

"COMPANIES HOUSE" COPY OF ABBREVIATED  
ACCOUNTS

**Food 4 You (South West) Limited**

**Abbreviated Annual Report**

**Year Ended 30 September 2009**

**Company Registration Number 05770740**



# **Food 4 You (South West) Limited**

## **Abbreviated Accounts**

**Year Ended 30 September 2009**

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# Food 4 You (South West) Limited

## Abbreviated Balance Sheet

30 September 2009

	Note	2009 £	2008 £
<b>Fixed Assets</b>	2		
Intangible assets		<b>12,000</b>	18,000
Tangible assets		<b>31,050</b>	31,990
		<b>43,050</b>	49,990
<b>Current Assets</b>			
Stocks		<b>3,851</b>	4,171
Debtors		<b>42,345</b>	34,844
Cash at bank and in hand		<b>17,647</b>	17,308
		<b>63,843</b>	56,323
<b>Creditors: Amounts falling due within one year</b>		<b>67,690</b>	68,478
<b>Net Current Liabilities</b>		<b>(3,847)</b>	(12,155)
<b>Total Assets Less Current Liabilities</b>		<b>39,203</b>	37,835
<b>Creditors: Amounts falling due after more than one year</b>		<b>1,664</b>	-
<b>Provisions for Liabilities</b>		<b>2,483</b>	1,203
		<b>35,056</b>	36,632
<b>Capital and Reserves</b>			
Called-up equity share capital	4	<b>100</b>	100
Profit and loss account		<b>34,956</b>	36,532
<b>Shareholders' Funds</b>		<b>35,056</b>	36,632

The Balance sheet continues on the following page  
The notes on pages 3 to 4 form part of these abbreviated accounts.

# **Food 4 You (South West) Limited**

## **Abbreviated Balance Sheet *(continued)***

**30 September 2009**

The director is satisfied that the company is entitled to exemption from the provisions of the Companies Act 2006 (the Act) relating to the audit of the financial statements for the year by virtue of section 477, and that no member or members have requested an audit pursuant to section 476 of the Act

The director acknowledges her responsibility for

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

These abbreviated accounts have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006

These abbreviated accounts were approved and signed by the director and authorised for issue on



Ms D Griffin

Company Registration Number 05770740

**The notes on pages 3 to 4 form part of these abbreviated accounts.**

# **Food 4 You (South West) Limited**

## **Notes to the Abbreviated Accounts**

**Year Ended 30 September 2009**

### **1. Accounting Policies**

#### **(a) Basis of accounting**

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

#### **(b) Turnover**

The turnover shown in the profit and loss account represents amounts invoiced during the year, exclusive of Value Added Tax

#### **(c) Amortisation**

Amortisation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows

Goodwill - 5 years Straight Line

#### **(d) Fixed assets**

All fixed assets are initially recorded at cost

#### **(e) Depreciation**

Depreciation is calculated so as to write off the cost of an asset, less its estimated residual value, over the useful economic life of that asset as follows

Motor Vehicles - 25% Reducing Balance  
Equipment - 25% Reducing Balance

#### **(f) Stocks**

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items

#### **(g) Hire purchase agreements**

Assets held under hire purchase agreements are capitalised and disclosed under tangible fixed assets at their fair value. The capital element of the future payments is treated as a liability and the interest is charged to the profit and loss account on a straight line basis

#### **(h) Operating lease agreements**

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profits on a straight line basis over the period of the lease

#### **(i) Deferred taxation**

Deferred tax is recognised, without discounting, in respect of all timing differences between the treatment of certain items for taxation and accounting purposes which have arisen but not reversed by the balance sheet date, except as required by the FRSSE

# Food 4 You (South West) Limited

## Notes to the Abbreviated Accounts

Year Ended 30 September 2009

### 1. Accounting Policies *(continued)*

#### (j) Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as either financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities.

### 2. Fixed Assets

	Intangible Assets £	Tangible Assets £	Total £
<b>Cost</b>			
At 1 October 2008	30,000	52,262	82,262
Additions	–	9,773	9,773
Disposals	–	(3,667)	(3,667)
<b>At 30 September 2009</b>	<b>30,000</b>	<b>58,368</b>	<b>88,368</b>
<b>Depreciation</b>			
At 1 October 2008	12,000	20,272	32,272
Charge for year	6,000	8,388	14,388
On disposals	–	(1,342)	(1,342)
<b>At 30 September 2009</b>	<b>18,000</b>	<b>27,318</b>	<b>45,318</b>
<b>Net Book Value</b>			
<b>At 30 September 2009</b>	<b>12,000</b>	<b>31,050</b>	<b>43,050</b>
At 30 September 2008	18,000	31,990	49,990

### 3. Related Party Transactions

The company was under the control of the director throughout the year.

### 4. Share Capital

#### Authorised share capital:

	2009 £	2008 £
1,000 Ordinary shares of £1 each	<u>1,000</u>	<u>1,000</u>

#### Allotted, called up and fully paid:

	2009 No	£	2008 No	£
100 Ordinary shares of £1 each	<u>100</u>	<u>100</u>	<u>100</u>	<u>100</u>

## **Food 4 You (South West) Limited**

### **Accountants' Report to the Director of Food 4 You (South West) Limited**

**Year Ended 30 September 2009**

In accordance with our terms of engagement, and in order to assist you to fulfil your duties under the Companies Act 2006, we have compiled the financial statements of the company which comprise the Balance Sheet and the related notes from the accounting records and information and explanations you have given to us

This report is made to the Company's Director, in accordance with the terms of our engagement. Our work has been undertaken so that we might compile the financial statements that we have been engaged to compile, report to the Company's Director that we have done so, and state those matters that we have agreed to state to her in this 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 Director, for our work or for this report.

We have carried out this engagement in accordance with technical guidance issued by the Institute of Chartered Accountants in England and Wales and have complied with the ethical guidance laid down by the Institute relating to members undertaking the compilation of financial statements.

You have acknowledged on the balance sheet as at 30 September 2009 your duty to ensure that the company has kept adequate accounting records and to prepare financial statements that give a true and fair view under the Companies Act 2006. You consider that the company is exempt from the statutory requirement for an audit for the year.

We have not been instructed to carry out an audit of the financial statements. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

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FRANCIS CLARK  
Chartered Accountants