Strategic Report, Director's Report and

Financial Statements

for the Year Ended 30 September 2013

L3D95JHK LD3 31/07/2014 COMPANIES HOUSE

#62

Contents of the Financial Statements for the year ended 30 September 2013

	Page
Company Information	1
Strategic Report	2
Director's Report	3
Independent Auditors' Report	4
Profit and Loss Account	5
Balance Sheet	6
Cash Flow Statement	7
Notes to the Cash Flow Statement	8
Notes to the Financial Statements	10
Trading and Profit and Loca Account	20

Company Information for the year ended 30 September 2013

Director:

P A Sakal

Registered office:

42 Phoenix Court Hawkins Road Colchester Essex CO2 8JY

Registered number:

03526529

Auditors:

Haines Watts

Chartered Accountants and Statutory Auditors

New Derwent House 69-73 Theobalds Road

London WC1X 8TA

Bankers:

National Westminster Bank plc

25 High Street Colchester Essex CO1 1DG

73 7. 44

Strategic Report for the year ended 30 September 2013

The director presents his strategic report for the year ended 30 September 2013.

We aim to present a balanced and comprehensive review of the development and performance of our business during the year and its position at the year end.

Our review is consistent with the size and non-complex nature of our business and is written in the context of the risks and uncertainties we face.

We consider that our key financial performance indicators are those that communicate the financial performance and strength of the company, these being turnover and profit margins.

Review of business

The company has made a profit before tax in the year of £1,036,794 (2012: £881,647). The reasons for which are explained below.

The director notes the following key performance indicators which are used by management to actively and effectively run the business with the joint aims of maximising stakeholder value and profitability.

Turnover

The director notes that the turnover has decreased by £0.12m (£7.92m in 2012 v £7.80m in 2013) in the year, this reflects a stable performance with strong retention of existing clients.

Gross profit

The director notes that gross profit has increased in the year by 8.0% from £6.6m in 2012 to £7.21m in 2013 and the margin from 84.0% to 92.5%. The main reason for the increase in the margin is the decrease in cost of sales. The company's focused approach in utilising internal resources, which has been favoured over the use of subcontractors has made this possible. This has enabled the company to preserve, utilise and enhance the vast business knowledge employees have of the industry.

Administrative expenses and Interest

The director notes that the profit before tax has increased by 18% from £881,647 in 2012 to £1,036,794 in 2013 even though administrative expenses have increased in the year by 9% from £5,780,489 in 2012 to £6,306,162 in 2013. In the main this relates to wages and salaries which have increased by £228,193 due to less subcontractors and more internal resources being used as noted above.

Results and dividends

An interim ordinary dividend was paid amounting to £400,000. The director does not recommend payment of a final dividend.

Future developments

Client satisfaction remains at the heart of the company's ethos and as one part of enhancing this, the company is increasing its brand awareness and quality of services it offers. The company continues to actively identify and develop new business opportunities as they arise, which assists in maintaining the strong repeat custom the company enjoys. The company's activities expose it to certain financial risks, including currency risk, credit risk and liquidity risk. The director carries out risk management on a regular basis, documenting this and ensuring the company's risk policies are adhered to. His programme of risk management seeks to limit any adverse effects on the financial performance of the company by monitoring levels of debt finance and related finance costs.

On behalf of the board:

P A Sakal - Director

Date: 25/07/2014

Director's Report for the year ended 30 September 2013

The director presents his report with the financial statements of the company for the year ended 30 September 2013.

Principal activity

The principal activity of the company in the year under review involved management and fulfilment of promotions and related marketing services.

Dividends

The total distribution of dividends for the year ended 30 September 2013 will be £400,000.

Director

P A Sakal held office during the whole of the period from 1 October 2012 to the date of this report.

Political and charitable contributions

During the year the company made total charitable contributions amounting to £323,292 (2012: £310,793).

