

Company registration number 12664990 (England and Wales)

FOUR FIVE HEALTH LIMITED
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023
PAGES FOR FILING WITH REGISTRAR

FOUR FIVE HEALTH LIMITED

CONTENTS

	Page
Balance sheet	1
Notes to the financial statements	2 - 5

FOUR FIVE HEALTH LIMITED

BALANCE SHEET

AS AT 30 SEPTEMBER 2023

		2023	2022
	Notes	£	£
Fixed assets			
Intangible assets	3	9,625	14,875
Tangible assets	4	1,203	4,334
		<u>10,828</u>	<u>19,209</u>
Current assets			
Stocks		285,565	132,612
Debtors	5	225,337	209,672
Cash at bank and in hand		94,575	32,849
		<u>605,477</u>	<u>375,133</u>
Creditors: amounts falling due within one year	6	<u>(210,662)</u>	<u>(1,246,701)</u>
Net current assets/(liabilities)		<u>394,815</u>	<u>(871,568)</u>
Total assets less current liabilities		<u>405,643</u>	<u>(852,359)</u>
Creditors: amounts falling due after more than one year	7	<u>(1,569,279)</u>	<u>-</u>
Net liabilities		<u><u>(1,163,636)</u></u>	<u><u>(852,359)</u></u>
Capital and reserves			
Called up share capital	8	100	100
Profit and loss reserves		<u>(1,163,736)</u>	<u>(852,459)</u>
Total equity		<u><u>(1,163,636)</u></u>	<u><u>(852,359)</u></u>

The directors of the company have elected not to include a copy of the profit and loss account within the financial statements.

For the financial year ended 30 September 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

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.

The member has not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476.

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

The financial statements were approved by the board of directors and authorised for issue on 22 April 2024 and are signed on its behalf by:

Mr G E J Kruis

Director

Company registration number 12664990 (England and Wales)

FOUR FIVE HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

Company information

Four Five Health Limited is a private company limited by shares incorporated in England and Wales. The registered office is 2 Victoria Square, Victoria Street, St Albans, AL1 3TF.

1.1 Accounting convention

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention. The principal accounting policies adopted are set out below.

1.2 Going concern

At the time of approving the financial statements, the directors have a reasonable expectation that the company has adequate resources to continue in operational existence for the foreseeable future. Thus the directors continue to adopt the going concern basis of accounting in preparing the financial statements.

1.3 Turnover

Turnover is recognised at the fair value of the consideration received or receivable for goods and services provided in the normal course of business, and is shown net of VAT and other sales related taxes. The fair value of consideration takes into account trade discounts, settlement discounts and volume rebates.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have passed to the buyer (usually on dispatch of the goods), the amount of revenue can be measured reliably, it is probable that the economic benefits associated with the transaction will flow to the entity and the costs incurred or to be incurred in respect of the transaction can be measured reliably.

1.4 Intangible fixed assets other than goodwill

Intangible assets acquired separately from a business are recognised at cost and are subsequently measured at cost less accumulated amortisation and accumulated impairment losses.

Intangible assets acquired on business combinations are recognised separately from goodwill at the acquisition date where it is probable that the expected future economic benefits that are attributable to the asset will flow to the entity and the fair value of the asset can be measured reliably; the intangible asset arises from contractual or other legal rights; and the intangible asset is separable from the entity.

Amortisation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Website development	4 years straight line
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1.5 Tangible fixed assets

Tangible fixed assets are measured at cost, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Plant and equipment	2 years straight line
Computers	2 years straight line

FOUR FIVE HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

1 Accounting policies

(Continued)

1.6 Stocks

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell. Cost comprises direct materials and, where applicable, direct labour costs and those overheads that have been incurred in bringing the stocks to their present location and condition.

Stocks held for distribution at no or nominal consideration are measured at the lower of cost and replacement cost, adjusted where applicable for any loss of service potential.

At each reporting date, an assessment is made for impairment. Any excess of the carrying amount of stocks over its estimated selling price less costs to complete and sell is recognised as an impairment loss in profit or loss. Reversals of impairment losses are also recognised in profit or loss.

