

**5 A DAY (LONDON) LTD  
UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 31 DECEMBER 2020**

**5 A DAY (LONDON) LTD**  
**UNAUDITED ACCOUNTS**  
**CONTENTS**

---

	<b>Page</b>
<u>Company information</u>	<u>3</u>
<u>Statement of financial position</u>	<u>4</u>
<u>Notes to the accounts</u>	<u>5</u>

**5 A DAY (LONDON) LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

---

<b>Director</b>	Muhammad Jawad Naeem
<b>Company Number</b>	11104665 (England and Wales)
<b>Registered Office</b>	23 Kendal Avenue barking Barking IG11 7RF United Kingdom

**5 A DAY (LONDON) LTD**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 31 DECEMBER 2020**

	Notes	2020 £	2019 £
<b>Fixed assets</b>			
Tangible assets	<u>4</u>	6,710	1,883
<b>Current assets</b>			
Inventories		5,957	-
Debtors	<u>5</u>	17,580	358
Cash at bank and in hand		16,813	-
		<u>40,350</u>	<u>358</u>
<b>Net current assets</b>		<u>40,350</u>	<u>358</u>
<b>Total assets less current liabilities</b>		<u>47,060</u>	<u>2,241</u>
<b>Creditors: amounts falling due after more than one year</b>	<u>6</u>	(50,000)	-
<b>Net (liabilities)/assets</b>		<u>(2,940)</u>	<u>2,241</u>
<b>Capital and reserves</b>			
Called up share capital		1	1
Profit and loss account		(2,941)	2,240
<b>Shareholders' funds</b>		<u>(2,940)</u>	<u>2,241</u>

For the year ending 31 December 2020 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 30 September 2021 and were signed on its behalf by

Muhammad Jawad Naeem  
Director

Company Registration No. 11104665

**5 A DAY (LONDON) LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

---

**1 Statutory information**

5 A DAY (LONDON) LTD is a private company, limited by shares, registered in England and Wales, registration number 11104665. The registered office is 23 Kendal Avenue, Barking, IG11 7RF, 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.

***Tangible fixed assets and depreciation***

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the rates of 18% in order to write off the assets over their estimated useful lives:

**4 Tangible fixed assets**

	<b>Motor vehicles £</b>	<b>Computer equipment £</b>	<b>Total £</b>
<b>Cost or valuation</b>	At cost	At cost	
At 1 January 2020	2,800	-	2,800
Additions	5,650	650	6,300
At 31 December 2020	8,450	650	9,100
<b>Depreciation</b>			
At 1 January 2020	917	-	917
Charge for the year	1,356	117	1,473
At 31 December 2020	2,273	117	2,390
<b>Net book value</b>			
At 31 December 2020	6,177	533	6,710
At 31 December 2019	1,883	-	1,883

**5 Debtors: amounts falling due within one year**

	<b>2020 £</b>	<b>2019 £</b>
Other debtors	-	358
<b>Debtors: amounts falling due after more than one year</b>		
Other debtors	17,580	-

**5 A DAY (LONDON) LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 31 DECEMBER 2020**

---

<b>6 Creditors: amounts falling due after more than one year</b>	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Bank loans	50,000	-

**7 Average number of employees**

During the year the average number of employees was 5 (2019: 4).

