
LIFE LAB MOVEMENT LIMITED

UNAUDITED

FINANCIAL STATEMENTS

INFORMATION FOR FILING WITH THE REGISTRAR

FOR THE YEAR ENDED 31 JANUARY 2023

LIFE LAB MOVEMENT LIMITED
REGISTERED NUMBER: 09967211

BALANCE SHEET
AS AT 31 JANUARY 2023

	Note	2023 £	2022 £
Current assets			
Debtors: amounts falling due within one year	3	48,633	48,549
Cash at bank and in hand	4	6,642	12,726
		<u>55,275</u>	<u>61,275</u>
Creditors: amounts falling due within one year	5	(154,074)	(160,074)
Net current liabilities		<u>(98,799)</u>	<u>(98,799)</u>
Total assets less current liabilities		<u>(98,799)</u>	<u>(98,799)</u>
Net liabilities		<u>(98,799)</u>	<u>(98,799)</u>
Capital and reserves			
Called up share capital		99	99
Profit and loss account		(98,898)	(98,898)
		<u>(98,799)</u>	<u>(98,799)</u>

LIFE LAB MOVEMENT LIMITED
REGISTERED NUMBER: 09967211

BALANCE SHEET (CONTINUED)
AS AT 31 JANUARY 2023

For the year ended 31 January 2023 the Company was entitled to exemption from audit under section 480 of the Companies Act 2006.

Members have not required the Company to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of FRS 102 Section 1A - small entities.

The financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The Company has opted not to file the statement of comprehensive income in accordance with provisions applicable to companies subject to the small companies' regime.

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 27 October 2023.

F J Raymond
Director

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

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2023**

1. General information

Life Lab Movement Limited is a private company, limited by shares and incorporated in England and Wales, United Kingdom, with a registration number 09967211. The address of the registered office is Shalimar, Cricket Ground Road, Chislehurst, Kent, England, BR7 5HD. The nature of the company's operations and principal activities are the supply of fitness facilities.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention unless otherwise specified within these accounting policies and in accordance with Section 1A of Financial Reporting Standard 102, the Financial Reporting Standard applicable in the UK and the Republic of Ireland and the Companies Act 2006.

2.2 Going concern

The Company has net liabilities totalling £98,898 at the year end. Included in creditors are amounts due to entities under common control totalling £127,196.

The directors of the entities under common control have pledged that the amounts outstanding will not be demanded from the Company until the Company has the financial headroom to settle the debts without compromising its ability to remain a going concern. On that basis the accounts have been prepared on a going concern basis.

2.3 Cash and cash equivalents

Cash is represented by cash in hand and deposits with financial institutions repayable without penalty on notice of not more than 24 hours. Cash equivalents are highly liquid investments that mature in no more than three months from the date of acquisition and that are readily convertible to known amounts of cash with insignificant risk of change in value.

2.4 Creditors

Short-term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

2.5 Financial instruments

The Company has elected to apply the provisions of Section 11 "Basic Financial Instruments" of FRS 102 to all of its financial instruments.

The Company has elected to apply the recognition and measurement provisions of IFRS 9 Financial Instruments (as adopted by the UK Endorsement Board) with the disclosure requirements of Sections 11 and 12 and the other presentation requirements of FRS 102.

Financial instruments are recognised in the Company's Balance Sheet when the Company becomes party to the contractual provisions of the instrument.

Financial assets and liabilities are offset, with the net amounts presented in the financial statements, when there is a legally enforceable right to set off the recognised amounts and there is an intention to settle on a net basis or to realise the asset and settle the liability simultaneously.

Basic financial assets

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2023

2. Accounting policies (continued)

2.5 Financial instruments (continued)

Basic financial assets, which include trade and other receivables, cash and bank balances, are initially measured at their transaction price including transaction costs and are subsequently carried at their amortised cost using the effective interest method, less any provision for impairment, unless the arrangement constitutes a financing transaction, where the transaction is measured at the present value of the future receipts discounted at a market rate of interest.

Discounting is omitted where the effect of discounting is immaterial. The Company's cash and cash equivalents, trade and most other receivables due with the operating cycle fall into this category of financial instruments.

LIFE LAB MOVEMENT LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 JANUARY 2023**

3. Debtors

	2023 £	2022 £
Other debtors	48,633	48,549
	<u>48,633</u>	<u>48,549</u>

4. Cash and cash equivalents

	2023 £	2022 £
Cash at bank and in hand	6,642	12,726
	<u>6,642</u>	<u>12,726</u>

5. Creditors: Amounts falling due within one year

	2023 £	2022 £
Other creditors	78,222	84,222
Accruals and deferred income	75,852	75,852
	<u>154,074</u>	<u>160,074</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.