

REGISTERED NUMBER: 07526129 (England and Wales)

**Unaudited Financial Statements for the Year Ended 30 April 2019**

**for**

**Practically Natural Limited**

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**for the Year Ended 30 April 2019**

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**Practically Natural Limited**  
**Company Information**  
**for the Year Ended 30 April 2019**

**DIRECTOR:** A R O Baker

**REGISTERED OFFICE:** Solar House  
915 High Road  
London  
N12 8QJ

**REGISTERED NUMBER:** 07526129 (England and Wales)

**ACCOUNTANTS:** Niren Blake Holdings Limited t/a Niren Blake  
2nd Floor  
Solar House  
915 High Road  
North Finchley  
London  
N12 8QJ

**Practically Natural Limited (Registered number: 07526129)**

**Balance Sheet**  
**30 April 2019**

	Notes	2019 £	£	2018 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		6,940		9,254
<b>CURRENT ASSETS</b>					
Stocks		2,024		2,252	
Debtors	5	8,124		830	
Cash at bank and in hand		<u>15,847</u>		<u>16,707</u>	
		25,995		19,789	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<u>32,135</u>		<u>30,436</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(6,140)</u>		<u>(10,647)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>800</u>		<u>(1,393)</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			100		100
Retained earnings			<u>700</u>		<u>(1,493)</u>
			<u>800</u>		<u>(1,393)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2019 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 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 Sections 394 and 395
- (b) 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 director on 24 February 2020 and were signed by:

A R O Baker - Director

The notes form part of these financial statements

**Notes to the Financial Statements**  
**for the Year Ended 30 April 2019**

**1. STATUTORY INFORMATION**

Practically Natural 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.

The Financial Statements have been prepared on a going concern basis.

There is a deficit of £6,140 (2018 - £10,647) of current liabilities over current assets. The directors are of the opinion that continued financial support will be forthcoming from the creditors of the company. For this reason, the going concern basis is considered to be appropriate.

**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.

Plant and machinery etc - 25% on reducing balance

**Stocks**

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

**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 1 (2018 - 1) .

**Notes to the Financial Statements - continued**  
**for the Year Ended 30 April 2019**

4. **TANGIBLE FIXED ASSETS**

**Plant and  
machinery  
etc  
£**

**COST**

At 1 May 2018  
and 30 April 2019

31,859

**DEPRECIATION**

At 1 May 2018

22,605

Charge for year

2,314

At 30 April 2019

24,919

**NET BOOK VALUE**

At 30 April 2019

6,940

At 30 April 2018

9,254

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

**2019**

2018

£

£

Trade debtors

8,124

830

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

**2019**

2018

£

£

Trade creditors

7,563

6,391

Taxation and social security

2,320

2,386

Other creditors

22,252

21,659

32,135

30,436

7. **RELATED PARTY DISCLOSURES**

Included in other creditors is a loan made by Mr A Baker to the Company in the sum of £20,010 (2018 : £19,094).

8. **ULTIMATE CONTROLLING PARTY**

The ultimate controlling party is A R O Baker.

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.