

**REGISTERED NUMBER: 10392717 (England and Wales)**

**UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2018  
FOR  
FORTE PHYSICAL HEALTH LTD**

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FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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**FORTE PHYSICAL HEALTH LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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<b>DIRECTOR:</b>	C J Branch
<b>REGISTERED OFFICE:</b>	Suite 3, The Hamilton Centre Rodney Way Chelmsford Essex CM1 3BY
<b>BUSINESS ADDRESS:</b>	32 Rochford Road Chelmsford Essex CM2 0EF
<b>REGISTERED NUMBER:</b>	10392717 (England and Wales)
<b>ACCOUNTANTS:</b>	CBHC Limited Suite 3, The Hamilton Centre Rodney Way Chelmsford Essex CM1 3BY

**FORTE PHYSICAL HEALTH LTD (REGISTERED NUMBER: 10392717)**

**BALANCE SHEET  
30 SEPTEMBER 2018**

	Notes	2018 £	£	2017 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		<b>3,043</b>		3,870
<b>CURRENT ASSETS</b>					
Debtors	5	<b>16,586</b>		-	
Cash at bank and in hand		<b>9,677</b>		<u>7,167</u>	
		<b>26,263</b>		<u>7,167</u>	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<b>20,104</b>		<u>7,386</u>	
<b>NET CURRENT ASSETS/(LIABILITIES)</b>			<b>6,159</b>		<u>(219)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<b>9,202</b>		3,651
<b>CREDITORS</b>					
Amounts falling due after more than one year	7		<b>(5,833)</b>		-
<b>PROVISIONS FOR LIABILITIES</b>			<b>(94)</b>		<u>(762)</u>
<b>NET ASSETS</b>			<b>3,275</b>		<u>2,889</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			<b>100</b>		100
Retained earnings			<b>3,175</b>		<u>2,789</u>
<b>SHAREHOLDERS' FUNDS</b>			<b>3,275</b>		<u>2,889</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2018 in accordance with Section 476 of the Companies Act 2006.

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

**BALANCE SHEET - continued  
30 SEPTEMBER 2018**

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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 director on 6 December 2018 and were signed by:

C J Branch - Director

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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**1. STATUTORY INFORMATION**

Forte Physical Health 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 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**

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

**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 6 (2017 - 6) .

**NOTES TO THE FINANCIAL STATEMENTS - continued  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**4. TANGIBLE FIXED ASSETS**

	<b>Plant and machinery etc £</b>
<b>COST</b>	
At 1 October 2017	<b>4,906</b>
Additions	<b>75</b>
At 30 September 2018	<b><u>4,981</u></b>
<b>DEPRECIATION</b>	
At 1 October 2017	<b>1,036</b>
Charge for year	<b>902</b>
At 30 September 2018	<b><u>1,938</u></b>
<b>NET BOOK VALUE</b>	
At 30 September 2018	<b><u>3,043</u></b>
At 30 September 2017	<b><u>3,870</u></b>

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

	<b>2018 £</b>	<b>2017 £</b>
Other debtors	<b><u>16,586</u></b>	<b><u>-</u></b>

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

	<b>2018 £</b>	<b>2017 £</b>
Bank loans and overdrafts	<b>10,000</b>	<b>-</b>
Taxation and social security	<b>9,625</b>	<b>5,628</b>
Other creditors	<b>479</b>	<b>1,758</b>
	<b><u>20,104</u></b>	<b><u>7,386</u></b>

**7. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	<b>2018 £</b>	<b>2017 £</b>
Bank loans	<b><u>5,833</u></b>	<b><u>-</u></b>

**8. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES**

At the balance sheet date the director owed the company £16,040, (2017:-£808.41). This balance was repaid within 9 months.

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.