAR ENDED 31 DECEMBER 2022**

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**MF HEALTH AND SPORT LTD (REGISTERED NUMBER: 09909103)****BALANCE SHEET  
31 DECEMBER 2022**

	Notes	31.12.22 £	£	31.12.21 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		1,918		1,680
<b>CURRENT ASSETS</b>					
Debtors	5	63,794		103,138	
Cash at bank and in hand		617,454		391,034	
		681,248		494,172	
<b>CREDITORS</b>					
Amounts falling due within one year	6	81,622		136,352	
<b>NET CURRENT ASSETS</b>			599,626		357,820
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			601,544		359,500
<b>PROVISIONS FOR LIABILITIES</b>			480		400
<b>NET ASSETS</b>			601,064		359,100
<b>CAPITAL AND RESERVES</b>					
Called up share capital	7		100		100
Retained earnings			600,964		359,000
<b>SHAREHOLDERS' FUNDS</b>			601,064		359,100

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 his 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 notes form part of these financial statements

**MF HEALTH AND SPORT LTD (REGISTERED NUMBER: 09909103)**

**BALANCE SHEET - continued**  
**31 DECEMBER 2022**

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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 Statement of Comprehensive Income has not been delivered.

06/02/2023

The financial statements were approved by the director and authorised for issue on ..... and were signed by:



.....  
M Farrar - Director

The notes form part of these financial statements

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**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 DECEMBER 2022**

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**1. STATUTORY INFORMATION**

MF Health and Sport Ltd is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address are as below:

<b>Registered number:</b>	09909103
<b>Registered office:</b>	72 Far Bank Shelley Huddersfield HD8 8HT

The presentation currency of the financial statements is the Pound Sterling (£).

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

**Tangible fixed assets**

Tangible assets are initially measured at cost. After initial recognition, tangible assets are measured at cost less any accumulated depreciation.

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 cost and 10% on cost
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**Financial instruments**

The company has chosen to adopt Section 11 of FRS 102 in respect of financial instruments.

Short term debtors are measured at transaction price, less any impairment. Short term creditors are measured at transaction price.

**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.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 31 DECEMBER 2022**

**2. ACCOUNTING POLICIES - continued**

**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.

**3. EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 1 (2021 - 1).

**4. TANGIBLE FIXED ASSETS**

	Plant and machinery etc £
<b>COST</b>	
At 1 January 2022	1,782
Additions	723
	<hr/>
At 31 December 2022	2,505
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<b>DEPRECIATION</b>	
At 1 January 2022	102
Charge for year	485
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At 31 December 2022	587
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<b>NET BOOK VALUE</b>	
At 31 December 2022	1,918
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At 31 December 2021	1,680
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**5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.12.22	31.12.21
	£	£
Trade debtors	61,018	103,138
Other debtors	2,776	-
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	63,794	103,138
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NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 31 DECEMBER 2022

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.12.22	31.12.21
	£	£
Taxation and social security	77,768	133,896
Other creditors	3,854	2,456
	<u>81,622</u>	<u>136,352</u>

7. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:			31.12.22	31.12.21
Number:	Class:	Nominal value:	£	£
90	Ordinary A	£1	90	90
5	Ordinary B	£1	5	5
5	Ordinary C	£1	5	5
			<u>100</u>	<u>100</u>