

**BETTER LIVES TRAINING LIMITED  
UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 31 JULY 2023**

**BETTER LIVES TRAINING LIMITED**  
**UNAUDITED ACCOUNTS**  
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**BETTER LIVES TRAINING LIMITED**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 JULY 2023**

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<b>Directors</b>	Miss Bridie Louise Anderson Mr Stephen James Davison
<b>Company Number</b>	12770379 (England and Wales)
<b>Registered Office</b>	C/O Richard Matthew Accountancy Ltd The Courtyard 30 Worthing Road Horsham West Sussex RH12 1SL ENGLAND
<b>Accountants</b>	Richard Matthew Accountancy Ltd The Courtyard 30 Worthing Road Horsham West Sussex RH12 1SL

**BETTER LIVES TRAINING LIMITED**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 JULY 2023**

	Notes	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets	<u>4</u>	1,031	1,753
<b>Current assets</b>			
Debtors	5	1,400	-
Cash at bank and in hand		8,551	6,684
		<u>9,951</u>	<u>6,684</u>
<b>Creditors: amounts falling due within one year</b>	<u>6</u>	(10,706)	(8,375)
<b>Net current liabilities</b>		<u>(755)</u>	<u>(1,691)</u>
<b>Net assets</b>		<u>276</u>	<u>62</u>
<b>Capital and reserves</b>			
Called up share capital		3	3
Profit and loss account		273	59
<b>Shareholders' funds</b>		<u>276</u>	<u>62</u>

For the year ending 31 July 2023 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 directors acknowledge their 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.

The financial statements were approved by the Board of Directors and authorised for issue on 23 October 2023 and were signed on its behalf by

Miss Bridie Louise Anderson  
Director

Company Registration No. 12770379

**BETTER LIVES TRAINING LIMITED**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 JULY 2023**

**1 Statutory information**

BETTER LIVES TRAINING LIMITED is a private company, limited by shares, registered in England and Wales, registration number 12770379. The registered office is C/O Richard Matthew Accountancy Ltd, The Courtyard 30 Worthing Road, Horsham, West Sussex, RH12 1SL, 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:

Computer equipment                      1/3rd straight line

**4 Tangible fixed assets**

	<b>Fixtures &amp; fittings £</b>	<b>Computer equipment £</b>	<b>Total £</b>
<b>Cost or valuation</b>	At cost	At cost	
At 1 August 2022	1,833	964	2,797
At 31 July 2023	1,833	964	2,797
<b>Depreciation</b>			
At 1 August 2022	458	586	1,044
Charge for the year	344	378	722
At 31 July 2023	802	964	1,766
<b>Net book value</b>			
At 31 July 2023	1,031	-	1,031
At 31 July 2022	1,375	378	1,753

**5 Debtors**

	<b>2023 £</b>	<b>2022 £</b>
<b>Amounts falling due after more than one year</b>		
Trade debtors	1,400	-

**BETTER LIVES TRAINING LIMITED**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 JULY 2023**

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<b>6 Creditors: amounts falling due within one year</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Taxes and social security	9,274	7,724
Loans from directors	807	51
Accruals	625	600
	<hr/>	<hr/>
	10,706	8,375
	<hr/> <hr/>	<hr/> <hr/>

**7 Average number of employees**

During the year the average number of employees was 1 (2022: 1).

