

Registered number
08545721

Next Step Exercise and Performance Limited

Abbreviated Accounts

31 May 2016

Next Step Exercise and Performance Limited**Registered number:** 08545721**Abbreviated Balance Sheet****as at 31 May 2016**

	Notes	2016 £	2015 £
Fixed assets			
Tangible assets	2	15,433	17,168
Current assets			
Debtors		321	249
Cash at bank and in hand		11,135	5,955
		<u>11,456</u>	<u>6,204</u>
Creditors: amounts falling due within one year		<u>(43,023)</u>	<u>(40,901)</u>
Net current liabilities		(31,567)	(34,697)
Net liabilities		<u>(16,134)</u>	<u>(17,529)</u>
Capital and reserves			
Called up share capital	3	200	200
Profit and loss account		(16,334)	(17,729)
Shareholders' funds		<u>(16,134)</u>	<u>(17,529)</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 members have 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 in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

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Dr T P Button

Director

Approved by the board on 28 February 2017.

Next Step Exercise and Performance Limited

Notes to the Abbreviated Accounts

for the year ended 31 May 2016

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Land and Buildings	20% straight line
Plant and machinery	25% reducing balance

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse.

2 Tangible fixed assets

£

Cost

At 1 June 2015	28,652
Additions	4,219
At 31 May 2016	<u>32,871</u>

Depreciation

At 1 June 2015	11,484
Charge for the year	5,954
At 31 May 2016	<u>17,438</u>

Net book value

At 31 May 2016	<u>15,433</u>
At 31 May 2015	<u>17,168</u>

3 Share capital

Nominal
value

2016
Number

2016
£

2015
£

Allotted, called up and fully paid:

Ordinary shares	£1 each	200	<u>200</u>	<u>200</u>
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