

Registered number: 05602067

**RUDE HEALTH FOODS LIMITED**

**ABBREVIATED ACCOUNTS**

**FOR THE YEAR ENDED 31 MARCH 2016**

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**RUDE HEALTH FOODS LIMITED**

**COMPANY INFORMATION**

**EXECUTIVE DIRECTORS**

C J L Barnard  
N Barnard  
J R Bouldin

**DIRECTORS**

A Humphries  
F Bucquet  
S Hope

**COMPANY SECRETARY**

J R Bouldin

**REGISTERED NUMBER**

05602067

**REGISTERED OFFICE**

212 New Kings Road  
New Kings Road  
London  
SW6 4NZ

**INDEPENDENT AUDITOR**

James Cowper Kreston  
Chartered Accountants and Statutory Auditor  
Reading Bridge House  
George Street  
Reading  
Berkshire  
RG1 8LS

# **RUDE HEALTH FOODS LIMITED**

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## **RUDE HEALTH FOODS LIMITED**

### **INDEPENDENT AUDITOR'S REPORT TO RUDE HEALTH FOODS LIMITED UNDER SECTION 449 OF THE COMPANIES ACT 2006**

We have examined the abbreviated accounts set out on pages 2 to 5, together with the financial statements of Rude Health Foods Limited for the year ended 31 March 2016 prepared under section 396 of the Companies Act 2006.

This report is made solely to the company in accordance with section 449 of the Companies Act 2006. Our work has been undertaken so that we might state to the company those matters we are required to state to it in a special Auditor's Report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company, for our work, for this report, or for the opinions we have formed.


#### **RESPECTIVE RESPONSIBILITIES OF DIRECTORS AND AUDITOR**

The directors are responsible for preparing the abbreviated accounts in accordance with section 444 of the Companies Act 2006. It is our responsibility to form an independent opinion as to whether the company is entitled to deliver abbreviated accounts to the Registrar of Companies and whether the abbreviated accounts have been properly prepared in accordance with the regulations made under that section and to report our opinion to you.

We conducted our work in accordance with Bulletin 2008/4 issued by the Auditing Practices Board. In accordance with that Bulletin we have carried out the procedures we consider necessary to confirm, by reference to the financial statements, that the company is entitled to deliver abbreviated accounts and that the abbreviated accounts are properly prepared.

#### **OPINION ON FINANCIAL STATEMENTS**

In our opinion the company is entitled to deliver abbreviated accounts prepared in accordance with section 444(3) of the Companies Act 2006, and the abbreviated accounts on pages 2 to 5 have been properly prepared in accordance with the regulations made under that section.



Terry Goodsell FCA (Senior Statutory Auditor)

for and on behalf of

**James Cowper Kreston**

Chartered Accountants and Statutory Auditor

Reading Bridge House

George Street

Reading

Berkshire

RG1 8LS

Date:

18 October 2016

**RUDE HEALTH FOODS LIMITED**  
**REGISTERED NUMBER: 05602067**

**ABBREVIATED BALANCE SHEET**  
**AS AT 31 MARCH 2016**

	Note	£	2016 £	£	2015 £
<b>FIXED ASSETS</b>					
Intangible assets	2		4,715		15,536
Tangible assets	3		142,915		112,499
			<u>147,630</u>		<u>128,035</u>
<b>CURRENT ASSETS</b>					
Stocks		513,618		468,663	
Debtors		1,853,982		1,266,749	
Cash at bank and in hand		1,279,567		510,483	
		<u>3,647,167</u>		<u>2,245,895</u>	
<b>CREDITORS:</b> amounts falling due within one year		<u>(1,886,076)</u>		<u>(1,167,284)</u>	
<b>NET CURRENT ASSETS</b>			<u>1,761,091</u>		<u>1,078,611</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>1,908,721</u>		<u>1,206,646</u>
<b>PROVISIONS FOR LIABILITIES</b>					
Deferred tax			<u>(8,789)</u>		<u>(6,833)</u>
<b>NET ASSETS</b>			<u>1,899,932</u>		<u>1,199,813</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	4		409,500		389,500
Share premium account			138,000		132,000
Profit and loss account			<u>1,352,432</u>		<u>678,313</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>1,899,932</u>		<u>1,199,813</u>

