

REGISTERED NUMBER: 12421232 (England and Wales)

**UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023
FOR
BALANCE AND MOTION LIMITED**

CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2023

	Page
Report of the Accountants	1
Balance Sheet	2

BALANCE AND MOTION LIMITED

**REPORT OF THE ACCOUNTANTS TO THE DIRECTOR OF
BALANCE AND MOTION LIMITED**

The following reproduces the text of the report prepared for the director 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 is not required to be filed with the Registrar of Companies.

As described on the Balance Sheet you are responsible for the preparation of the financial statements for the year ended 30 September 2023 set out on pages two to six and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.

JFR Accountancy Limited
61 Irnham Road
Four Oaks
Sutton Coldfield
West Midlands
B74 2TQ

30 November 2023

BALANCE AND MOTION LIMITED (REGISTERED NUMBER: 12421232)**BALANCE SHEET
30 SEPTEMBER 2023**

	2023		2022	
	£	£	£	£
FIXED ASSETS		8,335		8,759
CURRENT ASSETS	21,075		18,796	
CREDITORS				
Amounts falling due within one year	(29,191)		(27,104)	
NET CURRENT LIABILITIES		(8,116)		(8,308)
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>219</u>		<u>451</u>
CAPITAL AND RESERVES		<u>219</u>		<u>451</u>

NOTES TO THE FINANCIAL STATEMENTS**1. STATUTORY INFORMATION**

Balance and Motion Limited is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address are as below:

Registered number: 12421232

Registered office: 61 Irnham Road
Four Oaks
Sutton Coldfield
West Midlands
B74 2TQ

2. AVERAGE NUMBER OF EMPLOYEES

The average number of employees during the year was 1 (2022 - 1) .

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2023 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

BALANCE SHEET - continued
30 SEPTEMBER 2023

The financial statements have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the director and authorised for issue on 30 November 2023 and were signed by:

Miss C Cashmore - Director

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.