

REGISTERED NUMBER: 07275620 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 March 2018

for

Physio & More Ltd

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for the Year Ended 31 March 2018

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DIRECTORS:

P Donkin
B Wilde

SECRETARY:

P Donkin

REGISTERED OFFICE:

Strand House
169 Richmond Road
Kingston Upon Thames
Surrey
KT2 5DA

REGISTERED NUMBER:

07275620 (England and Wales)

ACCOUNTANTS:

Grays Accountants Ltd
Chartered Accountants
Kings Works
Kings Road
Teddington
Middlesex
TW11 0QB

Balance Sheet
31 March 2018

| | Notes | 31.3.18 £ | £ | 31.3.17 £ | £ |
|--|-------|----------------|--------------|----------------|--------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 4 | | 19,323 | | 21,716 |
| CURRENT ASSETS | | | | | |
| Stocks | | 3,200 | | 3,500 | |
| Debtors | 5 | 26,642 | | 26,645 | |
| Cash at bank and in hand | | <u>73,027</u> | | <u>72,049</u> | |
| | | 102,869 | | 102,194 | |
| CREDITORS | | | | | |
| Amounts falling due within one year | 6 | <u>115,947</u> | | <u>112,078</u> | |
| NET CURRENT LIABILITIES | | | (13,078) | | (9,884) |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | 6,245 | | 11,832 |
| PROVISIONS FOR LIABILITIES | | | <u>2,273</u> | | <u>2,621</u> |
| NET ASSETS | | | <u>3,972</u> | | <u>9,211</u> |
| CAPITAL AND RESERVES | | | | | |
| Called up share capital | | | 30 | | 30 |
| Retained earnings | | | <u>3,942</u> | | <u>9,181</u> |
| SHAREHOLDERS' FUNDS | | | <u>3,972</u> | | <u>9,211</u> |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2018 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their 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
- (b) and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

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

The financial statements were approved by the Board of Directors on 20 August 2018 and were signed on its behalf by:

P Donkin - Director

B Wilde - Director

Notes to the Financial Statements
for the Year Ended 31 March 2018

1. **STATUTORY INFORMATION**

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

Turnover

Turnover represents net invoiced sales of services, excluding VAT.

Tangible fixed assets

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

| | |
|-------------------------|-----------------------------------|
| Land and buildings | - in accordance with the property |
| Plant and machinery etc | - 25% on cost and 20% on cost |

Stocks

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

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.

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 8 (2017 - 7) .

Notes to the Financial Statements - continued
for the Year Ended 31 March 2018

4. **TANGIBLE FIXED ASSETS**

| | Short leasehold £ | Plant and machinery £ | Fixtures and fittings £ | Computer equipment £ | Totals £ |
|-----------------------|-------------------------|-----------------------------|----------------------------------|----------------------------|----------------|
| COST | | | | | |
| At 1 April 2017 | 11,594 | 50,646 | 25,399 | 27,911 | 115,550 |
| Additions | - | 294 | 463 | 3,357 | 4,114 |
| At 31 March 2018 | <u>11,594</u> | <u>50,940</u> | <u>25,862</u> | <u>31,268</u> | <u>119,664</u> |
| DEPRECIATION | | | | | |
| At 1 April 2017 | 3,673 | 49,333 | 24,145 | 16,683 | 93,834 |
| Charge for year | <u>580</u> | <u>503</u> | <u>585</u> | <u>4,839</u> | <u>6,507</u> |
| At 31 March 2018 | <u>4,253</u> | <u>49,836</u> | <u>24,730</u> | <u>21,522</u> | <u>100,341</u> |
| NET BOOK VALUE | | | | | |
| At 31 March 2018 | <u>7,341</u> | <u>1,104</u> | <u>1,132</u> | <u>9,746</u> | <u>19,323</u> |
| At 31 March 2017 | <u>7,921</u> | <u>1,313</u> | <u>1,254</u> | <u>11,228</u> | <u>21,716</u> |

5. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

| | | |
|--------------|---------------|---------------|
| | 31.3.18 £ | 31.3.17 £ |
| Rent deposit | 13,500 | 13,500 |
| Prepayments | <u>13,142</u> | <u>13,145</u> |
| | <u>26,642</u> | <u>26,645</u> |

6. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

| | | |
|---------------------------------|----------------|----------------|
| | 31.3.18 £ | 31.3.17 £ |
| Trade creditors | 15,509 | 13,207 |
| Tax | 1,597 | 2,978 |
| Social security and other taxes | 5,522 | 7,194 |
| Tax on directors loan interest | 1,936 | 1,725 |
| Other creditors | 485 | 570 |
| Directors' loan accounts | 89,176 | 84,682 |
| Accrued expenses | <u>1,722</u> | <u>1,722</u> |
| | <u>115,947</u> | <u>112,078</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.