

PHYSIO-ACTIVATE LIMITED
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2019

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UNAUDITED ACCOUNTS
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PHYSIO-ACTIVATE LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2019

Director	Givens Kaonga
Company Number	08425264 (England and Wales)
Registered Office	Shakespear Terrace 70 Green Street St James Hereford Herefordshire HR1 2QH England

PHYSIO-ACTIVATE LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2019

	Notes	2019 £
Fixed assets		
Tangible assets	4	1,970
Current assets		
Cash at bank and in hand		146
Creditors: amounts falling due within one year	5	(15,296)
Net current liabilities		(15,150)
Net liabilities		(13,180)
Capital and reserves		
Called up share capital		1,000
Profit and loss account		(14,180)
Shareholders' funds		(13,180)

For the year ending 31 March 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

Approved by the Board on 19 November 2019.

Givens Kaonga
Director

Company Registration No. 08425264

PHYSIO-ACTIVATE LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2019

1 Statutory information

PHYSIO-ACTIVATE LIMITED is a private company, limited by shares, registered in England and Wales, registration number 08425264. The registered office is Shakespear Terrace 70 Green Street, St James, Hereford, Herefordshire, HR1 2QH, England.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

4 Tangible fixed assets

	Fixtures & fittings £
Cost or valuation	At cost
At 1 April 2018	5,591
At 31 March 2019	5,591
Depreciation	
At 1 April 2018	3,188
Charge for the year	433
At 31 March 2019	3,621
Net book value	
At 31 March 2019	1,970

5 Creditors: amounts falling due within one year

	2019 £
Loans from directors	15,296

6 Average number of employees

During the year the average number of employees was 0.

