

**Body Clock Health Care Limited**

**Abbreviated accounts**

**for the year ended 31st March 2009**

**WEDNESDAY**



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# **Body Clock Health Care Limited**

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**Body Clock Health Care Limited**

**Abbreviated balance sheet  
as at 31st March 2009**

		<b>2009</b>		<b>2008</b>	
	<b>Notes</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>Fixed assets</b>					
Intangible assets	<b>2</b>		19,123		284
Tangible assets	<b>2</b>		29,010		26,281
			<u>48,133</u>		<u>26,565</u>
<b>Current assets</b>					
Stocks		206,252		161,349	
Debtors		435,037		579,887	
Cash at bank and in hand		153,362		242,606	
		<u>794,651</u>		<u>983,842</u>	
<b>Creditors: amounts falling due within one year</b>	<b>3</b>	<u>(146,594)</u>		<u>(231,910)</u>	
<b>Net current assets</b>			<u>648,057</u>		<u>751,932</u>
<b>Total assets less current liabilities</b>			696,190		778,497
<b>Creditors: amounts falling due after more than one year</b>	<b>4</b>		(82,436)		(109,965)
<b>Provisions for liabilities</b>			<u>(3,124)</u>		<u>(1,809)</u>
<b>Net assets</b>			<u>610,630</u>		<u>666,723</u>
<b>Capital and reserves</b>					
Called up share capital	<b>5</b>		100		100
Profit and loss account			610,530		666,623
<b>Shareholders' funds</b>			<u>610,630</u>		<u>666,723</u>

The directors' statements required by Section 249B(4) are shown on the following page which forms part of this Balance Sheet.

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

**Body Clock Health Care Limited**

**Abbreviated balance sheet (continued)**

**Directors' statements required by Section 249B(4)  
for the year ended 31st March 2009**

In approving these abbreviated accounts as directors of the company we hereby confirm:

(a) that for the year stated above the company was entitled to the exemption conferred by Section 249A(1) of the Companies Act 1985 ;

(b) that no notice has been deposited at the registered office of the company pursuant to Section 249B(2) requesting that an audit be conducted for the year ended 31st March 2009 and

(c) that we acknowledge our responsibilities for:

(1) ensuring that the company keeps accounting records which comply with Section 221, and

(2) preparing financial statements 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 year then ended in accordance with the requirements of Section 226 and which otherwise comply with the provisions of the Companies Act relating to financial statements, so far as applicable to the company.

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

The abbreviated accounts were approved by the Board on **28 SEP 2009** and signed on its behalf by

Mrs M R Bash  
Director

*xmr M. Bash*

*[Signature]*

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

## **Body Clock Health Care Limited**

### **Notes to the abbreviated financial statements for the year ended 31st March 2009**

#### **1. Accounting policies**

##### **1.1. Accounting convention**

The accounts are prepared under the historical cost convention and in accordance with applicable accounting standards, and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

The company has taken advantage of the exemption in the FRSSE from the requirement to produce a cashflow statement because it is a small company.

##### **1.2. Turnover**

Turnover represents the total invoice value, excluding value added tax, of sales made during the year.

##### **1.3. Patents**

Patents are valued at cost less accumulated amortisation.

Amortisation is calculated to write off the cost in equal annual instalments over their estimated useful life of 4 years.

##### **1.4. Tangible fixed assets and depreciation**

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Computer equipment	-	25% Reducing balance
Fixtures, fittings and equipment	-	25% Reducing balance
Motor vehicles	-	25% Reducing balance

##### **1.5. Stock**

Stock is valued at the lower of cost and net realisable value.

##### **1.6. Foreign currencies**

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rates of exchange prevailing at the accounting date. Transactions in foreign currencies are recorded at the date of the transactions. All differences are taken to the Profit and Loss account.

##### **1.7. Pensions**

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independantly administered fund. Contributions payable for the year are charged in the profit and loss account.

**Body Clock Health Care Limited**

**Notes to the abbreviated financial statements  
for the year ended 31st March 2009**

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2. Fixed assets	Intangible assets £	Tangible fixed assets £	Total £
<b>Cost</b>			
At 1st April 2008	8,026	136,746	144,772
Additions	25,497	12,399	37,896
At 31st March 2009	<u>33,523</u>	<u>149,145</u>	<u>182,668</u>
<b>Depreciation and Provision for diminution in value</b>			
At 1st April 2008	7,742	110,465	118,207
Charge for year	6,658	9,670	16,328
At 31st March 2009	<u>14,400</u>	<u>120,135</u>	<u>134,535</u>
<b>Net book values</b>			
At 31st March 2009	<u>19,123</u>	<u>29,010</u>	<u>48,133</u>
At 31st March 2008	<u>284</u>	<u>26,281</u>	<u>26,565</u>
3. Creditors: amounts falling due within one year		2009 £	2008 £
Creditors include the following:			
Secured creditors		<u>27,608</u>	<u>27,938</u>
4. Creditors: amounts falling due after more than one year		2009 £	2008 £
Creditors include the following:			
Secured creditors		<u>66,910</u>	<u>94,439</u>
5. Share capital		2009 £	2008 £
<b>Authorised</b>			
100 Ordinary shares of £1 each		<u>100</u>	<u>100</u>
<b>Allotted, called up and fully paid</b>			
100 Ordinary shares of £1 each		<u>100</u>	<u>100</u>

**Body Clock Health Care Limited**

**Notes to the abbreviated financial statements  
for the year ended 31st March 2009**

..... continued

**6. Transactions with directors**

During the year under review, the company made loans to its director, Mrs M R Bash, contrary to section 330 (2) of the Companies Act 1985. The maximum outstanding during the year was £195,436 including interest charged at the official HM Revenue and Customs rates of £7,684. At the balance sheet date Mrs M R Bash owed £33,304 to the company.

**7. Ultimate parent undertaking**

The ultimate holding company is Greenfile Limited, a company incorporated in the United Kingdom and registered in England & Wales.