

**OPTIMAL SPINE AND SPORT DIMENSIONS LONDON LIMITED**

**Unaudited Financial Statements**

**For the financial year ended 31 July 2021**

**Pages for filing with the registrar**

**OPTIMAL SPINE AND SPORT DIMENSIONS LONDON LIMITED**  
**UNAUDITED FINANCIAL STATEMENTS**  
**For the financial year ended 31 July 2021**

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**OPTIMAL SPINE AND SPORT DIMENSIONS LONDON LIMITED**  
**COMPANY INFORMATION**  
**For the financial year ended 31 July 2021**

**DIRECTORS**

Dr M P Petersen

Mrs A Petersen

**REGISTERED OFFICE**

2.G. Devonshire Road

London

W4 2HD

United Kingdom

**COMPANY NUMBER**

10321684 (England and Wales)

**CHARTERED ACCOUNTANTS**

Bishop Fleming LLP

10 Temple Back

Bristol

BS1 6FL

**OPTIMAL SPINE AND SPORT DIMENSIONS LONDON LIMITED**  
**STATEMENT OF FINANCIAL POSITION**  
**As at 31 July 2021**

	<b>Note</b>	<b>2021</b>	<b>2020</b>
		<b>£</b>	<b>£</b>
<b>Fixed assets</b>			
Tangible assets	3	33,279	36,015
		<b>33,279</b>	<b>36,015</b>
<b>Current assets</b>			
Debtors	4	145,275	52,128
Cash at bank and in hand		9,574	126,075
		<b>154,849</b>	<b>178,203</b>
<b>Creditors</b>			
Amounts falling due within one year	5	( 77,993)	( 85,488)
		<b>76,856</b>	<b>92,715</b>
<b>Net current assets</b>			
		<b>110,135</b>	<b>128,730</b>
<b>Total assets less current liabilities</b>			
Provisions for liabilities		( 6,189)	( 6,189)
		<b>103,946</b>	<b>122,541</b>
<b>Capital and reserves</b>			
Called-up share capital	6	2	2
Profit and loss account		103,944	122,539
<b>Total shareholder's funds</b>		<b>103,946</b>	<b>122,541</b>

For the financial year ending 31 July 2021 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 financial year in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements; and
- These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime and a copy of the Statement of Income and Retained Earnings has not been delivered.

The financial statements of Optimal Spine and Sport Dimensions London Limited (registered number: 10321684) were approved and authorised for issue by the Board of Directors on 13 July 2022. They were signed on its behalf by:

Mrs A Petersen  
Director

**OPTIMAL SPINE AND SPORT DIMENSIONS LONDON LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**For the financial year ended 31 July 2021**

**1. Accounting policies**

The principal accounting policies are summarised below. They have all been applied consistently throughout the financial year and to the preceding financial period.

**General information and basis of accounting**

The financial statements have been prepared under the historical cost convention unless otherwise specified within these accounting policies and in accordance with Section 1A of Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and the Republic of Ireland and the Companies Act 2006.

The following principal accounting policies have been applied:

**Going concern**

The directors have assessed the Statement of Financial Position and likely future cash flows at the date of approving these financial statements. The directors have a reasonable expectation that the Company has adequate resources to continue in operational existence and to meet its financial obligations as they fall due for at least 12 months from the date of signing these financial statements. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

The Company's business activities, together with the factors likely to affect its future development, performance and position are set out in the Directors' Report.

The Company's forecasts and projections, taking account of the continued possible impact of COVID-19 in trading performance, show that the company should be able to operate within the level of its current facilities.

Therefore, the directors have a reasonable expectation that the Company has adequate resources to continue in operational existence for the foreseeable future. Thus they continue to adopt the going concern basis of accounting in preparing the annual financial statements.

**Turnover**

Turnover is stated net of VAT and trade discounts and is recognised when the significant risks and rewards are considered to have been transferred to the buyer. Turnover from the sale of goods is recognised when the goods are physically delivered to the customer. Turnover from the supply of services represents the value of services provided under contracts to the extent that there is a right to consideration and is recorded at the fair value of the consideration received or receivable. Where a contract has only been partially completed at the Statement of Financial Position date turnover represents the fair value of the service provided to date based on the stage of completion of the contract activity at the Statement of Financial Position date. Where payments are received from customers in advance of services provided, the amounts are recorded as deferred income and included as part of creditors due within one year.

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**Taxation**

*Current tax*

The tax expense for the year comprises current and deferred tax. Tax is recognised in the Statement of income and retained earnings, except that a charge attributable to an item of income and expense recognised as other comprehensive income or to an item recognised directly in equity is also recognised in other comprehensive income or directly in equity respectively.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the reporting date in the countries where the company operates and generates income.