Charitable donations - the recipients, amounts and the purpose of the charitable donations are as follows:

Gosfield School: £318,000 to provide scholarships and bursaries for deserving children.

Small donations: £5,292.

Statement of director's responsibilities

The director is responsible for preparing the Director's Report and the financial statements in accordance with applicable law and regulations.

Company law requires the director to prepare financial statements for each financial year. Under that law the director has elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the director must not approve the financial statements unless he is satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these financial statements, the director is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The director is responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable him to ensure that the financial statements comply with the Companies Act 2006. He is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Statement as to disclosure of information to auditors

So far as the director is aware, there is no relevant audit information (as defined by Section 418 of the Companies Act 2006) of which the company's auditors are unaware, and he has taken all the steps that he ought to have taken as a director in order to make himself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

On behalf of the board:

P A Sakal - Director

Date: 25 JULY 2014

Independent Auditors' Report to the Members of GFM Holdings Ltd

We have audited the financial statements of GFM Holdings Ltd for the year ended 30 September 2013 which comprise the Profit and Loss Account, the Balance Sheet, the Cash Flow Statement and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an Auditors' Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of director and auditors

As explained more fully in the Statement of Director's Responsibilities, the director is responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatement, whether caused by fraud or error. This includes an assessment of: whether the accounting policies are appropriate to the company's circumstances and have been consistently applied and adequately disclosed; the reasonableness of significant accounting estimates made by the director; and the overall presentation of the financial statements. In addition, we read all the financial and non-financial information in the Strategic Report and the Director's Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the company's affairs as at 30 September 2013 and of its profit for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Strategic Report and the Director's Report for the financial year for which the financial statements are prepared is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of director's remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Esther Wood (Senior Statutory Auditor) for and on behalf of Haines Watts Chartered Accountants and Statutory Auditors New Derwent House 69-73 Theobalds Road London

iaines Wat

WC1X 8TA

Date: 29/7/2014

Profit and Loss Account for the year ended 30 September 2013

No	otes	2013 £	2012 £
Turnover		7,800,111	7,923,515
Cost of sales		(587,304)	(1,267,888)
Gross profit		7,212,807	6,655,627
Administrative expenses		(6,306,162)	(5,780,489)
		906,645	875,138
Other operating income		-	(1,475)
Operating profit		906,645	873,663
Interest receivable and similar income		159,613	13,579
		1,066,258	887,242
Interest payable and similar charges	4	(29,464)	(5,595)
Profit on ordinary activities before taxation	5 .	1,036,794	881,647
Tax on profit on ordinary activities	6	(359,300)	(285,400)
Profit for the financial year		677,494	 596,247

Continuing operations

None of the company's activities were acquired or discontinued during the current year or previous year.

Total recognised gains and lossesThe company has no recognised gains or losses other than the profits for the current year or previous year.

GFM HOLDINGS LTD (REGISTERED NUMBER: 03526529)

Balance Sheet 30 September 2013

	Notes	£	2013 £	£	2012 £
Fixed assets					
Tangible assets	8		1,086,007		951,528
Investments	9		108		108
			1,086,115		951,636
Current assets					
Stocks	10	182,481		174,750	
Debtors	11	5,837,505		4,695,760	
Cash at bank and in hand		5,118		340,135	
Our distance		6,025,104		5,210,645	
Creditors Amounts falling due within one year	12	2,644,286		2,164,393	
Net current assets			3,380,818		3,046,252
Total assets less current liabilities			4,466,933		3,997,888
Creditors					
Amounts falling due after more than one	13		(330,844)		(196,393)
year	13		(330,644)		(190,393)
Provisions for liabilities	16		(57,100)		
Net assets			4,078,989		3,801,495
Capital and reserves					
Capital and reserves Called up share capital	17		5,263		5,263
Profit and loss account	18		4,073,726		3,796,232
Shareholders' funds	21		4,078,989		3,801,495

