

# **Yoga4 UK Limited**

(Company Ltd by Guarantee Number 06255595 )

## **Financial Statements**

**for the period 22 May 2007 to 31 May 2008**

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## **Yoga4 UK Limited**

### **Legal and administrative information**

#### **Directors**

David Barnes Turner      Chair  
Ashiah Rani

#### **Company Secretary**

Raja Aftab Ahmed Khan

#### **Registered office**

33A Hartington Road  
Sheffield  
S7 2LF

#### **Company number**

06255595

#### **Independent Examiner**

Rebecca Ardern  
Voluntary Action Sheffield  
Community Accounting Service  
The Circle  
33, Rockingham Lane  
Sheffield  
S1 4FW

#### **Bank**

NatWest  
(Account Closed November 2007)  
Direct Business Banking  
PO Box 4115  
Hornchurch  
Essex  
RM12 4DF

Barclays Bank PLC  
1 Church Hill Place  
London  
E14 5HP

#### **Exemptions**

The trustees have taken advantage of the exemptions available to small companies, including the audit exemption (see statement on balance sheet).

The company is a company limited by guarantee with no share capital. It is operated under the rules of its memorandum and articles of association dated 22/05/2007.

Overall management of the company is the responsibility of the directors who are elected and co-opted under the terms of the memorandum of articles and association. Day to day project activity is managed and carried out by volunteers and paid staff.

## **Yoga4 UK Limited**

### **Directors' report**

**for the period 22 May 2007 to 31 May 2008**

The directors submit their annual report and the financial statements for the period ended 31 May 2008

#### **Aims and objectives**

Yoga4 UK Ltd, a Sheffield based Social Enterprise have developed unique products, services and identified a place in the market place based on the idea of adapting the well tried and tested discipline of yoga; a complete system for overall health and well being; which has endured over 5,000 years into a practical and useable packages that ensure the benefits and impacts are far reaching i.e. a cradle to grave approach

- § Work in partnership with key agencies, organisations and individuals operating in the arena of health and well being.
- § Create opportunities to widen participation and maximise inclusion by reducing health inequalities and barriers to access.
- § Raise awareness and understanding and develop improved attitudes to the importance of optimal health and well being.
- § Build sustainable relationships by creating opportunities for our clients to contribute their creativity and entrepreneurial spirit to the development of the organisation and engage in the wider delivery mechanism e.g. licensed trainers.

#### **The company's policy on reserves**

The amount of reserves as at the 31st May 2008 was £3,500. The Board agrees the organisation needs to maintain a minimum of £3,000-£5,000 in reserves to ensure the organisation can cover basic salaries and maintain external activities to generate additional business during lean times e.g. marketing, campaigns and promotions.

The company will endeavour to establish or maintain reserves at the agreed level by seeking appropriate grant funding, loan finance and additional contracts.

The reserves policy will be monitored and reviewed annually at the AGM.

#### **Summary of the main achievements during the period**

- § Secured a National Partnership with the National Day Nurseries Association (NDNA) within the first 8 months of incorporation – renewed in January 2009.
- § Exclusive sponsor of the Physical Activity Element of the National Day Nurseries "Healthy Body Happy Me" National Campaign (2007-2008; 2008-2009).
- § Trained 235 individuals to a Level 2 standard (182 Nursery staff; 38 Teachers, Classroom Assistants & Coaches; 15 Sure Start Centre Staff).
- § Worked with over 4000 School Children & their Teachers (South Yorkshire, 2007-2008).
- § Gained Accreditation and License from EDI (National Awarding Body) to deliver 6 Level 2 EDI approved training courses.
- § Devised, developed and accredited 6, Level 2 Training Programmes.
- § Secured Accreditations ISO 9001, OHSAS 18001, CHAS Accredited.
- § Trademarked Yoga4.
- § Delivered 22 Yoga Health Days in Schools (Sheffield & Barnsley, 2007-2008).
- § Delivered 7 After School Clubs.
- § Run a yoga well being session for 60 Barclays Bank staff at their Regional Leadership meeting.
- § Made Strategic links and gained membership of the Sheffield Youth Consortium, CYPN (Children & Young Peoples Network) and the Sheffield Health & Well Being Consortium.
- § Raised awareness and understanding at all levels –Nursery News Magazine; Colour of Health Magazine; Early Years Educator (September/October 2008 Edition); 2 interviews on BBC Radio Sheffield (1 more agreed for March 2009).
- § Ongoing design of educational resources and materials, with a view to creating additional income streams e.g., posture cards, Posters, DVDs.
- § Employed the services of a Marketing/PR specialist to explore how to launch a series of Yoga4 Life Campaigns.
- § Exploring current funding streams and opportunities to provide part funded training e.g. Train to Gain.

## **Yoga4 UK Limited**

### **Directors' report continued**

#### **Directors responsibilities for the financial statements**

Company law requires the Directors to prepare financial statements for each financial period which show the state of affairs of the company and of net income or expenditure of the company for that period. In preparing those financial statements, the Directors are required to:

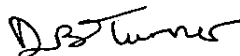
- ☐ select suitable accounting policies and apply them consistently;
- ☐ make judgements and estimates that are reasonable and prudent.
- ☐ prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in operation.
- ☐ state whether applicable accounting standards of recommended practice have been followed subject to any departures disclosed and explained in the financial statements.

The Directors are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and enable the Directors to prepare financial statements. The Directors are responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention of fraud and other irregularities.

