

**FOCUSED NUTRITION LIMITED
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2018**

Teale & Co

1 Industrial Street
Bingley
West Yorkshire
BD16 4JG

Focused Nutrition Limited
Unaudited Financial Statements
For The Year Ended 31 December 2018

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Focused Nutrition Limited
Balance Sheet
As at 31 December 2018

Registered number: 03692248

		2018		2017	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	4		4,095		5,214
			<u>4,095</u>		<u>5,214</u>
CURRENT ASSETS					
Stocks	5	20,471		18,403	
Debtors	6	78,177		71,006	
Cash at bank and in hand		2,580		15,991	
		<u>101,228</u>		<u>105,400</u>	
Creditors: Amounts Falling Due Within One Year	7	(252,714)		(227,109)	
		<u>(151,486)</u>		<u>(121,709)</u>	
NET CURRENT ASSETS (LIABILITIES)			<u>(151,486)</u>		<u>(121,709)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(147,391)</u>		<u>(116,495)</u>
Creditors: Amounts Falling Due After More Than One Year	8		(56,365)		(34,859)
			<u>(203,756)</u>		<u>(151,354)</u>
NET ASSETS			<u>(203,756)</u>		<u>(151,354)</u>
CAPITAL AND RESERVES					
Called up share capital	9		2		2
Profit and Loss Account			<u>(203,758)</u>		<u>(151,356)</u>
SHAREHOLDERS' FUNDS			<u>(203,756)</u>		<u>(151,354)</u>

Focused Nutrition Limited
Balance Sheet (continued)
As at 31 December 2018

For the year ending 31 December 2018 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.
- The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Mr J Rooney

25/09/2019

The notes on pages 3 to 5 form part of these financial statements.

Focused Nutrition Limited
Notes to the Financial Statements
For The Year Ended 31 December 2018

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2. Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

1.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	20% Straight line
Fixtures & Fittings	20% Straight line

1.4. Stocks and Work in Progress

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads. Work-in-progress is reflected in the accounts on a contract by contract basis by recording turnover and related costs as contract activity progresses.

Focused Nutrition Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2018

4. Tangible Assets

	Land & Property		
	Leasehold	Fixtures & Fittings	Total
	£	£	£
Cost			
As at 1 January 2018	11,233	162,108	173,341
Additions	-	1,695	1,695
As at 31 December 2018	11,233	163,803	175,036
Depreciation			
As at 1 January 2018	11,233	156,894	168,127
Provided during the period	-	2,814	2,814
As at 31 December 2018	11,233	159,708	170,941
Net Book Value			
As at 31 December 2018	-	4,095	4,095
As at 1 January 2018	-	5,214	5,214

5. Stocks

	2018	2017
	£	£
Stock - materials and work in progress	20,471	18,403
	20,471	18,403

6. Debtors

	2018	2017
	£	£
Due within one year		
Trade debtors	64,702	62,115
Prepayments and accrued income	7,577	6,588
VAT	5,898	2,303
	78,177	71,006

Focused Nutrition Limited
Notes to the Financial Statements (continued)
For The Year Ended 31 December 2018

7. Creditors: Amounts Falling Due Within One Year

	2018	2017
	£	£
Trade creditors	64,903	51,670
Bank loans and overdrafts	-	6,459
Other taxes and social security	5,044	2,130
Other creditors	70,838	61,444
Accruals and deferred income	111,929	105,406
	<u>252,714</u>	<u>227,109</u>

8. Creditors: Amounts Falling Due After More Than One Year

	2018	2017
	£	£
Other creditors	56,365	34,859
	<u>56,365</u>	<u>34,859</u>

9. Share Capital

	2018	2017
Allotted, Called up and fully paid	<u>2</u>	<u>2</u>

10. Ultimate Controlling Party

The company's ultimate controlling party is Mr J Rooney.

11. General Information

Focused Nutrition Limited is a private company, limited by shares, incorporated in England & Wales, registered number 03692248. The registered office is Unit 8 Vaughan Road, Stockport, Cheshire, SK4 2PQ.

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.