The financial statements were approved by the director on

25 JULY 2014 and were signed by:

P A Sakal - Director

Cash Flow Statement for the year ended 30 September 2013

					_
	Notes	£	2013 £	£	2012 £
Net cash inflow		~	~	~	~
from operating activities	1		194,466		989,759
Returns on investments and					
servicing of finance	2		130,149		7,984
Taxation			(437,603)		(118,666)
Capital expenditure	2		(225,828)		(468,814)
Equity dividends paid			(400,000)		-
			(738,816)		410,263
Financing	2		(200,309)		193,290
(Decrease)/increase in cash in the p	period		(939,125)		603,553
Reconciliation of net cash flow					
to movement in net funds	3				
(Decrease)/increase		(000.405)		000 550	
in cash in the period Cash inflow		(939,125)		603,553	
from increase in debt and lease financi	ng	(198,401)		(193,292)	
Change in net funds resulting					
from cash flows			(1,137,526)		410,261
			(1,137,526)		410,261
Movement in net funds in the period	1		(1,107,020)		410,201
Movement in net funds in the period Net funds/(debt) at 1 October	1		73,231		(337,030)

Notes to the Cash Flow Statement for the year ended 30 September 2013

1.	Reconciliation of operating profit to net cash inflow from operating activi	ties	
		2013	2012
		£	£
	Operating profit	906,645	873,663
	Depreciation charges	389,806	360,960
	Profit on disposal of fixed assets	-	(33,276)
	Increase in stocks	(7,731)	(40,185)
	Increase in debtors	(1,039,814)	(641,443)
	(Decrease)/increase in creditors	(54,440)	470,040
	Net cash inflow from operating activities	194,466	989,759
2.	Analysis of cash flows for headings netted in the cash flow statement		
		2013	2012
		£	£
	Returns on investments and servicing of finance	-	_
	Interest received	159,613	13,579
	Interest paid	(5,699)	(500)
	Interest element of hire purchase payments	(23,765)	(5,095)
	interest element of the purchase payments		
	Net cash inflow for returns on investments and servicing of finance	130,149	7,984
	Capital expenditure		
	Purchase of tangible fixed assets	(225,828)	(511,427)
	Sale of tangible fixed assets	· · ·	42,613
	Net cash outflow for capital expenditure	(225,828)	(468,814)
	Financing		
	New loans in year	(298,457)	145,247
	Loan repayments in year	(200,401)	13,618
	Capital repayments in year	206,320	34,425
	Amount withdrawn by directors	(108,172)	-
	Not each (outflow)/inflow from financing	(200, 200)	193,290
	Net cash (outflow)/inflow from financing	(200,309) ————	=======================================

Notes to the Cash Flow Statement for the year ended 30 September 2013

3.	Analysis of changes in net funds	At 1/10/12	Cash flow	At 30/9/13
		£	£	£
	Net cash:	_	-	_
	Cash at bank and in hand	340,135	(335,017)	5,118
	Bank overdraft	-	(604,108)	(604,108)
		340,135	(939,125)	(598,990)
	Debt:			
	Hire purchase	(108,039)	(206,320)	(314,359)
	Debts falling due within one year	(13,618)	4,959	(8,659)
	Debts falling due after one year	(145,247)	2,960	(142,287)
	.•	(266,904)	(198,401)	(465,305)
	Total	73,231	(1,137,526)	(1,064,295)

Notes to the Financial Statements for the year ended 30 September 2013

Accounting policies

Accounting convention

The financial statements have been prepared under the historical cost convention.

Preparation of consolidated financial statements

The financial statements contain information about GFM Holdings Ltd as an individual company and do not contain consolidated financial information as the parent of a group. The company is exempt under Section 400 of the Companies Act 2006 from the requirements to prepare consolidated financial statements as it and its subsidiary undertaking are included by full consolidation in the consolidated financial statements of its parent, Forwards and Upwards Limited, a company registered in England and Wales.

Turnove

Turnover represents amounts receivable for management and fulfilment of promotions and marketing services, net of VAT.

