

**POSITIVE LIFESTYLES (PORTHCAWL) LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2016**

EasyBooks Wales Ltd

Unit 4 Dragon 24
North Dock
Llanelli
Carmarthenshire
SA15 2LF

Positive Lifestyles (Porthcawl) Limited
Company No. 4683471
Abbreviated Balance Sheet 31 March 2016

		2016		2015	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	2		12,070		22,352
			<u>12,070</u>		<u>22,352</u>
CURRENT ASSETS					
Debtors		17,703		19,692	
Cash at bank and in hand		118,408		132,388	
		<u>136,111</u>		<u>152,080</u>	
Creditors: Amounts Falling Due Within One Year		<u>(56,257)</u>		<u>(81,021)</u>	
NET CURRENT ASSETS (LIABILITIES)			<u>79,854</u>		<u>71,059</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>91,924</u>		<u>93,411</u>
NET ASSETS			<u>91,924</u>		<u>93,411</u>
Profit and Loss Account			<u>91,924</u>		<u>93,411</u>
SHAREHOLDERS' FUNDS			<u>91,924</u>		<u>93,411</u>

Positive Lifestyles (Porthcawl) Limited
Company No. 4683471
Abbreviated Balance Sheet (continued) 31 March 2016

For the year ending 31 March 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2015).

On behalf of the board

Dr Mark Waters

21/12/2016

Positive Lifestyles (Porthcawl) Limited
Notes to the Abbreviated Accounts
For The Year Ended 31 March 2016

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2. Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

1.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Motor Vehicles	25% Straight Line basis
Fixtures & Fittings	25% Straight Line basis
Computer Equipment	25% Straight Line basis

1.4. Leasing and Hire Purchase Contracts

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible fixed assets. Assets acquired under finance leases are depreciated over the shorter of the lease term and their useful lives. Assets acquired under hire purchase contracts are depreciated over their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the company. Obligations under such agreements are included in the creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period. Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to profit and loss account as incurred.

Positive Lifestyle (Porthcawl) Limited
Notes to the Abbreviated Accounts (continued)
For The Year Ended 31 March 2016

2. Tangible Assets

	Total
Cost	£
As at 1 April 2015	49,366
Additions	2,341
As at 31 March 2016	51,707
Depreciation	
As at 1 April 2015	27,014
Provided during the period	12,623
As at 31 March 2016	39,637
Net Book Value	
As at 31 March 2016	12,070
As at 1 April 2015	22,352

3. Share Capital

4. Transactions With and Loans to Directors

Dividends paid to directors

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.