LOOK AFTER YOURSELF LN5 LIMITED

Company Registration Number:
08789821 (England and Wales)

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 26th November 2013

End date: 30th November 2014

SUBMITTED

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Contents of the Financial Statements
for the Period Ended 30th November 2014

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Company Information
for the Period Ended 30th November 2014

Director:	Ange Westbrook
Registered office:	47 Cross O'Cliff Hill Lincoln LN5 8PR
Company Registration Number:	08789821 (England and Wales)

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Directors' Report Period Ended 30th November 2014

The directors present their report with the financial statements of the company for the period ended 30th November 2014

Principal activities
The principal activity of the company in the period under review was:
The principal activity of the company is that of a provider of fitness classes.

Directors
The directors shown below have held office during the whole of the period from
26th November 2013 to 30th November 2014
Ange Westbrook

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

This report was approved by the board of directors on 04 January 2015
And Signed On Behalf Of The Board By:

Name: Ange Westbrook
Status: Director

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Profit and Loss Account

for the Period Ended 30th November 2014

	Notes	2014	
		£	£
Turnover:	2	**5,200**	-
Cost of sales:		**818**	-
Gross profit or (loss):		**4,382**	-
Administrative expenses:	,	**3,073**	-
Operating profit or (loss):		**1,309**	-
Profit or (loss) on ordinary activities before taxation:		**1,309**	-
Tax on profit or (loss) on ordinary activities:		**262**	-
Profit or (loss) for the financial year:		**1,047**	-

The notes form part of these financial statements

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Statement of total recognised gains and losses
30th November 2014

Statement of total recognised gains and losses

The company does not have any gains and losses other than Profit and Loss for the period to report.

The notes form part of these financial statements

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Balance sheet
As at 30th November 2014

	Notes	2014 £	£
Current assets			
Cash at bank and in hand:		**1,659**	-
Total current assets:		**1,659**	-
Creditors: amounts falling due within one year	3	**412**	-
Net current assets (liabilities):		**1,247**	-
Total assets less current liabilities:		**1,247**	-
Total net assets (liabilities):		**1,247**	-

The notes form part of these financial statements

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Balance sheet
As at 30th November 2014
continued

	Notes	2014 £	£
Capital and reserves			
Called up share capital:	4	**1,000**	-
Profit and Loss account:	5	**247**	-
Total shareholders funds:		**1,247**	-

For the year ending 30 November 2014 the company was entitled to exemption 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 directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors on 04 January 2015

SIGNED ON BEHALF OF THE BOARD BY:

Name: Ange Westbrook
Status: Director

The notes form part of these financial statements

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Notes to the Financial Statements
for the Period Ended 30th November 2014

1. Accounting policies

Basis of measurement and preparation of accounts

a. Basis of preparation of financial statements The financial statements have been prepared under the historical cost convention.

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Notes to the Financial Statements
for the Period Ended 30th November 2014

2 . Turnover

The company's turnover represents the value, excluding value added tax, of goods and services supplied to customers during the period. All sales related to the principal activity of the company.

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Notes to the Financial Statements
for the Period Ended 30th November 2014

3. Creditors: amounts falling due within one year

	2014	
	£	£
Taxation and social security:	262	-
Accruals and deferred income:	150	-
Total:	412	-

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Notes to the Financial Statements
for the Period Ended 30th November 2014

4. Called up share capital

Allotted, called up and paid

Current period			**2014**
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	10,000	0.10	**1,000**
Total share capital:			**1,000**

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Notes to the Financial Statements
for the Period Ended 30th November 2014

5. Profit and loss account

	2014	
	£	£
Opening balance:	-	-
Profit or (loss) for the period:	**1,047**	-
Equity dividends paid:	**800**	-
Retained profit:	**247**	-

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.