Turnover is recognised at the point of invoicing the customer.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

Short leasehold - 20% on cost
Plant and machinery - 33% on cost
Fixtures and fittings - 25% on cost
Motor vehicles - 25% on cost

Stocks

Work in progress is valued at the lower of cost and net realisable value.

Cost includes all direct expenditure and an appropriate proportion of fixed and variable overheads.

Deferred tax

Deferred taxation is provided at appropriate rates on all timing differences using the liability method only to the extent that, in the opinion of the director, there is a responsible probability that a liability or asset will crystallise in the foreseeable future.

Hire purchase and leasing commitments

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

Employer financed retirement benefit schemes (efrbs)

In a previous accounting period, the Company established an EFRBS for the benefit of its officers, employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Scheme').

In accordance with UITF Abstract 32 'Employee Benefit Trusts and other intermediate payment arrangements', the Company does not include the assets and liabilities of the Scheme on its balance sheet to the extent that it considers that it will not retain any future economic benefit from the assets of the Scheme and will not have control of the rights or other access to those future economic benefits.'

Investments

Fixed asset investments are stated at cost less provision for diminution in value.

Employee benefit trusts

The accounts are prepared in accordance with the provisions of UITF 32. Assets and liabilities held in the EBT are recognised to the extent that the company retains de facto control.

Notes to the Financial Statements - continued for the year ended 30 September 2013

2.	Staff costs	2013	2012
		£	£
	Wages and salaries	3,158,548	2,954,678
	Social security costs	276,124	247,034
		3,434,672	3,201,712
	The average monthly number of employees during the year was as follows:	2013	2012
		2013	2012
	Employees	176 ——	176
,	Directors' emoluments		
3.	Directors emotuments	2013	2012
		£	£
	Director's remuneration	87,500 ======	111,823
	In a previous accounting period, the Company, in order to motivate and inceestablished an employer financed retirement benefit scheme for the benefit employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discrete.	enefit of the Com ne Scheme'). od and these crea	npany's offic ted value in
	established an employer financed retirement benefit scheme for the benefit employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the	enefit of the Comme Scheme'). od and these createrionary is £495,0 earmarking has yetion and, therefore	ted value in 50. Because et taken place t, these amou
	established an employer financed retirement benefit scheme for the benefit employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration of the highest been excluded from the overall figure above and the remuneration of the highest scheme.	enefit of the Comme Scheme'). od and these createrionary is £495,0 earmarking has yetion and, therefore	ted value in 50. Because et taken place t, these amou
i.	established an employer financed retirement benefit scheme for the benefit employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remunerations.	enefit of the Comme Scheme'). od and these createrionary is £495,0 earmarking has yetion and, therefore	ted value in 50. Because et taken place t, these amou
	established an employer financed retirement benefit scheme for the benefit employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration of the highest been excluded from the overall figure above and the remuneration of the highest scheme.	enefit of the Comme Scheme'). od and these createrionary is £495,0 earmarking has yeation and, therefore ighest paid director.	npany's office ted value in 50. Because et taken place , these amou
i.	established an employer financed retirement benefit scheme for the benefit employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration been excluded from the overall figure above and the remuneration of the historical limits and similar charges. Bank loan interest	enefit of the Comme Scheme'). od and these createtionary is £495,0 earmarking has yeation and, therefore ighest paid director.	ted value in 50. Because et taken place, these amou
	established an employer financed retirement benefit scheme for the be employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration been excluded from the overall figure above and the remuneration of the historical limits and similar charges Bank loan interest lint o'due tax pd	enefit of the Come Scheme'). od and these createtionary is £495,0 earmarking has yeation and, therefore ighest paid director. 2013 £ 5,699	ted value in 50. Because et taken place, these amou
	established an employer financed retirement benefit scheme for the benefit employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration been excluded from the overall figure above and the remuneration of the historical limits and similar charges. Bank loan interest	enefit of the Come Scheme'). od and these createtionary is £495,0 earmarking has yeation and, therefore ighest paid director.	ted value in 50. Because et taken place, these amou
	established an employer financed retirement benefit scheme for the be employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration been excluded from the overall figure above and the remuneration of the historical limits and similar charges Bank loan interest lint o'due tax pd	enefit of the Come Scheme'). od and these createtionary is £495,0 earmarking has yeation and, therefore ighest paid director. 2013 £ 5,699	ted value in 50. Because et taken place, these amou
	established an employer financed retirement benefit scheme for the be employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration been excluded from the overall figure above and the remuneration of the historical limits and similar charges Bank loan interest lint o'due tax pd	enefit of the Come Scheme'). od and these crea retionary is £495,0 o earmarking has yeation and, therefore ighest paid director. 2013 £ 5,699 - 23,765	ted value in 50. Because et taken place, these amou
	established an employer financed retirement benefit scheme for the be employees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration been excluded from the overall figure above and the remuneration of the historical limiterest payable and similar charges Bank loan interest Int o'due tax pd Hire purchase	enefit of the Come Scheme'). od and these crea retionary is £495,0 o earmarking has yeation and, therefore ighest paid director. 2013 £ 5,699 - 23,765	ted value in 50. Because et taken place, these amou
i.	established an employer financed retirement benefit scheme for the beemployees and their wider families, The GFM Holdings Limited 2012 EFRBS ('the Contributions were made to the Scheme during the current accounting period Scheme. The amount of such value which is held on terms which are discretionary and not is not considered that these amounts can be regarded as directors' remuneration been excluded from the overall figure above and the remuneration of the historical limits and similar charges Bank loan interest lint o'due tax pd Hire purchase Profit on ordinary activities before taxation	enefit of the Come Scheme'). od and these crea retionary is £495,0 o earmarking has yeation and, therefore ighest paid director. 2013 £ 5,699 - 23,765	ted value in 50. Because et taken place, these amount for the second for the seco

