

Body Strong Ltd

Unaudited Financial Statements for the Year Ended 30 November 2021

Marshall Accountancy Ltd
St Mary's House
Crewe Road
Alsager
Stoke-On-Trent
ST7 2EW

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for the Year Ended 30 November 2021**

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Body Strong Ltd
Company Information
for the Year Ended 30 November 2021

DIRECTOR:	Mrs A Daffurn
REGISTERED OFFICE:	Strong House Nursery Road Oakhanger Crewe CW1 5XA
REGISTERED NUMBER:	10479788 (England and Wales)
ACCOUNTANTS:	Marshall Accountancy Ltd St Mary's House Crewe Road Alsager Stoke-On-Trent ST7 2EW

**Abridged Balance Sheet
30 November 2021**

	Notes	2021 £	2020 £
FIXED ASSETS			
Tangible assets	4	16,629	11,336
CURRENT ASSETS			
Cash at bank		313	664
CREDITORS			
Amounts falling due within one year		<u>(9,142)</u>	<u>(3,632)</u>
NET CURRENT LIABILITIES		<u>(8,829)</u>	<u>(2,968)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		7,800	8,368
CREDITORS			
Amounts falling due after more than one year		(6,750)	(7,765)
PROVISIONS FOR LIABILITIES		<u>(3,160)</u>	<u>(2,153)</u>
NET LIABILITIES		<u><u>(2,110)</u></u>	<u><u>(1,550)</u></u>
CAPITAL AND RESERVES			
Called up share capital		1	1
Retained earnings		<u>(2,111)</u>	<u>(1,551)</u>
SHAREHOLDERS' FUNDS		<u><u>(2,110)</u></u>	<u><u>(1,550)</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 November 2021 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

Body Strong Ltd (Registered number: 10479788)

Abridged Balance Sheet - continued
30 November 2021

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

All the members have consented to the preparation of an abridged Profit and Loss and an abridged Balance Sheet for the year ended 30 November 2021 in accordance with Section 444(2A) of the Companies Act 2006.

In accordance with Section 444 of the Companies Act 2006, the Profit and Loss has not been delivered.

The financial statements were approved by the director and authorised for issue on 11 August 2022 and were signed by:

Mrs A Daffurn - Director

The notes form part of these financial statements

**Notes to the Financial Statements
for the Year Ended 30 November 2021**

1. STATUTORY INFORMATION

Body Strong 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.

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Profit and Loss, 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.

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 (2020 - 1).

Notes to the Financial Statements - continued
for the Year Ended 30 November 2021

4. **TANGIBLE FIXED ASSETS**

	Totals
	£
COST	
At 1 December 2020	17,252
Additions	8,449
Disposals	<u>(1,219)</u>
At 30 November 2021	<u>24,482</u>
DEPRECIATION	
At 1 December 2020	5,916
Charge for year	3,156
Eliminated on disposal	<u>(1,219)</u>
At 30 November 2021	<u>7,853</u>
NET BOOK VALUE	
At 30 November 2021	<u>16,629</u>
At 30 November 2020	<u>11,336</u>

5. **RELATED PARTY DISCLOSURES**

	2021	2020
	£	£
Directors' loan account		
Balance brought forward	(1,402)	(10,474)
(Capital Introduced)/Drawings	(6,815)	9,072
Dividends	<u>-</u>	<u>-</u>
Balance carried forward	<u>(8,217)</u>	<u>(1,402)</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.