

Company Registration No. in England and Wales  
10758967

**Q PHYSIO LTD**

TRADING AS  
Q SPORTS PHYSIO

**UNAUDITED FILLETED ACCOUNTS**

**31 May 2022**

**Q PHYSIO LTD****Registered number:** 10758967**Balance Sheet****as at 31 May 2022**

	Notes	2022 £	2021 £
<b>Fixed assets</b>			
Tangible assets	3	69,741	72,871
<b>Current assets</b>			
Stocks		1,720	470
Debtors	4	5,500	5,500
Cash at bank and in hand		10,574	19,988
		<u>17,794</u>	<u>25,958</u>
<b>Creditors: amounts falling due within one year</b>	5	(228,206)	(232,794)
<b>Net current liabilities</b>		<u>(210,412)</u>	<u>(206,836)</u>
<b>Total assets less current liabilities</b>		<u>(140,671)</u>	<u>(133,965)</u>
<b>Creditors: amounts falling due after more than one year</b>	6	(39,352)	(50,000)
<b>Net liabilities</b>		<u>(180,023)</u>	<u>(183,965)</u>
<b>Capital and reserves</b>			
Called up share capital		100	100
Profit and loss account		(180,123)	(184,065)
<b>Shareholders' funds</b>		<u>(180,023)</u>	<u>(183,965)</u>

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

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

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.

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.

Amir Rezaei

Director

Approved by the board on 28 February 2023

# **Q PHYSIO LTD**

## **Notes to the Accounts**

**for the year ended 31 May 2022**

### **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:

Leasehold land and buildings	Nil
Fixtures, fittings, tools and equipment	25% reducing balance

#### ***Stocks***

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost is determined using the first in first out method. The carrying amount of stock sold is recognised as an expense in the period in which the related revenue is recognised.

#### ***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***

No provision has been provided for corporation tax liability as company claimed brought forward losses against profit made from this trade.

#### ***Pensions***

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

<b>2 Employees</b>	<b>2022</b>	<b>2021</b>
	<b>Number</b>	<b>Number</b>
Average number of persons employed by the company	<u>3</u>	<u>3</u>

### 3 Tangible fixed assets

	<b>Land and buildings</b>	<b>Plant and machinery etc</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
At 1 June 2021	60,348	34,406	94,754
At 31 May 2022	<u>60,348</u>	<u>34,406</u>	<u>94,754</u>
<b>Depreciation</b>			
At 1 June 2021	-	21,883	21,883
Charge for the year	-	3,130	3,130
At 31 May 2022	<u>-</u>	<u>25,013</u>	<u>25,013</u>
<b>Net book value</b>			
At 31 May 2022	<u>60,348</u>	<u>9,393</u>	<u>69,741</u>
At 31 May 2021	60,348	12,523	72,871

<b>4 Debtors</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Other debtors	<u>5,500</u>	<u>5,500</u>

<b>5 Creditors: amounts falling due within one year</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Taxation and social security costs	(356)	1,745
Other creditors	<u>228,562</u>	<u>231,049</u>
	<u>228,206</u>	<u>232,794</u>

<b>6 Creditors: amounts falling due after one year</b>	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Bank loans	<u>39,352</u>	<u>50,000</u>

### 7 Controlling party

Mr. Roy Hood, who holds a 50% shares in the company, serves as the ultimate controlling party as the director.

## **8 Other information**

Q PHYSIO LTD is a private company limited by shares and incorporated in England. Its registered office is:

Knight Chadwick  
243 Elgin Avenue  
London  
W9 1NJ

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