60,297

150,793 303,794

57,165 (33,276) 10,000

500,200

77,139

140,616

306,210

83,596

10,000

500,000

Hire of plant and machinery

Depreciation - owned assets

Profit on disposal of fixed assets

Depreciation - assets on hire purchase contracts

Other operating leases

EFRBS Contribution

Audit fees

Notes to the Financial Statements - continued for the year ended 30 September 2013

6.

· 7.

A . A . C. C		
Analysis of the tax charge The tax charge on the profit on ordinary activities for the year was as follows:		
The tax charge on the profit of ordinary activities for the year was as follows.	2013	201
	£	£
Current tax:	~	~
JK corporation tax	300,500	277,50
	,	•
Deferred tax	58,800	7,90
Favora craft on ardinary activities	350 300	285,40
Tax on profit on ordinary activities	359,300 ======	200,40
Factors affecting the tax charge		
The tax assessed for the year is higher than the standard rate of corporations	ation tax in the UK. T	he differenc
explained below:		
	0040	204
	2013	201
	2013 £	201 £
Profit on ordinary activities before tax		
	£	
Profit on ordinary activities	£	
Profit on ordinary activities multiplied by the standard rate of corporation tax	1,036,794	881,64 —
Profit on ordinary activities before tax Profit on ordinary activities multiplied by the standard rate of corporation tax n the UK of 23% (2012 - 25%)	£	881,64 —
Profit on ordinary activities multiplied by the standard rate of corporation tax	1,036,794	881,64 —
Profit on ordinary activities nultiplied by the standard rate of corporation tax n the UK of 23% (2012 - 25%) Effects of:	1,036,794	881,64
Profit on ordinary activities nultiplied by the standard rate of corporation tax n the UK of 23% (2012 - 25%) Effects of: Expenses not deductible for tax purposes	1,036,794 238,463	220,41 23,48
Profit on ordinary activities multiplied by the standard rate of corporation tax in the UK of 23% (2012 - 25%) Effects of: Expenses not deductible for tax purposes Depreciation in excess of capital allowances	1,036,794 238,463 35,885	220,41 23,48 41,55
Profit on ordinary activities nultiplied by the standard rate of corporation tax in the UK of 23% (2012 - 25%) Effects of: Expenses not deductible for tax purposes Depreciation in excess of capital allowances Other tax adjustments	238,463 238,885 19,692 6,460	220,41 23,48 41,55 (7,95
Profit on ordinary activities nultiplied by the standard rate of corporation tax in the UK of 23% (2012 - 25%) Effects of: Expenses not deductible for tax purposes Depreciation in excess of capital allowances Other tax adjustments	1,036,794 238,463 35,885 19,692	220,41 23,48 41,55 (7,95
Profit on ordinary activities multiplied by the standard rate of corporation tax in the UK of 23% (2012 - 25%) Effects of: Expenses not deductible for tax purposes Depreciation in excess of capital allowances Other tax adjustments Current tax charge	238,463 238,885 19,692 6,460	220,41 23,48 41,55 (7,95
