

Registered number  
10722809

ABSOLUTE BODY SOLUTIONS LIMITED

Unaudited Filleted Accounts

31 December 2021

**ABSOLUTE BODY SOLUTIONS LIMITED****Registered number:** 10722809**Balance Sheet****as at 31 December 2021**

	Notes	31/12/21	30/4/21
		£	£
<b>Fixed assets</b>			
Tangible assets	3	1,593	3,455
<b>Current assets</b>			
Debtors	4	44,804	40,010
Cash at bank and in hand		2,603	2,644
		<u>47,407</u>	<u>42,654</u>
<b>Creditors: amounts falling due within one year</b>	5	(33,473)	(43,623)
<b>Net current assets/(liabilities)</b>		<u>13,934</u>	<u>(969)</u>
<b>Net assets</b>		<u>15,527</u>	<u>2,486</u>
<b>Capital and reserves</b>			
Called up share capital		1	1
Profit and loss account		15,526	2,485
<b>Shareholder's funds</b>		<u>15,527</u>	<u>2,486</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 his 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.

Mr C O'Brien

Director

Approved by the board on 14 December 2022

# **ABSOLUTE BODY SOLUTIONS LIMITED**

## **Notes to the Accounts**

**for the period from 1 May 2021 to 31 December 2021**

### **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 (as applied to small entities by section 1A of the standard).

#### ***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.

#### ***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:

Freehold buildings	over 50 years
Leasehold land and buildings	over the lease term
Plant and machinery	over 5 years
Fixtures, fittings, tools and equipment	over 5 years

#### ***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.

### **Pensions**

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

<b>2 Employees</b>	<b>31/12/21</b>	<b>30/4/21</b>
	<b>Number</b>	<b>Number</b>
Average number of persons employed by the company	<u>7</u>	<u>5</u>
<b>3 Tangible fixed assets</b>		
		<b>Plant and machinery etc</b>
		<b>£</b>
<b>Cost</b>		
At 1 May 2021		<u>7,033</u>
At 31 December 2021		<u>7,033</u>
<b>Depreciation</b>		
At 1 May 2021		3,578
Charge for the period		<u>1,862</u>
At 31 December 2021		<u>5,440</u>
<b>Net book value</b>		
At 31 December 2021		<u>1,593</u>
At 30 April 2021		3,455
<b>4 Debtors</b>	<b>31/12/21</b>	<b>30/4/21</b>
	<b>£</b>	<b>£</b>
Other debtors	<u>44,804</u>	<u>40,010</u>
<b>5 Creditors: amounts falling due within one year</b>	<b>31/12/21</b>	<b>30/4/21</b>
	<b>£</b>	<b>£</b>
Taxation and social security costs	11,824	10,550
Other creditors	<u>21,649</u>	<u>33,073</u>
	<u>33,473</u>	<u>43,623</u>

## **6 Other information**

ABSOLUTE BODY SOLUTIONS LIMITED is a private company limited by shares and incorporated in England. Its registered office is:

300 St. Mary's Road

Garston

Liverpool

Merseyside

L19 0NQ

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