

Registered number
04573035

Yours 4 A Day Ltd

Filleted Accounts

31 October 2018

Yours 4 A Day Ltd**Registered number:** 04573035**Balance Sheet****as at 31 October 2018**

	Notes	2018 £	2017 £
Fixed assets			
Intangible assets	2	7,250	8,700
Tangible assets	3	3,151	3,417
		<u>10,401</u>	<u>12,117</u>
Current assets			
Debtors	4	61,701	47,906
Cash at bank and in hand		6,099	246
		<u>67,800</u>	<u>48,152</u>
Creditors: amounts falling due within one year	5	(77,652)	(53,880)
Net current liabilities		<u>(9,852)</u>	<u>(5,728)</u>
Net assets		<u>549</u>	<u>6,389</u>
Capital and reserves			
Called up share capital		297	297
Profit and loss account		252	6,092
Shareholders' funds		<u>549</u>	<u>6,389</u>

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

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

The directors acknowledge their 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 and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Michelle Allen

Director

Approved by the board on 31 July 2019

Yours 4 A Day Ltd
Notes to the Accounts
for the year ended 31 October 2018

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

Intangible fixed assets

Intangible fixed assets are measured at cost less accumulative amortisation and any accumulative impairment losses.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back

to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. 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. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

Provisions

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

Pensions

Contributions to defined contribution plans are expensed in the period to which they relate.

2 Intangible fixed assets £

Goodwill:

Cost

At 1 November 2017	29,000
At 31 October 2018	<u>29,000</u>

Amortisation

At 1 November 2017	20,300
Provided during the year	<u>1,450</u>
At 31 October 2018	<u>21,750</u>

Net book value

At 31 October 2018	<u>7,250</u>
At 31 October 2017	<u>8,700</u>

Goodwill is being written off in equal annual instalments over its estimated economic life of 20 years.

3 Tangible fixed assets

**Plant and
machinery
etc
£**

Cost

At 1 November 2017	17,240
Additions	<u>478</u>
At 31 October 2018	<u>17,718</u>

Depreciation

At 1 November 2017	13,823
Charge for the year	744
At 31 October 2018	<u>14,567</u>
Net book value	
At 31 October 2018	<u>3,151</u>
At 31 October 2017	3,417

4 Debtors	2018	2017
	£	£
Trade debtors	60,761	46,299
Other debtors	940	1,607
	<u>61,701</u>	<u>47,906</u>

5 Creditors: amounts falling due within one year	2018	2017
	£	£
Bank loans and overdrafts	-	11,223
Trade creditors	2,214	252
Taxation and social security costs	22,960	8,732
Other creditors	52,478	33,673
	<u>77,652</u>	<u>53,880</u>

6 Other information

Yours 4 A Day Ltd is a private company limited by shares and incorporated in England. Its registered office is:

Samson House
Edward Avenue
Newark
Nottinghamshire
NG24 4UZ

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