Profit on ordinary activities multiplied by the standard rate of corporation tax n the UK of 23% (2012 - 25%)	238,463 238,463 35,885 19,692 6,460 300,500	220,41 23,48 41,55 (7,95
Profit on ordinary activities multiplied by the standard rate of corporation tax in the UK of 23% (2012 - 25%) Effects of: Expenses not deductible for tax purposes Depreciation in excess of capital allowances Other tax adjustments Current tax charge	238,463 238,463 35,885 19,692 6,460 300,500	220,41 23,48 41,55 (7,95 277,50
Profit on ordinary activities multiplied by the standard rate of corporation tax in the UK of 23% (2012 - 25%) Effects of: Expenses not deductible for tax purposes Depreciation in excess of capital allowances Other tax adjustments Current tax charge	238,463 238,463 35,885 19,692 6,460 300,500	•

is

Notes to the Financial Statements - continued for the year ended 30 September 2013

8.	Tangible fixed assets			
		Freehold	Short	Plant and
		property	leasehold	machinery
		£	£	£
	Cost			
	At 1 October 2012	200,000	807,953	697,757
	Additions	76,020	69,559	375,763
	At 30 September 2013	276,020	877,512	1,073,520
	Depreciation			
	At 1 October 2012	•	500,977	429,071
	Charge for year	-	135,387	191,549
	At 30 September 2013	-	636,364	620,620
	Net book value			
	At 30 September 2013	276,020	241,148	452,900
	At 30 September 2012	200,000	306,976	268,686
		Fixtures		
		and	Motor	
		fittings	vehicles	Totals
		£	£	£
	Cost			
	At 1 October 2012	129,979	166,498	2,002,187
	Additions	2,943		524,285
	At 30 September 2013	132,922	166,498	2,526,472
	Depreciation			
	At 1 October 2012	77,892	42,719	1,050,659
	Charge for year	18,642	44,228	389,806
	At 30 September 2013	96,534	86,947	1,440,465
	Net book value			
	At 30 September 2013	36,388	79,551	1,086,007
	At 30 September 2012	52,087	123,779	951,528

Notes to the Financial Statements - continued for the year ended 30 September 2013

Fixed assets, included in the above, which are held	d under hire purchase contracts a	are as follows:	
	Plant and	Motor	
	machinery	vehicles	Totals
	£	£	£
Cost			
At 1 October 2012	80,585	110,476	191,061
Additions	298,457		298,457
At 30 September 2013	379,042	110,476	489,518
Depreciation			
At 1 October 2012	30,447	20,395	50,842
Charge for year	55,976	27,620	83,596
At 30 September 2013	86,423	48,015	134,438
Net book value			
At 30 September 2013	292,619 ————	62,461 	355,080
At 30 September 2012	50,138	90,081	140,219
Fixed asset investments		u	Shares in group indertakings
2004			£
Cost At 1 October 2012			
and 30 September 2013			108
Net book value			
At 30 September 2013			108
At 30 September 2012			108
The company's investments at the balance sheet o	date in the share capital of compa	nies include the	following:

Country of incorporation: Eng Nature of business: Dormant

8.