1.7 Financial instruments

The company has elected to apply the provisions of Section 11 'Basic Financial Instruments' and Section 12 'Other Financial Instruments Issues' of FRS 102 to all of its financial instruments.

Financial instruments are recognised in the company's balance sheet when the company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Debtors and creditors with no stated interest rate and recoverable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the profit and loss account in other administrative expenses.

1.8 Employee benefits

The costs of short-term employee benefits are recognised as a liability and an expense.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

1.9 Retirement benefits

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

1.10 Leases

Rentals payable under operating leases, including any lease incentives received, are charged to profit or loss on a straight line basis over the term of the relevant lease.

1.11 Foreign exchange

Transactions in currencies other than pounds sterling are recorded at the rates of exchange prevailing at the dates of the transactions. At each reporting end date, monetary assets and liabilities that are denominated in foreign currencies are retranslated at the rates prevailing on the reporting end date. Gains and losses arising on translation in the period are included in profit or loss.

FOUR FIVE HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

2 Employees

The average monthly number of persons (including directors) employed by the company during the year was:

	2023	2022
	Number	Number
Total	8	8
	<u>8</u>	<u>8</u>

3 Intangible fixed assets

	Website development £
Cost	
At 1 October 2022 and 30 September 2023	21,000
	<u>21,000</u>
Amortisation and impairment	
At 1 October 2022	6,125
Amortisation charged for the year	5,250
	<u>11,375</u>
At 30 September 2023	11,375
	<u>11,375</u>
Carrying amount	
At 30 September 2023	9,625
	<u>9,625</u>
At 30 September 2022	14,875
	<u>14,875</u>

4 Tangible fixed assets

	Plant and equipment £	Computers £	Total £
Cost			
At 1 October 2022 and 30 September 2023	1,277	5,046	6,323
	<u>1,277</u>	<u>5,046</u>	<u>6,323</u>
Depreciation and impairment			
At 1 October 2022	633	1,356	1,989
Depreciation charged in the year	616	2,515	3,131
	<u>1,249</u>	<u>3,871</u>	<u>5,120</u>
At 30 September 2023	1,249	3,871	5,120
	<u>1,249</u>	<u>3,871</u>	<u>5,120</u>
Carrying amount			
At 30 September 2023	28	1,175	1,203
	<u>28</u>	<u>1,175</u>	<u>1,203</u>
At 30 September 2022	644	3,690	4,334
	<u>644</u>	<u>3,690</u>	<u>4,334</u>

FOUR FIVE HEALTH LIMITED

NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)
FOR THE YEAR ENDED 30 SEPTEMBER 2023

5 Debtors			2023	2022
			£	£
Amounts falling due within one year:				
Trade debtors			222,762	172,946
Other debtors			2,575	36,726
			<u>225,337</u>	<u>209,672</u>
			<u><u>225,337</u></u>	<u><u>209,672</u></u>
6 Creditors: amounts falling due within one year			2023	2022
			£	£
Trade creditors			154,408	209,904
Taxation and social security			53,889	-
Other creditors			2,365	1,036,797
			<u>210,662</u>	<u>1,246,701</u>
			<u><u>210,662</u></u>	<u><u>1,246,701</u></u>
7 Creditors: amounts falling due after more than one year			2023	2022
			£	£
Other creditors			1,569,279	-
			<u>1,569,279</u>	<u>-</u>
			<u><u>1,569,279</u></u>	<u><u>-</u></u>
8 Called up share capital				
	2023	2022	2023	2022
	Number	Number	£	£
Ordinary share capital				
Issued and fully paid				
Ordinary shares of £1 each	100	100	100	100
	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>
	<u><u>100</u></u>	<u><u>100</u></u>	<u><u>100</u></u>	<u><u>100</u></u>

9 Parent company

Four Five Health Limited is a wholly owned subsidiary of FourFive Group Ltd. The registered office address of FourFive Group Ltd is Unit 2 Victoria Square, Victoria Street, St Albans, AL1 3TF.

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.