This report is prepared in accordance with the special provisions of part VII of the Companies Act 1985 relating to small companies (s246 (8)(b))

This report was approved by the Directors on 16<sup>th</sup> March 09 and is signed on their behalf by:

Director



## **Yoga4 UK Limited**

### **Independent Examiner's report on the Accounts of Yoga4 UK Limited for the period ended 31 May 2008**

I report on the accounts of the company, which are set out on pages six to eight. **The company is not a registered charity**, however, I have carried out an independent examination based on the procedures required for a registered charity.

#### **Respective responsibilities of the Directors and the examiner**

The Directors are responsible for the preparation of the accounts.

The Directors consider that an audit is not required for this year (under section 43(2) of the Charities Act 1993 (the 1993 Act)) and that an independent examination is needed.

It is my responsibility to:

- ☐ examine the accounts (under section 43(3)(a) of the 1993 Act);
- ☐ to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43(7)(b) of the 1993 Act; and
- ☐ to state whether particular matters have come to my attention.

#### **Basis of independent examiner's report**

The examination included a review of the accounting records kept by the group and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as management committee concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

#### **Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- 1) which gives me reasonable cause to believe that in any material respect the requirements:

- ☐ to keep appropriate accounting records
- ☐ to prepare accounts which accord with the accounting records

have not been met

- 2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Rebecca Arden  
Employee of  
Voluntary Action Sheffield  
Community Accountancy Service  
The Circle  
33, Rockingham Lane  
Sheffield  
S1 4FW

Date: 17th March 09

**Yoga4 UK Limited****Income and expenditure account****for the period 22 May 2007 to 31 May 2008**

		<b>Total 2008 £</b>
<b>Income</b>	<b>Notes</b>	
	<b>1</b>	
Nurseries		14,096
Children's Centres		2,975
Adult Classes		131
After School Clubs		3,021
Health Days		4,700
Teachers		1,400
Schools Classroom Tips Training		7,530
Other		162
Bank interest		13
<b>Total Income</b>		<b>34,028</b>
<b>Expenditure</b>		
Legal & Professional		19,657
Insurance		108
Postage		267
Stationery		698
Membership & Accreditation		997
Computer Software		477
Refunds		350
Commissions		722
Bank Charges		38
Travel		814
Room Hire		1,786
Learner Certificates		681
CPD		250
Resources		220
Meetings		110
Depreciation	<b>2</b>	184
Accountancy	<b>3</b>	380
Telephone		309
Refreshments		68
Advertising		1,741
Training		671
<b>Total Expenditure</b>		<b>30,528</b>
<b>Net income expenditure)</b>		<b>3,500</b>
<b>Total funds brought forward</b>		<b>-</b>
<b>Total funds carried forward</b>		<b>3,500</b>

**Yoga4 UK Limited**  
**Balance Sheet**  
**as at 31 May 2008**

	Notes	2008 £
<b>Fixed Assets</b>	<b>2</b>	<b>551</b>
<b>Current Assets</b>		
Balance at bank and cash		3,329
Debtors		-
<b>Total current assets</b>		<b>3,329</b>
Creditors: amounts falling due within one year	<b>3</b>	(380)
<b>Net current assets/(liabilities)</b>		<b>2,949</b>
<b>Total assets less current liabilities</b>		<b>3,500</b>
Creditors: amounts falling due after more than one year		-
<b>Total net assets</b>		<b>3,500</b>
<b>Represented By</b>		
<b>FUNDS</b>		
Unrestricted income fund		3,500
Restricted income fund		-
		<b>3,500</b>


(a) For the period ended 31 May 2008 the company was entitled to exemption under 249A(1) of the Companies Act 1985


(b) Members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985.

(c) The directors acknowledge their responsibility for:

- I. ensuring that the company keeps accounting records which comply with section 221; and
- II. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as applicable to the company.

The accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small/medium companies.

Director 

Director 

## **Yoga4 UK Limited**

### **Notes to the financial statements for the period 22 May 2007 to 31 May 2008**

#### **1 Accounting Policies**

##### **(a) General**

These accounts have been prepared in accordance with applicable accounting standards and with the Statement of Recommended Practice "Accounting and Reporting by Charities" issued in March 2005 ("SORP 2005")

##### **(b) Donations and fund accounting**

Donations received for the general purposes of the charity are included as unrestricted funds

##### **(c) Resources expended**

Expenditure is included on an accruals basis.

##### **(d) Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, as follows**

Yoga and Office Equipment	25%
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##### **(e) Unrestricted funds are donations and other income receivable or generated for the objects of the organisation without further specified purpose and are available as general funds.**

##### **(f) Restricted funds are to be used for specific purposes as laid down by the donor.**

#### **2 Fixed assets**

	<b>Equipment £</b>
<b>Cost or Valuation</b>	
as at 22nd May 2007	-
Additions	735
<b>as at 31st May 2008</b>	<u>735</u>
<b>Depreciation</b>	
as at 22nd May 2007	-
Charge for the year	184
Disposals	-
<b>as at 31st May 2008</b>	<u>184</u>
<b>Net book value</b>	
<b>as at 31st May 2008</b>	<u>551</u>
<b>Net book value</b>	
as at 22nd May 2007	-

#### **3 Creditors; amounts falling due within one year**

These are expenses that have been incurred but have not been billed or paid for during the accounting period. They are in respect of:

	<b>2008 £</b>
Accountancy	380
	<u>380</u>