

**Registered Number 05510525**

**REFLEX CHIROPRACTIC LIMITED**

**Abbreviated Accounts**

**31 July 2016**

## Abbreviated Balance Sheet as at 31 July 2016

|  | <i>Notes</i> | <i>2016</i>     | <i>2015</i>     |
|--|--------------|-----------------|-----------------|
|  |              | £               | £               |
| <b>Fixed assets</b>  |              |                 |                 |
| Tangible assets  | 2            | 21,872          | 26,463          |
| Investments  | 3            | 100             | 100             |
|  |              | <u>21,972</u>   | <u>26,563</u>   |
| <b>Current assets</b>  |              |                 |                 |
| Debtors  |              | 48,053          | 834             |
| Cash at bank and in hand                                       |              | 42,898          | 82,361          |
|  |              | <u>90,951</u>   | <u>83,195</u>   |
| <b>Creditors: amounts falling due within one year</b>          |              | <u>(46,505)</u> | <u>(44,408)</u> |
| <b>Net current assets (liabilities)</b>                        |              | <u>44,446</u>   | <u>38,787</u>   |
| <b>Total assets less current liabilities</b>                   |              | <u>66,418</u>   | <u>65,350</u>   |
| <b>Creditors: amounts falling due after more than one year</b> |              | -               | (1,280)         |
| <b>Total net assets (liabilities)</b>                          |              | <u>66,418</u>   | <u>64,070</u>   |
| <b>Capital and reserves</b>                                    |              |                 |                 |
| Called up share capital  |              | 100             | 100             |
| Profit and loss account  |              | 66,318          | 63,970          |
| <b>Shareholders' funds</b>                                     |              | <u>66,418</u>   | <u>64,070</u>   |

- For the year ending 31 July 2016 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 28 April 2017

And signed on their behalf by:  
**Andrew Green, Director**

**Notes to the Abbreviated Accounts for the period ended 31 July 2016****1 Accounting Policies****Basis of measurement and preparation of accounts**

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

**Turnover policy**

Turnover comprises revenue recognised by the company in respect of goods and services supplied during the year, exclusive of Value Added Tax and trade discounts.

**Tangible assets depreciation policy**

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

Motor Vehicles - 25% reducing balance

Fixtures & fittings - 25% reducing balance

Computer Equipment - 33% Straight line

**Intangible assets amortisation policy**

Goodwill is the difference between amounts paid on the acquisition of a business and the fair value of the identifiable assets and liabilities. It is amortised to the Profit and loss account over its estimated economic life.

**Other accounting policies****Investments**

Investments held as fixed assets are shown at cost less provision for impairment,

**Operating Leases**

Rentals under operating leases are charged to the Profit and loss account on a straight line basis over the lease term.

Benefits received and receivable as an incentive to sign an operating lease are recognised on a straight line basis over the period until the date the rent is expected to be adjusted to the prevailing market rate.

**2 Tangible fixed assets**

|                  | £      |
|------------------|--------|
| <b>Cost</b>      |        |
| At 1 August 2015 | 62,752 |
| Additions        | 5,722  |
| Disposals        | -      |
| Revaluations     | -      |
| Transfers        | -      |

|                        |               |
|------------------------|---------------|
| At 31 July 2016        | <u>68,474</u> |
| <b>Depreciation</b>    |               |
| At 1 August 2015       | 36,289        |
| Charge for the year    | 10,313        |
| On disposals           | -             |
| At 31 July 2016        | <u>46,602</u> |
| <b>Net book values</b> |               |
| At 31 July 2016        | <u>21,872</u> |
| At 31 July 2015        | <u>26,463</u> |

### 3 Fixed assets Investments

#### FIXED ASSET INVESTMENTS

£

#### COST OR VALUATION

At 1 August 2015 and 31 July 2016 100

#### IMPAIRMENT

#### NET BOOK VALUE

At 31 July 2016 100

At 31 July 2015 100

#### SUBSIDIARY UNDERTAKINGS

The following were subsidiary undertakings of the company:

|                   |                 |         |
|-------------------|-----------------|---------|
| Name              | Class of shares | Holding |
| Tradalhko Limited | Ordinary        | 100%    |

The aggregate of the share capital and reserves as at 31 July 2016 and of the profit or loss for the year ended on that date for the subsidiary undertakings were as follows:

|                   |   |               |
|-------------------|---|---------------|
| Name              | Aggregate of share capital and reserves | Profit/(loss) |
| £                 | £                                       |               |
| Tradalhko Limited | (11,670)                                | (5,030)       |

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