REGISTERED NUMBER: 10864607 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 July 2019

for

Body 360 North East Limited

Contents of the Financial Statements for the Year Ended 31 July 2019

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	3

Body 360 North East Limited

Company Information
for the Year Ended 31 July 2019

DIRECTORS:	C Convery Mrs C Convey
REGISTERED OFFICE:	29 Orion Business Park Tyne Tunnel Trading Estate North Shields Tyne and Wear NE29 7SN
REGISTERED NUMBER:	10864607 (England and Wales)
ACCOUNTANTS:	Essell Accountants Limited 29 Howard Street North Shields Tyne and Wear NE30 1AR

Balance Sheet
31 July 2019

	Notes	31/7/19 £	£	31/7/18 £	£
FIXED ASSETS					
Tangible assets	4		17,851		23,516
CURRENT ASSETS					
Cash at bank and in hand		9,011		2,484	
CREDITORS					
Amounts falling due within one year	5	10,264		7,642	
NET CURRENT LIABILITIES			(1,253)		(5,158)
TOTAL ASSETS LESS CURRENT LIABILITIES			16,598		18,358
CREDITORS					
Amounts falling due after more than one year	6		16,000		19,000
NET ASSETS/(LIABILITIES)			598		(642)
CAPITAL AND RESERVES					
Called up share capital			1		1
Retained earnings			597		(643)
SHAREHOLDERS' FUNDS			598		(642)

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2019 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors on 1 October 2019 and were signed on its behalf by:

C Convery - Director

The notes form part of these financial statements

Notes to the Financial Statements
for the Year Ended 31 July 2019

1. STATUTORY INFORMATION

Body 360 North East Limited is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements
These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover
Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Taxation
Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 2 (2018 - 2) .

4. TANGIBLE FIXED ASSETS

	Plant and machinery etc
	£
COST	
At 1 August 2018 and 31 July 2019	27,966
DEPRECIATION	
At 1 August 2018	4,450
Charge for year	5,665
At 31 July 2019	10,115
NET BOOK VALUE	
At 31 July 2019	17,851
At 31 July 2018	23,516

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31/7/19	31/7/18
	£	£
Bank loans and overdrafts	2,000	2,000
Other creditors	8,264	5,642
	10,264	7,642

6. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31/7/19	31/7/18
	£	£
Bank loans	4,000	6,000
Other creditors	12,000	13,000
	16,000	19,000

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.