9.

	· %
Class of shares:	holding
Ordinary	100.00
•	2013
	£
Aggregate capital and reserves	100
33 3 ,	

Notes to the Financial Statements - continued for the year ended 30 September 2013

9.	Fixed asset investments - continued			
	Off Peak Limited Country of incorporation: England and Wales Nature of business: Dormant			
	Class of shares: Ordinary	% holding 100.00	2013 £	
	Aggregate capital and reserves		2	
	Brandboost Limited Country of incorporation: England and Wales Nature of business: Dormant	•		
	Class of shares: Ordinary	% holding 100.00	2013	
	Aggregate capital and reserves		£ 2	
	Callspill Limited Country of incorporation: England and Wales Nature of business: Dormant	,		
	Class of shares: Ordinary	% holding 100.00	2013	
	Aggregate capital and reserves		<u>£</u> <u>2</u>	
	Buy Off Peak Limited Country of incorporation: England and Wales Nature of business: Dormant	%		
	Class of shares: Ordinary	holding 100.00	2013	
	Aggregate capital and reserves		£ 2	
10.	Stocks		2013	2012
	. Work-in-progress	1	£ 82,481	£ 174,750

Notes to the Financial Statements - continued for the year ended 30 September 2013

11.	Debtors		
11.	Debtors	2013	2012
		£	£
	Amounts falling due within one year:		
	Trade debtors	1,719,543	962,889
	Amounts owed by group undertakings	1,393,398	1,306,051
	Other debtors	2,003,813	1,875,115
	Directors' current accounts	380,114	271,942
	Deferred tax asset		
	Accelerated capital allowances	-	1,700
	Prepayments	340,637	205,334
		5,837,505	4,623,031
	Amounts falling due after more than one year:		
	Other debtors		72,728 ======
	Aggregate amounts	<u>5,837,505</u>	4,695,759
12.	Creditors: amounts falling due within one year		
		2013	2012
		£	£
	Bank loans and overdrafts (see note 14)	612,767	13,618
	Hire purchase contracts (see note 15)	125,802	56,893
	Trade creditors	569,861	793,608
	Tax	517,239	591,242
	Social security and other taxes	104,514	72,649
	VAT	291,112	228,313
	Other creditors	309,021	384,155
	Accruals and deferred income	113,970	23,914
		2,644,286	2,164,392

The company has provided an unlimited cross guarantee against the bank borrowings of Forwards & Upwards Limited, the company's holding company.

Bank loans and overdrafts relate to a mortgage the company took out during the prior year in order to purchase a property. The mortgage is secured over the property acquired by the company.

13. Creditors: amounts falling due after more than one year

	2013	2012
	£	£
Bank loans (see note 14)	142,287	145,247
Hire purchase contracts (see note 15)	188,557	51,146
	330,844	196,393
·		

Notes to the Financial Statements - continued for the year ended 30 September 2013

14.	Loans			•			
	An analysis of t	he maturity of loan	s is given below:				
						2013 £	2012 £
	Amounts falling Bank overdrafts Bank loans	due within one ye	ar or on demand:			604,108 8,659	- 13,618
				ī		612,767	13,618
	Amounts falling Bank loans - 2-	due between two 5 years	and five years:			142,287	145,247
15.	Obligations ur	nder hire purchas	se contracts				
	Not obligations	rongyahla:				2013 £	2012 £
	Net obligations Within one year Between one a	•				125,802 188,557	56,893 51,146
						314,359	108,039
16.	Provisions for	liabilities				2013	
	Deferred tax Accelerated co	apital allowances				£ 57,100	
	Balance at 1 Oc Provided during						Deferred tax £ (1,700) 58,800
		September 2013	· ·				57,100 ———
17.	Called up shar	re capital					
•	Allotted, issue Number:	d and fully paid: Class:			Nominal	2013	2012
	5,000 263	Ordinary Ordinary B			value: £1 £1	£ 5,000 263	£ 5,000 263
						5,263	5,263