*Deferred tax*

Deferred tax balances are recognised in respect of all timing differences that have originated but not reversed by the Statement of financial position date, except that:

The recognition of deferred tax assets is limited to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits; and any deferred tax balances are reversed if and when all conditions for retaining associated tax allowances have been met.

Deferred tax balances are not recognised in respect of permanent differences except in respect of business combinations, when deferred tax is recognised on the differences between the fair values of assets acquired and the future tax deductions available for them and the differences between the fair values of liabilities acquired and the amount that will be assessed for tax. Deferred tax is determined using tax rates and laws that have been enacted or substantively enacted by the reporting date.

**Tangible fixed assets**

Tangible fixed assets under the cost model are stated at historical cost less accumulated depreciation and any accumulated impairment losses. Historical cost includes expenditure that is directly attributable to bringing the asset to the location and condition necessary for it to be capable of operating in the manner intended by management.

Depreciation is charged so as to allocate the cost of assets less their residual value over their estimated useful lives, using the straight-line method.

The estimated useful lives range as follows:

Fixtures and fittings	5 years straight line
Office equipment	5 years straight line

The assets' residual values, useful lives and depreciation methods are reviewed, and adjusted prospectively if appropriate, or if there is an indication of a significant change since the last reporting date.

Gains and losses on disposals are determined by comparing the proceeds with the carrying amount and are recognised in the Statement of income and retained earnings.

**Trade and other debtors**

Short term debtors are measured at transaction price, less any impairment. Loans receivable are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method, less any impairment.

**Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks and bank overdrafts. Bank overdrafts are shown within borrowings in creditors: amounts falling due within one year.

**OPTIMAL SPINE AND SPORT DIMENSIONS LONDON LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
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## **Financial instruments**

Financial assets and financial liabilities are recognised when the Company becomes a party to the contractual provisions of the instrument.

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the Company after deducting all of its liabilities.

## **Provisions**

Provisions are recognised when the Company has a present obligation (legal or constructive) as a result of a past event, it is probable that the Company will be required to settle that obligation and a reliable estimate can be made of the amount of the obligation.

The amount recognised as a provision is the best estimate of the consideration required to settle the present obligation at the Statement of Financial Position date, taking into account the risks and uncertainties surrounding the obligation. Where a provision is measured using the cash flows estimated to settle the present obligation, its carrying amount is the present value of those cash flows (when the effect of the time value of money is material).

When some or all of the economic benefits required to settle a provision are expected to be recovered from a third party, a receivable is recognised as an asset if it is virtually certain that reimbursement will be received and the amount of the receivable can be measured reliably.

## **2. Employees**

	<b>2021</b>	<b>2020</b>
	<b>Number</b>	<b>Number</b>
Monthly average number of persons employed by the Company during the year, including directors	2	2

## **3. Tangible assets**

	<b>Fixtures and fittings</b>	<b>Office equipment</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
At 01 August 2020	12,487	46,432	58,919
Additions	9,243	0	9,243
<b>At 31 July 2021</b>	<b>21,730</b>	<b>46,432</b>	<b>68,162</b>
<b>Accumulated depreciation</b>			
At 01 August 2020	5,890	17,014	22,904
Charge for the financial year	2,693	9,286	11,979
<b>At 31 July 2021</b>	<b>8,583</b>	<b>26,300</b>	<b>34,883</b>
<b>Net book value</b>			
<b>At 31 July 2021</b>	<b>13,147</b>	<b>20,132</b>	<b>33,279</b>
At 31 July 2020	6,597	29,418	36,015

**OPTIMAL SPINE AND SPORT DIMENSIONS LONDON LIMITED**  
**NOTES TO THE FINANCIAL STATEMENTS**  
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**4. Debtors**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Amounts owed by Group undertakings	13,685	4,185
Amounts owed by Parent undertakings	2	2
Amounts owed by directors	63,131	0
Other taxation and social security	20,518	0
Other debtors	47,939	47,941
	<b>145,275</b>	<b>52,128</b>

**5. Creditors: amounts falling due within one year**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
Trade creditors	0	708
Amounts owed to directors	0	38,798
Accruals and deferred income	57,475	29,366
Corporation tax	20,518	16,616
	<b>77,993</b>	<b>85,488</b>

**6. Called-up share capital**

	<b>2021</b>	<b>2020</b>
	<b>£</b>	<b>£</b>
<b>Allotted, called-up and fully-paid</b>		
2 Ordinary shares of £ 1.00 each	2	2

**7. Related party transactions**

At the year end, the directors owed the company £63,131 (2020 the company owed the director £38,798). The amount is included within other debtors. The loan includes interest at a rate of 2.5%.

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.