The abbreviated accounts, which have been prepared in accordance with the special provisions relating to companies subject to the small companies' regime within Part 15 of the Companies' Act 2006 were approved and authorised for issue by the board and were signed on its behalf by:



.....  
**N Barnard**  
 Director

Date: 13.10.2016

The notes on pages 3 to 5 form part of these financial statements.

## **RUDE HEALTH FOODS LIMITED**

### **NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2016**

#### **1. ACCOUNTING POLICIES**

##### **Accounting convention**

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

##### **Turnover**

Turnover comprises revenue recognised by the company in respect of goods and services supplied during the year, exclusive of Value Added Tax and trade discounts.

##### **Intangible fixed assets and amortisation**

Intangible fixed assets relate to the costs associated with trademark applications and are stated at cost in the financial statements, less amortisation.

##### **Tangible fixed assets**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant and machinery	-	20% & 33% straight line
Motor vehicles	-	20% straight line
Office equipment	-	33% straight line
Computer equipment	-	33% straight line
Brand assets	-	50% straight line

##### **Operating leases**

Rentals under operating leases are charged to the Profit and Loss Account on a straight line basis over the lease term.

Benefits received and receivable as an incentive to sign an operating lease are recognised on a straight line basis over the period until the date the rent is expected to be adjusted to the prevailing market rate.

##### **Stocks**

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

# RUDE HEALTH FOODS LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2016

### 1. ACCOUNTING POLICIES (continued)

#### Deferred tax

Full provision is made for deferred tax assets and liabilities arising from all timing differences between the recognition of gains and losses in the financial statements and recognition in the tax computation.

A net deferred tax asset is recognised only if it can be regarded as more likely than not that there will be suitable taxable profits from which the future reversal of the underlying timing differences can be deducted.

Deferred tax assets and liabilities are calculated at the tax rates expected to be effective at the time the timing differences are expected to reverse.

Deferred tax assets and liabilities are not discounted.

#### Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at rates of exchange ruling at the balance sheet date.

Transactions in foreign currencies are translated into sterling at the rate ruling on the date of the transaction.

Exchange gains and losses are recognised in the Profit and Loss Account.

### 2. INTANGIBLE FIXED ASSETS

	£
<b>Cost</b>	
At 1 April 2015	38,326
Additions	2,581
	<hr/>
At 31 March 2016	40,907
<b>Amortisation</b>	
At 1 April 2015	22,790
Charge for the year	13,402
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At 31 March 2016	36,192
<b>Net book value</b>	
At 31 March 2016	4,715
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At 31 March 2015	15,536
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# RUDE HEALTH FOODS LIMITED

## NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2016

### 3. TANGIBLE FIXED ASSETS

	£
<b>Cost</b>	
At 1 April 2015	344,581
Additions	115,405
Disposals	(1,558)
At 31 March 2016	<u>458,428</u>
<b>Depreciation</b>	
At 1 April 2015	232,082
Charge for the year	84,835
On disposals	(1,404)
At 31 March 2016	<u>315,513</u>
<b>Net book value</b>	
At 31 March 2016	<u>142,915</u>
At 31 March 2015	<u>112,499</u>

### 4. SHARE CAPITAL

	2016 £	2015 £
<b>Allotted, called up and fully paid</b>		
409,500 (2015 - 389,500) Ordinary shares of £1 each	<u>409,500</u>	<u>389,500</u>

On 11 May 2015, 17,000 Ordinary shares were issued at par value. A further 3,000 Ordinary shares were also issued at £3 per share, resulting in an increase in the share premium account.

The company has issued EMI options to staff members and as at the balance sheet date there were 5,000 unexercised options which are exercisable at prices between £3 and £6.