

Abbreviated Unaudited Accounts for the Year Ended 30 April 2016

for

Practically Natural Limited

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for the Year Ended 30 April 2016

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Practically Natural Limited
Company Information
for the Year Ended 30 April 2016

DIRECTOR: A R O Baker

REGISTERED OFFICE: Brook Point
1412 High Road
London
N20 9BH

REGISTERED NUMBER: 07526129 (England and Wales)

ACCOUNTANTS: Niren Blake LLP
Chartered Accountants
Brook Point
1412 High Road
Whetstone
London
N20 9BH

Practically Natural Limited (Registered number: 07526129)

Abbreviated Balance Sheet
30 April 2016

	Notes	2016 £	£	2015 £	£
FIXED ASSETS					
Tangible assets	2		16,450		19,934
CURRENT ASSETS					
Stocks		3,050		2,750	
Debtors		5,779		3,860	
Cash at bank and in hand		5,960		16,792	
		14,789		23,402	
CREDITORS					
Amounts falling due within one year		37,544		28,598	
NET CURRENT LIABILITIES			(22,755)		(5,196)
TOTAL ASSETS LESS CURRENT LIABILITIES			(6,305)		14,738
CAPITAL AND RESERVES					
Called up share capital	3		100		100
Profit and loss account			(6,405)		14,638
SHAREHOLDERS' FUNDS			(6,305)		14,738

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2016 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 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 1 February 2017 and were signed by:

A R O Baker - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Year Ended 30 April 2016

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The accounts have been prepared on the going concern basis despite the fact that there is a surplus of net current liabilities over current assets of £22,755 (2015 : £5,196). This basis is deemed appropriate as in the opinion of the director future support will be forthcoming from the company's creditors.

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 2015).

Turnover

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

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.

Deferred tax

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

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 May 2015	29,859
Additions	<u>2,000</u>
At 30 April 2016	<u>31,859</u>
DEPRECIATION	
At 1 May 2015	9,925
Charge for year	<u>5,484</u>
At 30 April 2016	<u>15,409</u>
NET BOOK VALUE	
At 30 April 2016	<u>16,450</u>
At 30 April 2015	<u>19,934</u>

Notes to the Abbreviated Accounts - continued
for the Year Ended 30 April 2016

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2016 £	2015 £
100	Ordinary shares	£1	<u>100</u>	<u>100</u>

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.