

**Abbreviated Unaudited Accounts
for the Year Ended 28 February 2009
for
Natural Foods Llanidloes Limited**

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Natural Foods Llanidloes Limited

**Contents of the Abbreviated Accounts
for the Year Ended 28 February 2009**

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	4

Natural Foods Llanidloes Limited

**Company Information
for the Year Ended 28 February 2009**

DIRECTORS:

Miss F A Hinks
B J Hinks
Mrs M A Hinks

SECRETARY:

Mrs M A Hinks

REGISTERED OFFICE:

17 Great Oak Street
Llanidloes
Powys
SY18 6BU

REGISTERED NUMBER:

4560244 (England and Wales)

ACCOUNTANTS:

Andrew Morgan
Chartered Accountant
Oaklea
Llansantffraid
Powys
SY22 6TE

Natural Foods Llanidloes Limited

**Abbreviated Balance Sheet
28 February 2009**

	Notes	28.2.09 £	£	29.2.08 £	£
FIXED ASSETS					
Intangible assets	2		2,812		3,562
Tangible assets	3		796		867
			<u>3,608</u>		<u>4,429</u>
CURRENT ASSETS					
Stocks		5,582		5,703	
Debtors		567		518	
Cash at bank and in hand		4,574		4,910	
		<u>10,723</u>		<u>11,131</u>	
CREDITORS					
Amounts falling due within one year		6,830		7,602	
		<u>6,830</u>		<u>7,602</u>	
NET CURRENT ASSETS			<u>3,893</u>		<u>3,529</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>7,501</u>		<u>7,958</u>
PROVISIONS FOR LIABILITIES			-		8
NET ASSETS			<u><u>7,501</u></u>		<u><u>7,950</u></u>
CAPITAL AND RESERVES					
Called up share capital	4		3		3
Profit and loss account			7,498		7,947
			<u>7,501</u>		<u>7,947</u>
SHAREHOLDERS' FUNDS			<u><u>7,501</u></u>		<u><u>7,950</u></u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 28 February 2009.

The members have not required the company to obtain an audit of its financial statements for the year ended 28 February 2009 in accordance with Section 249B(2) of the Companies Act 1985.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- 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 Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company.

The notes form part of these abbreviated accounts

Natural Foods Llanidloes Limited

Abbreviated Balance Sheet - continued
28 February 2009

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The financial statements were approved by the Board of Directors on 21 April 2009 and were signed on its behalf by:

Miss F A Hinks - Director



B J Hinks - Director



The notes form part of these abbreviated accounts

Natural Foods Llanidloes Limited

**Notes to the Abbreviated Accounts
for the Year Ended 28 February 2009**

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

Turnover

Turnover represents net sales of goods, excluding value added tax.

Goodwill

Goodwill, being the amount paid in connection with the acquisition of a business in 2002, is being amortised evenly over its estimated useful life of ten years.

Tangible fixed assets

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

Plant and machinery etc	- 33% on cost, 20% on cost and 15% on cost
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Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Deferred tax

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

2. INTANGIBLE FIXED ASSETS

	Total £
COST	
At 1 March 2008 and 28 February 2009	7,500
AMORTISATION	
At 1 March 2008	3,938
Charge for year	750
At 28 February 2009	4,688
NET BOOK VALUE	
At 28 February 2009	2,812
At 29 February 2008	3,562

Natural Foods Llanidloes Limited

**Notes to the Abbreviated Accounts - continued
for the Year Ended 28 February 2009**

3. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 March 2008	2,953
Additions	565
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At 28 February 2009	3,518
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DEPRECIATION	
At 1 March 2008	2,087
Charge for year	635
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At 28 February 2009	2,722
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NET BOOK VALUE	
At 28 February 2009	796
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At 29 February 2008	866
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4. CALLED UP SHARE CAPITAL

Authorised:				
Number:	Class:	Nominal value:	28.2.09	29.2.08
			£	£
1,000	Ordinary	£1	1,000	1,000
			<hr/>	<hr/>
Allotted, issued and fully paid:				
Number:	Class:	Nominal value:	28.2.09	29.2.08
			£	£
3	Ordinary	£1	3	3
			<hr/>	<hr/>

5. RELATED PARTY DISCLOSURES

The company rented its premises from Ms. Fleur Hinks (director and majority shareholder) at a cost of £6,600 (2008 £3,300).

At the year end the company owed Ms. Hinks £52 (2008 £52) on her current account.