

Company Registration No. 07739755 (England and Wales)

**LIFE CHOICES PLUS LTD**  
**T/A EVERYDAY**  
**FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2019**  
**PAGES FOR FILING WITH REGISTRAR**

**LIFE CHOICES PLUS LTD  
T/A EVERYDAY  
CONTENTS**

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	<b>Page</b>
Balance sheet	1
Notes to the financial statements	2 - 5

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**LIFE CHOICES PLUS LTD**  
**T/A EVERYDAY**  
**BALANCE SHEET**  
**AS AT 31 MARCH 2019**

		2019		2018	
	Notes	£	£	as restated	£
<b>Fixed assets</b>					
Tangible assets	3		23,242		29,446
<b>Current assets</b>					
Stocks		6,480		5,580	
Debtors	4	173,992		280,540	
Cash at bank and in hand		316,955		382,831	
		<u>497,427</u>		<u>668,951</u>	
<b>Creditors: amounts falling due within one year</b>	5	<u>(239,852)</u>		<u>(339,855)</u>	
<b>Net current assets</b>			257,575		329,096
<b>Total assets less current liabilities</b>			<u>280,817</u>		<u>358,542</u>
<b>Capital and reserves</b>					
Called up share capital	6		2		2
Distributable profit and loss reserves			280,815		358,540
<b>Total equity</b>			<u>280,817</u>		<u>358,542</u>

The directors of the company have elected not to include a copy of the profit and loss account within the financial statements.

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

The financial statements were approved by the board of directors and authorised for issue on 23 September 2019 and are signed on its behalf by:

Mr M Stalker  
**Director**

Ms J Gillson  
**Director**

**Company Registration No. 07739755**

**LIFE CHOICES PLUS LTD**  
**T/A EVERYDAY**  
**NOTES TO THE FINANCIAL STATEMENTS**  
**FOR THE YEAR ENDED 31 MARCH 2019**

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**1 Accounting policies**

**Company information**

Life Choices Plus Ltd is a private company limited by shares incorporated in England and Wales. The registered office is The Bradbury Centre, 13 Saville Street West, North Shields, Tyne & Wear, NE29 6QP.

**1.1 Accounting convention**

These financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the requirements of the Companies Act 2006 as applicable to companies subject to the small companies regime. The disclosure requirements of section 1A of FRS 102 have been applied other than where additional disclosure is required to show a true and fair view.

The financial statements have been prepared with early application of the FRS 102 Triennial Review 2017 amendments relating to directors' loans and gift aid.

The financial statements are prepared in sterling, which is the functional currency of the company. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention, modified to include the revaluation of freehold properties and to include investment properties and certain financial instruments at fair value. The principal accounting policies adopted are set out below.

This company is a qualifying entity for the purposes of FRS 102, being a member of a group where the parent of that group prepares publicly available consolidated financial statements, including this company, which are intended to give a true and fair view of the assets, liabilities, financial position and profit or loss of the group. The company has therefore taken advantage of exemptions from the following disclosure requirements:

- Section 7 'Statement of Cash Flows' – Presentation of a statement of cash flow and related notes and disclosures;
- Section 33 'Related Party Disclosures' – Compensation for key management personnel.

The financial statements of the company are consolidated in the financial statements of Age UK North Tyneside. These consolidated financial statements are available from its registered office, The Bradbury Centre, 13 Saville Street West, North Shields, Tyne & Wear, NE29 6QP.

**1.2 Turnover**

Turnover represents the value of services provided during the year net of discounts and Value Added Tax.

Turnover is recognised when services are delivered as agreed with customers.

**1.3 Tangible fixed assets**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives on the following bases:

Equipment	12.5% straight line basis
Fixtures, fittings & equipment	12.5% straight line basis
Computer equipment	33% straight line basis
Motor vehicles	25% reducing balance

**1.4 Impairment of fixed assets**

**LIFE CHOICES PLUS LTD**  
**T/A EVERYDAY**  
**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2019**

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**1 Accounting policies**

**(Continued)**

Recoverable amount is the higher of fair value less costs to sell and value in use. In assessing value in use, the estimated future cash flows are discounted to their present value using a pre-tax discount rate that reflects current market assessments of the time value of money and the risks specific to the asset for which the estimates of future cash flows have not been adjusted.

