

FOUNDATIONS LIMITED
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022

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FOUNDATIONS LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2022

Director	Peter Michael Gaughan
Company Number	09921672 (England and Wales)
Registered Office	5 Chigwell Road London E18 1LR United Kingdom
Accountants	ABR Chartered Accountants 2-4 Eastern Road St Georges House Romford RM1 3PJ

FOUNDATIONS LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2022

	Notes	2022 £	2021 £
Current assets			
Cash at bank and in hand		632	879
Creditors: amounts falling due within one year	4	(35,599)	(26,530)
Net current liabilities		(34,967)	(25,651)
Total assets less current liabilities		(34,967)	(25,651)
Creditors: amounts falling due after more than one year	5	(5,683)	(7,883)
Net liabilities		(40,650)	(33,534)
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(40,750)	(33,634)
Shareholders' funds		(40,650)	(33,534)

For the year ending 31 December 2022 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 director acknowledges his 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 and authorised for issue on 24 September 2023 and were signed on its behalf by

Peter Michael Gaughan
Director

Company Registration No. 09921672

FOUNDATIONS LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2022

1 Statutory information

FOUNDATIONS LIMITED is a private company, limited by shares, registered in England and Wales, registration number 09921672. The registered office is 5 Chigwell Road, London, E18 1LR, United Kingdom.

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.

4 Creditors: amounts falling due within one year

	2022	2021
	£	£
Bank loans and overdrafts	2,200	2,200
VAT	(255)	(255)
Trade creditors	-	960
Amounts owed to group undertakings and other participating interests	13,250	5,750
Other creditors	2,089	1,360
Loans from directors	16,715	15,715
Accruals	1,600	800
	35,599	26,530
	35,599	26,530

5 Creditors: amounts falling due after more than one year

	2022	2021
	£	£
Bank loans	5,683	7,883
	5,683	7,883

6 Average number of employees

During the year the average number of employees was 1 (2021: 1).

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.