

REGISTERED NUMBER: 11316395 (England and Wales)

Unaudited Financial Statements
for the Period 18 April 2018 to 30 April 2019
for
Energise Health And Fitness Ltd

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for the Period 18 April 2018 to 30 April 2019

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DIRECTORS:

Mr Tanios James Watfa
Mrs Hannah Jane Eleanor Watfa

REGISTERED OFFICE:

Great Ketlam Farm
Low Road
Pentney
King's Lynn
PE32 1JF

REGISTERED NUMBER:

11316395 (England and Wales)

ACCOUNTANTS:

Steve Pye & Co.
Chartered Certified Accountants
Unit 3
North Lynn Business Village
Bergen Way
King's Lynn
Norfolk
PE30 2JG

Chartered Certified Accountants' Report to the Board of Directors
on the Unaudited Financial Statements of
Energise Health And Fitness Ltd

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 Energise Health And Fitness Ltd for the period ended 30 April 2019 which comprise the Statement of Income and Retained Earnings, Balance Sheet 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 Energise Health And Fitness Ltd, 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 Energise Health And Fitness Ltd and state those matters that we have agreed to state to the Board of Directors of Energise Health And Fitness Ltd, 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 Energise Health And Fitness Ltd 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 Energise Health And Fitness Ltd. You consider that Energise Health And Fitness Ltd is exempt from the statutory audit requirement for the period.

We have not been instructed to carry out an audit or a review of the financial statements of Energise Health And Fitness Ltd. 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.

Steve Pye & Co.
Chartered Certified Accountants
Unit 3
North Lynn Business Village
Bergen Way
King's Lynn
Norfolk
PE30 2JG

4 December 2019

Balance Sheet
30 April 2019

	Notes	£	£
FIXED ASSETS			
Tangible assets	5		5,911
CURRENT ASSETS			
Stocks		3,267	
Debtors	6	5,616	
Cash at bank and in hand		<u>3,346</u>	
		12,229	
CREDITORS			
Amounts falling due within one year	7	<u>32,632</u>	
NET CURRENT LIABILITIES			<u>(20,403)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(14,492)</u>
RESERVES			
Retained earnings			<u>(14,492)</u>
			<u>(14,492)</u>

The notes form part of these financial statements

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 April 2019.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 April 2019 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
- (b) 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 of Part 15 of the Companies Act 2006 relating to small companies.

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

The financial statements were approved by the Board of Directors on 4 December 2019 and were signed on its behalf by:

Mr Tanios James Watfa - Director

Mrs Hannah Jane Eleanor Watfa - Director

Notes to the Financial Statements
for the Period 18 April 2018 to 30 April 2019

1. **STATUTORY INFORMATION**

Energise Health And Fitness 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.

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

2. **STATEMENT OF COMPLIANCE**

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.

3. **ACCOUNTING POLICIES**

Basis of preparing the financial statements

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.
Plant and machinery - 25% on reducing balance

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 period 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.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

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.

4. **EMPLOYEES AND DIRECTORS**

The average number of employees during the period was 14 .

Notes to the Financial Statements - continued
for the Period 18 April 2018 to 30 April 2019

5. **TANGIBLE FIXED ASSETS**

Plant and
machinery
£

COST

Additions

7,882

At 30 April 2019

7,882

DEPRECIATION

Charge for period

1,971

At 30 April 2019

1,971

NET BOOK VALUE

At 30 April 2019

5,911

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

£

Trade debtors

1,396

Other debtors

4,220

5,616

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

£

Taxation and social security

5,971

Other creditors

26,661

32,632

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.