

Financial Statements for the Year Ended 31 March 2020

for

Being at your Best Ltd

Reid & Fraser
Chartered Accountants
92 High Street
Wick
Caithness
KW1 4LY

Being at your Best Ltd (Registered number: SC357146)

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for the Year Ended 31 March 2020**

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Being at your Best Ltd

**Company Information
for the Year Ended 31 March 2020**

DIRECTOR: Mrs T E McGrath

SECRETARY: Mrs T E McGrath

REGISTERED OFFICE: 5 Seaforth Place
Brora
Sutherland
KW9 6PL

REGISTERED NUMBER: SC357146 (Scotland)

ACCOUNTANTS: Reid & Fraser
Chartered Accountants
92 High Street
Wick
Caithness
KW1 4LY

BANKERS: The Royal Bank of Scotland plc
Thurso Branch
Olrig Street
Thurso
Caithness
KW14 7BL

Being at your Best Ltd (Registered number: SC357146)

**Balance Sheet
31 March 2020**

	Notes	2020 £	2019 £
FIXED ASSETS			
Tangible assets	4	15,670	20,394
CURRENT ASSETS			
Debtors	5	14,390	16,575
Cash at bank		<u>61,655</u>	<u>41,755</u>
		76,045	58,330
CREDITORS			
Amounts falling due within one year	6	<u>(20,613)</u>	<u>(16,963)</u>
NET CURRENT ASSETS		<u>55,432</u>	<u>41,367</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>71,102</u>	<u>61,761</u>
CAPITAL AND RESERVES			
Called up share capital		100	100
Retained earnings		<u>71,002</u>	<u>61,661</u>
SHAREHOLDERS' FUNDS		<u>71,102</u>	<u>61,761</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2020 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 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
- (b) and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Being at your Best Ltd (Registered number: SC357146)

Balance Sheet - continued
31 March 2020

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 director and authorised for issue on 23 July 2020 and were signed by:

Mrs T E McGrath - Director

The notes form part of these financial statements

**Notes to the Financial Statements
for the Year Ended 31 March 2020**

1. STATUTORY INFORMATION

Being at your Best Ltd is a private company, limited by shares, registered in Scotland. 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 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.

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% reducing balance
Office equipment	- 25% reducing balance

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 1 (2019 - 1).

Notes to the Financial Statements - continued
for the Year Ended 31 March 2020

4. TANGIBLE FIXED ASSETS

	Plant and machinery £	Motor vehicles £	Office equipment £	Totals £
COST				
At 1 April 2019	1,752	23,133	7,202	32,087
Additions	-	-	598	598
Disposals	-	-	(708)	(708)
At 31 March 2020	<u>1,752</u>	<u>23,133</u>	<u>7,092</u>	<u>31,977</u>
DEPRECIATION				
At 1 April 2019	1,434	6,868	3,391	11,693
Charge for year	80	4,066	1,081	5,227
Eliminated on disposal	-	-	(613)	(613)
At 31 March 2020	<u>1,514</u>	<u>10,934</u>	<u>3,859</u>	<u>16,307</u>
NET BOOK VALUE				
At 31 March 2020	<u>238</u>	<u>12,199</u>	<u>3,233</u>	<u>15,670</u>
At 31 March 2019	<u>318</u>	<u>16,265</u>	<u>3,811</u>	<u>20,394</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade debtors	14,223	16,575
Other debtors	<u>167</u>	<u>-</u>
	<u>14,390</u>	<u>16,575</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2020 £	2019 £
Trade creditors	1,015	755
Taxation and social security	11,023	11,573
Other creditors	<u>8,575</u>	<u>4,635</u>
	<u>20,613</u>	<u>16,963</u>

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.