

**REGISTERED NUMBER: 09520417 (England and Wales)**

**Unaudited Financial Statements**  
**for the Year Ended 31 March 2019**  
**for**  
**Only By Nature Limited**

**Contents of the Financial Statements  
for the year ended 31 March 2019**

	<b>Page</b>
<b>Company Information</b>	<b>1</b>
<b>Balance Sheet</b>	<b>2</b>
<b>Notes to the Financial Statements</b>	<b>3</b>
<b>Certified Accountants' Report</b>	<b>5</b>

**Only By Nature Limited**  
**Company Information**  
**for the year ended 31 March 2019**

**DIRECTORS:**

P A Brown  
Mrs M Salmon  
V K Sharma

**REGISTERED OFFICE:**

C/O Bennett Brooks & Co Limited  
Suite 345  
50 Eastcastle Street  
London  
London  
W1W 8EA

**REGISTERED NUMBER:**

09520417 (England and Wales)

**ACCOUNTANTS:**

SFC Bennett Brooks Ltd  
Suite 345  
50 Eastcastle Street  
Fitzrovia  
London  
W1W 8EA

**Balance Sheet**  
**31 March 2019**

	Notes	2019 £	£	2018 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		8,717		11,188
<b>CURRENT ASSETS</b>					
Stocks		-		9,740	
Debtors	5	3,693		5,787	
Cash at bank		<u>8,299</u>		<u>23,843</u>	
		11,992		39,370	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<u>2,343</u>		<u>2,096</u>	
<b>NET CURRENT ASSETS</b>			<u>9,649</u>		<u>37,274</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>18,366</u>		<u>48,462</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	7		167		167
Share premium			138,233		138,233
Retained earnings			<u>(120,034)</u>		<u>(89,938)</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>18,366</u>		<u>48,462</u>

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 directors acknowledge their responsibilities for:

- 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.

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 Board of Directors on 16 December 2019 and were signed on its behalf by:

Mrs M Salmon - Director

**Notes to the Financial Statements  
for the year ended 31 March 2019**

**1. STATUTORY INFORMATION**

Only By Nature 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.

The presentation currency of the financial statements is the Pound Sterling (£).

**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.

The company has adopted the FRS 102 accounting policies and principles on a consistent basis from the date of transition. The principal policies are set out below:

**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**

Tangible fixed assets are stated at cost less accumulated depreciation. Cost includes the original purchase price of the asset and the costs attributable to bringing the asset to its working condition for its intended use.

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost, less estimated residual value, of each asset on a systematic basis over its expected useful life as follows:

Plant and machinery	- 20% reducing balance
Motor vehicles	- 25% on reducing balance
Computer equipment	- 33% 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.

**Share capital**

Ordinary shares are classed as equity.

**Short term debtors and creditors**

Short term debtors and creditors with no stated interest rate are recorded at transaction price. Any losses arising from impairment are recognised in the profit and loss account.

**Cash and cash equivalents**

Cash and cash equivalents includes cash in hand, cash held with banks and bank overdrafts. Bank overdrafts are shown within borrowings in current liabilities.

**3. EMPLOYEES AND DIRECTORS**

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

Notes to the Financial Statements - continued  
for the year ended 31 March 2019

4. TANGIBLE FIXED ASSETS

	Plant and machinery etc £
<b>COST</b>	
At 1 April 2018 and 31 March 2019	<u>14,829</u>
<b>DEPRECIATION</b>	
At 1 April 2018	3,641
Charge for year	<u>2,471</u>
At 31 March 2019	<u>6,112</u>
<b>NET BOOK VALUE</b>	
At 31 March 2019	<u>8,717</u>
At 31 March 2018	<u>11,188</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Trade debtors	-	397
Other debtors	<u>3,693</u>	<u>5,390</u>
	<u>3,693</u>	<u>5,787</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019 £	2018 £
Trade creditors	1,075	495
Other creditors	<u>1,268</u>	<u>1,601</u>
	<u>2,343</u>	<u>2,096</u>

7. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:			2019	2018
Number:	Class:	Nominal value:	£	£
166,667	Ordinary	£0.001	<u>167</u>	<u>167</u>

8. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES

At the year end, the directors are owed £248 (2018: £205) which is repayable on demand and attracts no interest.

**Certified Accountants' Report to the Board of Directors  
on the Unaudited Financial Statements of  
Only By Nature Limited**

**The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance Sheet. Readers are cautioned that the Income Statement and certain other primary statements and the Report of the Directors are not required to be filed with the Registrar of Companies.**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Only By Nature Limited for the year ended 31 March 2019 which comprise the Income Statement, Balance Sheet, Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/rulebook>.

This report is made solely to the Board of Directors of Only By Nature Limited, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Only By Nature Limited and state those matters that we have agreed to state to the Board of Directors of Only By Nature Limited, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/factsheet163>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that Only By Nature Limited has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and loss of Only By Nature Limited. You consider that Only By Nature Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of Only By Nature Limited. 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 statutory financial statements.

SFC Bennett Brooks Ltd  
Suite 345  
50 Eastcastle Street  
Fitzrovia  
London  
W1W 8EA

16 December 2019

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.