REGISTERED NUMBER: 10936607 (England and Wales)

BRAIN BODY WEALTH LTD

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 AUGUST 2023

BRAIN BODY WEALTH LTD (REGISTERED NUMBER: 10936607)

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FOR THE YEAR ENDED 31 AUGUST 2023

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BRAIN BODY WEALTH LTD

COMPANY INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2023

DIRECTOR:	G McLaven
REGISTERED OFFICE:	6 Wellingborough Road Isham Kettering Northamtonshire NN14 1HR
REGISTERED NUMBER:	10936607 (England and Wales)
ACCOUNTANTS:	Thompson Balch Limited Chartered Accountants Sovereign House 15 Towcester Road Old Stratford Milton Keynes MK19 6AN

BALANCE SHEET
31 AUGUST 2023

	Notes	2023 £	£	2022 £	£
FIXED ASSETS					
Tangible assets	4		**3,826**		-
CURRENT ASSETS					
Debtors	5	**11,102**		5,468	
Cash at bank and in hand		**5,841**		4,338	
		16,943		9,806	
CREDITORS					
Amounts falling due within one year	6	**7,126**		2,612	
NET CURRENT ASSETS			**9,817**		7,194
TOTAL ASSETS LESS CURRENT LIABILITIES			**13,643**		7,194
PROVISIONS FOR LIABILITIES			**727**		-
NET ASSETS			**12,916**		7,194
CAPITAL AND RESERVES					
Called up share capital			**100**		1
Retained earnings			**12,816**		7,193
SHAREHOLDERS' FUNDS			**12,916**		7,194

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 August 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2023 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her 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 notes form part of these financial statements

BALANCE SHEET - continued
31 AUGUST 2023

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 Statement of Income and Retained Earnings has not been delivered.

The financial statements were approved by the director and authorised for issue on 17 October 2023 and were signed by:

G McLaven - Director

The notes form part of these financial statements

1. STATUTORY INFORMATION

Brain Body Wealth Ltd 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.

The financial statements are presented in sterling which is the functional currency of the company and rounded to the nearest £.

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.

Fixtures and fittings	- 20% on reducing balance
Computer equipment	- 20% on reducing balance

Taxation
Taxation for the year comprises current and deferred tax. Tax is recognised in the Statement of Income and Retained Earnings, 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.

2. **ACCOUNTING POLICIES - continued**

Pension costs and other post-retirement benefits
The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 1 (2022 - 1) .

4. **TANGIBLE FIXED ASSETS**

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
Additions	697	3,695	4,392
At 31 August 2023	697	3,695	4,392
DEPRECIATION			
Charge for year	139	427	566
At 31 August 2023	139	427	566
NET BOOK VALUE			
At 31 August 2023	558	3,268	3,826

5. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023 £	2022 £
Trade debtors	11,102	4,518
Other debtors	-	950
	11,102	5,468

6. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2023 £	2022 £
Trade creditors	2	1
Taxation and social security	4,752	1,687
Other creditors	2,372	924
	7,126	2,612

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.