**1.5 Stocks**

Stocks are stated at the lower of cost and estimated selling price less costs to complete and sell.

**1.6 Cash at bank and in hand**

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

**1.7 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.

**1.8 Employee benefits**

The costs of short-term employee benefits are recognised as a liability and an expense, unless those costs are required to be recognised as part of the cost of stock or fixed assets.

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised immediately as an expense when the company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

**1.9 Retirement benefits**

Payments to defined contribution retirement benefit schemes are charged as an expense as they fall due.

**2 Employees**

The average monthly number of persons (including directors) employed by the company during the year was 210 (2018 - 226).

**LIFE CHOICES PLUS LTD**  
**T/A EVERYDAY**  
**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2019**

**3 Tangible fixed assets**

	<b>Equipment etc £</b>
<b>Cost</b>	
At 1 April 2018	128,949
Additions	2,287
	<u>131,236</u>
At 31 March 2019	<u>131,236</u>
<b>Depreciation and impairment</b>	
At 1 April 2018	99,503
Depreciation charged in the year	8,491
	<u>107,994</u>
At 31 March 2019	<u>107,994</u>
<b>Carrying amount</b>	
At 31 March 2019	<u>23,242</u>
At 31 March 2018	<u>29,446</u>

**4 Debtors**

	<b>2019 £</b>	<b>2018 £</b>
<b>Amounts falling due within one year:</b>		
Trade debtors	34,522	139,476
Other debtors	139,470	141,064
	<u>173,992</u>	<u>280,540</u>

**5 Creditors: amounts falling due within one year**

	<b>2019 £</b>	<b>2018 £</b>
Trade creditors	17,849	22,441
Amounts owed to group undertakings	104,304	180,116
Taxation and social security	31,907	28,191
Other creditors	85,792	109,107
	<u>239,852</u>	<u>339,855</u>

**6 Called up share capital**

	<b>2019 £</b>	<b>2018 £</b>
<b>Ordinary share capital</b>		
<b>Issued and fully paid</b>		
Ordinary Shares of £1 each	2	2

**LIFE CHOICES PLUS LTD**  
**T/A EVERYDAY**  
**NOTES TO THE FINANCIAL STATEMENTS (CONTINUED)**  
**FOR THE YEAR ENDED 31 MARCH 2019**

**6 Called up share capital** (Continued)

**7 Audit report information**

As the income statement has been omitted from the filing copy of the financial statements, the following information in relation to the audit report on the statutory financial statements is provided in accordance with s444(5B) of the Companies Act 2006:

The auditor's report was unqualified.

The senior statutory auditor was Steven Richardson FCA.  
The auditor was Haines Watts.

**8 Parent company**

In the opinion of the directors, the ultimate controlling party is the Board of Trustees of the parent charity.

**9 Prior period adjustment**

**Reconciliation of changes in equity**

	<b>Notes</b>	<b>1 April 2017 £</b>	<b>31 March 2018 £</b>
Equity as previously reported		287,742	281,009
<b>Adjustments to prior year</b>			
Treatment of gift aid payment	1	94,703	77,533
Equity as adjusted		<u>382,445</u>	<u>358,542</u>

**Reconciliation of changes in (loss)/profit for the previous financial period**

	<b>Notes</b>	<b>2018 £</b>
Loss as previously reported		(6,733)
<b>Adjustments to prior year</b>		
Treatment of gift aid payment	1	77,533
Profit as adjusted		<u>70,800</u>

**Notes to reconciliation**

**Treatment of gift aid payments**

The company has adopted the provisions of the triennial update to FRS102 in the preparation of these financial statements. Consequently, payment of gift aid to the parent charity is now accounted for as a distribution from equity, and not as an expense in the profit and loss account.

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.