

REGISTERED NUMBER: 09386977 (England and Wales)

FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 JANUARY 2018

FOR

BIG G'S HEALTH AND FITNESS LTD

P B Syddall & Co
Chartered Accountants
Grafton House
81 Chorley Old Road
Bolton
Lancashire
BL1 3AJ

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2018**

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	3

BIG G'S HEALTH AND FITNESS LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 JANUARY 2018

DIRECTOR: G D Watson

REGISTERED OFFICE: Plantation Farm
Plantation Road
Edgworth
Bolton
Lancashire
BL7 0BY

REGISTERED NUMBER: 09386977 (England and Wales)

ACCOUNTANTS: P B Syddall & Co
Chartered Accountants
Grafton House
81 Chorley Old Road
Bolton
Lancashire
BL1 3AJ

BIG G'S HEALTH AND FITNESS LTD (REGISTERED NUMBER: 09386977)

**BALANCE SHEET
31 JANUARY 2018**

	Notes	31.1.18 £	£	31.1.17 £	£
FIXED ASSETS					
Tangible assets	5		2,557		3,008
CURRENT ASSETS					
Debtors	6	12,928		7,961	
Cash at bank		<u>40</u>		<u>116</u>	
		12,968		8,077	
CREDITORS					
Amounts falling due within one year	7	<u>25,888</u>		<u>24,660</u>	
NET CURRENT LIABILITIES			<u>(12,920)</u>		<u>(16,583)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(10,363)</u>		<u>(13,575)</u>
CAPITAL AND RESERVES					
Called up share capital			1		1
Retained earnings			<u>(10,364)</u>		<u>(13,576)</u>
SHAREHOLDERS' FUNDS			<u>(10,363)</u>		<u>(13,575)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2018 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 financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

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 13 February 2019 and were signed by:

G D Watson - Director

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2018**

1. STATUTORY INFORMATION

Big G's Health and Fitness 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 presentation currency of the financial statements is the Pound Sterling (£).

2. STATEMENT OF COMPLIANCE

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

3. ACCOUNTING POLICIES

Basis of preparing the financial statements

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.

Office equipment - 20% on reducing balance

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.

Going concern

The shareholders have indicated a willingness to continue to support the company for at least the next twelve months. Subject to this support, the company will continue to trade.

4. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2017 - 1).

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 JANUARY 2018

5. TANGIBLE FIXED ASSETS

	Office equipment £
COST	
At 1 February 2017 and 31 January 2018	<u>4,702</u>
DEPRECIATION	
At 1 February 2017	1,694
Charge for year	<u>451</u>
At 31 January 2018	<u>2,145</u>
NET BOOK VALUE	
At 31 January 2018	<u>2,557</u>
At 31 January 2017	<u>3,008</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.18 £	31.1.17 £
Other debtors	12,924	7,961
Social security and other taxes	<u>4</u>	<u>-</u>
	<u>12,928</u>	<u>7,961</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.18 £	31.1.17 £
Bank loans and overdrafts	15,301	17,992
Trade creditors	8,800	5,000
Social security and other taxes	-	308
Accrued expenses	<u>1,787</u>	<u>1,360</u>
	<u>25,888</u>	<u>24,660</u>

8. ULTIMATE CONTROLLING PARTY

The ultimate controlling party is G D Watson.

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.