Notes to the Financial Statements - continued for the year ended 30 September 2013

18.	Reserves	
		Profit and
		loss
		account
		£
	At 1 October 2012	3,796,232
	Profit for the year	677,494
	Dividends	(400,000)
	At 30 September 2013	4,073,726

19. Related party disclosures

Loan to directors

Transactions in relation to loans with directors during the year are outlined in the table below:

Description	Rate %	Opening Balance	Amounts Advanced	Interest Charged	Amounts Repaid	Closing Balance
		£	£	£	£	£
P A Sakal	4.00	271,942	592,290	12,785	(496,904)	380,114
		<u>271,942</u>	<u>592,290</u>	<u>12,785</u>	<u>(496,904)</u>	<u>380,114</u>

Included with Other Debtors are the following amounts owed from related parties in which the Director, P A Sakal has an interest as follows:-

Goldstar Fabrications Limited: £907,583 (2012: £794,892). The company made sales of £431,602 (2012: £109,181) and purchases of £24,848 (2012: £23,824).

The American Italian Restaurant Company Limited: £Nil (which is after a write off of £1,028,824), (2012: £64,592) - after a partial provision of £916,380. This company is now in liquidation.

The American Italian Restaurant Company (Glasgow) Limited: £702,328, after a partial write off of £40,528, (2012: £737,259 after a partial provision of £61,511).

GFM Recruit Limited: £3,846 (2012: £nil).

Included within amounts owed by the parent undertaking is an amount of £1,393,398 (2012: £1,306,051) due from Forwards and Upwards Limited, a company which is controlled by P A Sakal.

Rent is paid to P A Sakal in the sum of £68,055 (2012: £68,055) in relation to the company's main trading premises.

On 13th July 2013, the Company contracted to purchase a trust interest in possession from P A Sakal, a shareholder of the Company, for consideration of £3,900,000, payable on completion of the agreement. The agreement is due to complete in three equal annual instalments, the first completion date being 1st September 2014. The directors consider that this was an arm's length transaction made at market value.

20. Ultimate controlling party

The company is controlled by Forwards and Upwards Limited. The ultimate party is P A Sakal, by virtue of his beneficial interest in the holding company.

Notes to the Financial Statements - continued for the year ended 30 September 2013

21. Reconciliation of movements in shareholders' funds	•	
	2013	012
	£	£
Profit for the financial year	677,494	596,247
Dividends	(400,000)	
Net addition to shareholders' funds	277,494	596,247
Opening shareholders' funds	3,801,495	3,205,248
Closing shareholders' funds	4,078,989	3,801,495

22. Employee benefit trust

The company has an Employee Benefit Trust (EBT), which is a discretionary trust set up for the absolute benefit of all employees of the company (and its subsidiary undertakings). All distributions from the trust are at the absolute discretion of the trustees. The trustees are not related to the company or any of its officers or employees. Contributions to the trust are charged to the profit and loss account in the year in which they are approved by the company.

In accordance with UITF 32 the balances and transactions relating to the EBT are consolidated into the company's financial statements: Debtors £100,000 (2012: £100,000), Cash at Bank £2,014 (2012: £2,014), and Creditors due within one year £102,014 (2012 - £102,014) have been included in the balance sheet.

The trust is responsible for its own costs and liabilities and no indemnity has been given by the company in respect of these costs or liabilities. The trust made no contributions to beneficiaries during the year (2012 - £Nil).

The financial statements used to disclose the above relates to 30/09/2012.