

Registered number  
04573035

Yours 4 A Day Ltd

Abbreviated Accounts

31 October 2014

**Yours 4 A Day Ltd****Registered number:** 04573035**Abbreviated Balance Sheet****as at 31 October 2014**

	Notes	2014 £	2013 £
<b>Fixed assets</b>			
Intangible assets	2	11,600	13,050
Tangible assets	3	2,097	2,430
		<u>13,697</u>	<u>15,480</u>
<b>Current assets</b>			
Debtors		60,704	52,868
Cash at bank and in hand		1,151	690
		<u>61,855</u>	<u>53,558</u>
<b>Creditors: amounts falling due within one year</b>		(56,860)	(51,981)
<b>Net current assets</b>		<u>4,995</u>	<u>1,577</u>
<b>Total assets less current liabilities</b>		<u>18,692</u>	<u>17,057</u>
<b>Creditors: amounts falling due after more than one year</b>		(8,601)	(11,194)
<b>Net assets</b>		<u>10,091</u>	<u>5,863</u>
<b>Capital and reserves</b>			
Called up share capital	4	297	297
Profit and loss account		9,794	5,566
<b>Shareholder's funds</b>		<u>10,091</u>	<u>5,863</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Jennifer Gadsby

Director

Approved by the board on 2 April 2015

**Yours 4 A Day Ltd**  
**Notes to the Abbreviated Accounts**  
**for the year ended 31 October 2014**

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

***Turnover***

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

***Depreciation***

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Computers & Office Equipment	25% reducing balance
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***Leasing and hire purchase commitments***

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

***Pensions***

The company operates a defined contribution pension scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

**2 Intangible fixed assets**

**£**

**Cost**

At 31 October 2014	29,000
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**Amortisation**

At 1 November 2013	(15,950)
Provided during the year	(1,450)
At 31 October 2014	(17,400)

**Net book value**

At 31 October 2014	11,600
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At 31 October 2013	13,050
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### 3 Tangible fixed assets

£

#### Cost

At 1 November 2013	14,370
Additions	376
At 31 October 2014	14,746

#### Depreciation

At 1 November 2013	11,943
Charge for the year	706
At 31 October 2014	12,649

#### Net book value

At 31 October 2014	2,097
At 31 October 2013	2,430

### 4 Share capital

**Nominal  
value**

**2014  
Number**

**2014  
£**

**2013  
£**

Allotted, called up and fully paid:

Ordinary shares	£1 each	297	297	297
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