

REGISTERED NUMBER: 05697103 (England and Wales)

**UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019
FOR
CROSS PURPOSES COMPLETE PHYSIO AND
FITNESS LIMITED**

**CROSS PURPOSES COMPLETE PHYSIO AND
FITNESS LIMITED (REGISTERED NUMBER: 05697103)**

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FOR THE YEAR ENDED 31 MARCH 2019**

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**CROSS PURPOSES COMPLETE PHYSIO AND
FITNESS LIMITED**

**COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2019**

DIRECTOR: Mrs G Gillespie

SECRETARY: A L Gillespie

REGISTERED OFFICE: Park House
50 Maldon Road
Witham
Essex
CM8 1HN

REGISTERED NUMBER: 05697103 (England and Wales)

ACCOUNTANTS: Clemence Hoar Cummings
Chartered Accountants
Riverside House
1-5 Como Street
Romford
Essex
RM7 7DN

**CROSS PURPOSES COMPLETE PHYSIO AND
FITNESS LIMITED (REGISTERED NUMBER: 05697103)**

**BALANCE SHEET
31 MARCH 2019**

	Notes	2019 £	£	2018 £	£
FIXED ASSETS					
Tangible assets	4		5,484		12,107
CURRENT ASSETS					
Debtors	5	11,224		12,497	
Cash at bank and in hand		8,583		14,684	
		19,807		27,181	
CREDITORS					
Amounts falling due within one year	6	21,019		21,230	
NET CURRENT (LIABILITIES)/ASSETS			(1,212)		5,951
TOTAL ASSETS LESS CURRENT LIABILITIES			4,272		18,058
CREDITORS					
Amounts falling due after more than one year	7		1,354		6,360
NET ASSETS			2,918		11,698
CAPITAL AND RESERVES					
Called up share capital			1		1
Retained earnings			2,917		11,697
SHAREHOLDERS' FUNDS			2,918		11,698

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2019 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director on 20 December 2019 and were signed by:

Mrs G Gillespie - Director

**CROSS PURPOSES COMPLETE PHYSIO AND
FITNESS LIMITED (REGISTERED NUMBER: 05697103)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2019**

1. STATUTORY INFORMATION

Cross Purposes Complete Physio and Fitness Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 20% on cost

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

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.

Hire purchase and leasing commitments

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

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 4 (2018 - 3) .

**CROSS PURPOSES COMPLETE PHYSIO AND
FITNESS LIMITED (REGISTERED NUMBER: 05697103)**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2019**

4. TANGIBLE FIXED ASSETS

	Plant and machinery etc £
COST	
At 1 April 2018 and 31 March 2019	<u>93,292</u>
DEPRECIATION	
At 1 April 2018	81,185
Charge for year	<u>6,623</u>
At 31 March 2019	<u>87,808</u>
NET BOOK VALUE	
At 31 March 2019	<u>5,484</u>
At 31 March 2018	<u>12,107</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Trade debtors	6,687	8,000
Other debtors	<u>4,537</u>	<u>4,497</u>
	<u>11,224</u>	<u>12,497</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Trade creditors	1,455	2,823
Taxation and social security	6,967	6,751
Other creditors	<u>12,597</u>	<u>11,656</u>
	<u>21,019</u>	<u>21,230</u>

7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2019 £	2018 £
Bank loans	<u>1,354</u>	<u>6,360</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.