

FASCIAL PILATES MOVEMENT LIMITED

Abridged Accounts

Period of accounts

Start date: 01 July 2018

End date: 30 June 2019

FASCIAL PILATES MOVEMENT LIMITED

Contents Page

For the year ended 30 June 2019

Accountants' Report

Statement of Financial Position

Notes to the Financial Statements

FASCIAL PILATES MOVEMENT LIMITED

Accountants' Report

For the year ended 30 June 2019

Accountant's report

You consider that the company is exempt from an audit for the year ended 30 June 2019 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Aldous & Saunders Accountants and Business Advisors

30 June 2019

.....
Aldous & Saunders Accountants and Business Advisors

The Attic

45a Birchfield Lane

Norwich

NR14 8AA

20 March 2020

FASCIAL PILATES MOVEMENT LIMITED
Statement of Financial Position
As at 30 June 2019

	Notes	2019	2018
		£	£
			<i>(as restated)</i>
Fixed assets			
Tangible fixed assets	2	21,700	18,432
		<u>21,700</u>	<u>18,432</u>
Current assets			
Debtors		7,790	7,508
Cash at bank and in hand		22,655	15,853
		<u>30,445</u>	<u>23,361</u>
Creditors: amount falling due within one year		(19,901)	(10,262)
Net current assets		<u>10,544</u>	<u>13,099</u>
Total assets less current liabilities		32,244	31,531
Creditors: amount falling due after more than one year		(14,491)	(12,413)
Net assets		<u>17,753</u>	<u>19,118</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		17,653	19,018
Shareholders funds		<u>17,753</u>	<u>19,118</u>

For the year ended 30 June 2019 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Directors' Responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476
2. The directors acknowledge their responsibilities for complying with the requirements of the companies act 2006 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 Part 15 of the Companies Act 2006. In accordance with section 444 of the Companies Act 2006, the income statement has not been delivered to the Registrar of Companies.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with section 444(2A).

Signed on behalf of the board of directors

Lindsay Rose
Director

Date approved by the board: 20 March 2020

FASCIAL PILATES MOVEMENT LIMITED
Notes to the Abridged Financial Statements
For the year ended 30 June 2019

General Information

Fascial Pilates Movement Limited is a private company, limited by shares, registered in England and Wales, registration number 10109875, registration address Unit 4 Cringleford Business Centre, Intwood Road, Norwich, Norfolk, NR4 6FB.

The presentation currency is £ sterling

1. Accounting Policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared on the going concern basis and under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Plant and Machinery	15 Straight Line
Fixtures and Fittings	20 Straight Line
Computer Equipment	15 Straight Line

2. Tangible fixed assets

Cost	Plant and Machinery	Fixtures and Fittings	Computer Equipment	Total
	£	£	£	£
At 01 July 2018	14,894	8,828	3,361	27,083
Additions	4,408	2,250	-	6,658
Disposals	-	-	-	-
At 30 June 2019	19,302	11,078	3,361	33,741
Depreciation				
At 01 July 2018	4,159	3,532	960	8,651
Charge for year	746	2,215	429	3,390
On disposals	-	-	-	-
At 30 June 2019	4,905	5,747	1,389	12,041
Net book values				
Closing balance as at 30 June 2019	14,397	5,331	1,972	21,700
Opening balance as at 01 July 2018	10,735	5,296	2,401	18,432

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.