

**Yours 4 A Day Ltd****Registered number:** 04573035**Balance Sheet****as at 31 October 2017**

	Notes	2017 £	2016 £
<b>Fixed assets</b>			
Intangible assets	2	7,250	8,700
Tangible assets	3	2,799	1,800
		<u>10,049</u>	<u>10,500</u>
<b>Current assets</b>			
Debtors	4	47,906	69,318
Cash at bank and in hand		246	1,291
		<u>48,152</u>	<u>70,609</u>
<b>Creditors: amounts falling due within one year</b>	5	(53,880)	(55,638)
<b>Net current (liabilities)/assets</b>		<u>(5,728)</u>	<u>14,971</u>
<b>Net assets</b>		<u>4,321</u>	<u>25,471</u>
<b>Capital and reserves</b>			
Called up share capital		297	297
Profit and loss account		4,024	25,174
<b>Shareholder's funds</b>		<u>4,321</u>	<u>25,471</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Jennifer Gadsby

Director

Approved by the board on 11 April 2017

**Yours 4 A Day Ltd**  
**Notes to the Accounts**  
**for the year ended 31 October 2017**

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland.

***Turnover***

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services. Turnover from the sale of goods is recognised when the significant risks and rewards of ownership of the goods have transferred to the buyer. Turnover from the rendering of services is recognised by reference to the stage of completion of the contract. The stage of completion of a contract is measured by comparing the costs incurred for work performed to date to the total estimated contract costs.

***Intangible fixed assets***

Intangible fixed assets are measured at cost less accumulative amortisation and any accumulative impairment losses.

***Tangible fixed assets***

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Computers & Office Equipment	25% reducing balance
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***Debtors***

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts. Loans and other financial assets are initially recognised at transaction price including any transaction costs and subsequently measured at amortised cost determined using the effective interest method, less any impairment losses for bad and doubtful debts.

***Creditors***

Short term creditors are measured at transaction price (which is usually the invoice price). Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method.

***Taxation***

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods. A current tax asset is recognised in respect of a tax loss that can be carried back to recover tax paid in a previous period. Deferred tax is recognised in respect of all timing differences between the recognition of income and expenses in the financial statements and their inclusion in tax assessments. 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. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference, except for revalued land and investment property where the tax rate that applies to the sale of the asset is used. Current and deferred tax assets and liabilities are not discounted.

### **Provisions**

Provisions (ie liabilities of uncertain timing or amount) are recognised when there is an obligation at the reporting date as a result of a past event, it is probable that economic benefit will be transferred to settle the obligation and the amount of the obligation can be estimated reliably.

### **Pensions**

Contributions to defined contribution plans are expensed in the period to which they relate.

## **2 Intangible fixed assets**

£

Goodwill:

### **Cost**

At 1 November 2016	29,000
At 31 October 2017	<u>29,000</u>

### **Amortisation**

At 1 November 2016	20,300
Provided during the year	<u>1,450</u>
At 31 October 2017	<u>21,750</u>

### **Net book value**

At 31 October 2017	<u>7,250</u>
At 31 October 2016	<u>8,700</u>

Goodwill is being written off in equal annual instalments over its estimated economic life of 20 years.

## **3 Tangible fixed assets**

**Computers/Office  
Equipment**  
£

### **Cost**

At 1 November 2016	15,623
Additions	<u>1,617</u>
At 31 October 2017	<u>17,240</u>

### **Depreciation**

At 1 November 2016	13,823
Charge for the year	<u>618</u>
At 31 October 2017	<u>14,441</u>

**Net book value**

At 31 October 2017	2,799
At 31 October 2016	1,800

<b>4 Debtors</b>	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Trade debtors	46,299	40,818
Other debtors	1,607	28,500
	<u>47,906</u>	<u>69,318</u>

<b>5 Creditors: amounts falling due within one year</b>	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Bank loans and overdrafts	11,223	19,302
Trade creditors	252	3,543
Corporation tax	3,429	8,437
Other taxes and social security costs	5,303	8,431
Director's Loan Account	32,715	15,034
Other creditors	958	891
	<u>53,880</u>	<u>55,638</u>

**6 Controlling party**

The company is controlled by the Director Jennifer Gadsby.

**7 Other information**

Yours 4 A Day Ltd is a private company limited by shares and incorporated in England. Its registered office is:

Samson House  
Edward Avenue  
Newark  
Nottingham  
NG24 4UZ

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