

ABLEBODIED LIMITED

**Company Registration Number:
02832857 (England and Wales)**

Unaudited abridged accounts for the year ended 31 July 2023

Period of accounts

Start date: 01 August 2022

End date: 31 July 2023

ABLEBODIED LIMITED

Contents of the Financial Statements for the Period Ended 31 July 2023

Balance sheet

Notes

ABLEBODIED LIMITED

Balance sheet

As at 31 July 2023

	<i>Notes</i>	2023	2022
		£	£
Fixed assets			
Tangible assets:	3	1,197,240	1,086,123
Total fixed assets:		<u>1,197,240</u>	<u>1,086,123</u>
Current assets			
Stocks:		163,150	147,874
Debtors:	4	427,066	454,751
Cash at bank and in hand:		27,606	9,150
Total current assets:		<u>617,822</u>	<u>611,775</u>
Creditors: amounts falling due within one year:	5	(500,752)	(553,102)
Net current assets (liabilities):		<u>117,070</u>	<u>58,673</u>
Total assets less current liabilities:		1,314,310	1,144,796
Creditors: amounts falling due after more than one year:	6	(55,729)	(103,686)
Total net assets (liabilities):		<u>1,258,581</u>	<u>1,041,110</u>
Capital and reserves			
Called up share capital:		2	2
Revaluation reserve:	7	115,000	115,000
Profit and loss account:		1,143,579	926,108
Shareholders funds:		<u>1,258,581</u>	<u>1,041,110</u>

The notes form part of these financial statements

ABLEBODIED LIMITED

Balance sheet statements

For the year ending 31 July 2023 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with Section 444(2A).

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen to not file a copy of the company's profit & loss account.

**This report was approved by the board of directors on 02 February 2024
and signed on behalf of the board by:**

Name: C M Connelly
Status: Director

The notes form part of these financial statements

ABLEBODIED LIMITED

Notes to the Financial Statements

for the Period Ended 31 July 2023

1. Accounting policies

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

ABLEBODIED LIMITED

Notes to the Financial Statements for the Period Ended 31 July 2023

2. Employees

	<i>2023</i>	<i>2022</i>
Average number of employees during the period	21	19

ABLEBODIED LIMITED

Notes to the Financial Statements for the Period Ended 31 July 2023

3. Tangible Assets

	Total
Cost	£
At 01 August 2022	1,525,452
Additions	167,946
At 31 July 2023	<u>1,693,398</u>
Depreciation	
At 01 August 2022	439,329
Charge for year	56,829
At 31 July 2023	<u>496,158</u>
Net book value	
At 31 July 2023	<u>1,197,240</u>
At 31 July 2022	<u>1,086,123</u>

ABLEBODIED LIMITED

Notes to the Financial Statements for the Period Ended 31 July 2023

4. Debtors

	<i>2023</i>	<i>2022</i>
	<i>£</i>	<i>£</i>
Debtors due after more than one year:	427,066	454,751

ABLEBODIED LIMITED

Notes to the Financial Statements

for the Period Ended 31 July 2023

5. Creditors: amounts falling due within one year note

Trade Creditors £236,157 Other Creditors £190,909

ABLEBODIED LIMITED

Notes to the Financial Statements

for the Period Ended 31 July 2023

6. Creditors: amounts falling due after more than one year note

Hire Purchase £55,729

ABLEBODIED LIMITED

Notes to the Financial Statements for the Period Ended 31 July 2023

7. Revaluation reserve

	2023
	£
Balance at 01 August 2022	115,000
Surplus or deficit after revaluation	0
Balance at 31 July 2023	<u>115,000</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.