

**Abbreviated Unaudited Accounts for the Year Ended 30 April 2014**

**for**

**Practically Natural Limited**

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**for the Year Ended 30 April 2014**

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**Practically Natural Limited**  
**Company Information**  
**for the Year Ended 30 April 2014**

**DIRECTORS:**

A R O Baker  
B B Baker

**SECRETARY:**

**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 2014**

	Notes	2014 £	2013 £
<b>FIXED ASSETS</b>			
Tangible assets	2	4,219	5,625
<b>CURRENT ASSETS</b>			
Stocks		4,500	1,500
Debtors		5,583	2,989
Cash at bank and in hand		37,311	10,284
		<u>47,394</u>	<u>14,773</u>
<b>CREDITORS</b>			
Amounts falling due within one year		(13,031)	(11,281)
<b>NET CURRENT ASSETS</b>		<u>34,363</u>	<u>3,492</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		38,582	9,117
<b>CREDITORS</b>			
Amounts falling due after more than one year		(30,000)	-
<b>NET ASSETS</b>		<u>8,582</u>	<u>9,117</u>
<b>CAPITAL AND RESERVES</b>			
Called up share capital	3	100	100
Profit and loss account		8,482	9,017
<b>SHAREHOLDERS' FUNDS</b>		<u>8,582</u>	<u>9,117</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2014.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2014 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  
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 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 Board of Directors on 23 February 2015 and were signed on its behalf 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 2014**

**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 April 2008).

**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**

	<b>Total £</b>
<b>COST</b>	
At 1 May 2013	
and 30 April 2014	<u>7,500</u>
<b>DEPRECIATION</b>	
At 1 May 2013	<u>1,875</u>
Charge for year	<u>1,406</u>
At 30 April 2014	<u>3,281</u>
<b>NET BOOK VALUE</b>	
At 30 April 2014	<u>4,219</u>
At 30 April 2013	<u>5,625</u>

**3. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2014 £	2013 £
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.