

BACK AND BODY LIMITED
REPORT OF THE DIRECTORS AND
FINANCIAL STATEMENTS
FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

BACK AND BODY LIMITED

CONTENTS OF THE FINANCIAL STATEMENTS FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

	Page
Company Information	1
Report of the Directors	2
Chartered Accountants' Report	3
Statement of Comprehensive Income	4
Balance Sheet	5 to 6
Statement of Changes in Equity	7
Notes to the Financial Statements	8 to 14
Trading and Profit and Loss Account	15 to 16

BACK AND BODY LIMITED

COMPANY INFORMATION FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

DIRECTORS:

Mrs S A Golden
R P Evans

REGISTERED OFFICE:

22-24 Harborough Road
Kingsthorpe
Northampton
Northamptonshire
NN2 7AZ

REGISTERED NUMBER:

09458626 (England and Wales)

ACCOUNTANTS:

Phipps Henson McAllister
Chartered Accountants
22-24 Harborough Road
Kingsthorpe
Northampton
NN2 7AZ

BACK AND BODY LIMITED

REPORT OF THE DIRECTORS FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

The directors present their report with the financial statements of the company for the period 1 January 2021 to 31 March 2022.

PRINCIPAL ACTIVITY

The principal activity of the company in the period under review was that of physiotherapy specialists.

DIRECTORS

The directors shown below have held office during the whole of the period from 1 January 2021 to the date of this report.

Mrs S A Golden
R P Evans

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

ON BEHALF OF THE BOARD:

Mrs S A Golden - Director

31 August 2022

CHARTERED ACCOUNTANTS' REPORT TO THE BOARD OF DIRECTORS
ON THE UNAUDITED FINANCIAL STATEMENTS OF
BACK AND BODY LIMITED

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Back and Body Limited for the period ended 31 March 2022 which comprise the Statement of Comprehensive Income, Balance Sheet, Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed within the ICAEW's regulations and guidance at <http://www.icaew.com/en/membership/regulations-standards-and-guidance>.

This report is made solely to the Board of Directors of Back and Body Limited, as a body, in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Back and Body Limited and state those matters that we have agreed to state to the Board of Directors of Back and Body Limited, as a body, in this report in accordance with ICAEW Technical Release 07/16AAF. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Back and Body Limited and its Board of Directors, as a body, for our work or for this report.

It is your duty to ensure that Back and Body Limited has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of Back and Body Limited. You consider that Back and Body Limited is exempt from the statutory audit requirement for the period.

We have not been instructed to carry out an audit or a review of the financial statements of Back and Body Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Phipps Henson McAllister
Chartered Accountants
22-24 Harborough Road
Kingsthorpe
Northampton
NN2 7AZ

31 August 2022

BACK AND BODY LIMITED

STATEMENT OF COMPREHENSIVE INCOME FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

	Notes	PERIOD 1/1/21 TO 31/3/22		PERIOD 1/4/20 TO 31/12/20	
		£	£	£	£
TURNOVER			1,639,609		607,007
Cost of sales			694,722		346,590
GROSS PROFIT			944,887		260,417
Administrative expenses			676,436		297,127
			268,451		(36,710)
Other operating income			109,410		216,200
OPERATING PROFIT			377,861		179,490
Income from shares in group undertakings		10,000		-	
Interest receivable and similar income		18		118	
			10,018		118
			387,879		179,608
Interest payable and similar expenses			19,057		11,062
PROFIT BEFORE TAXATION			368,822		168,546
Tax on profit	4		67,311		31,979
PROFIT FOR THE FINANCIAL PERIOD			301,511		136,567
OTHER COMPREHENSIVE INCOME			-		-
TOTAL COMPREHENSIVE INCOME FOR THE PERIOD			301,511		136,567

The notes on pages 8 to 14 form part of these financial statements

BACK AND BODY LIMITED (REGISTERED NUMBER: 09458626)

BALANCE SHEET
31 MARCH 2022

		2022	2020
	Notes	£	£
FIXED ASSETS			
Intangible assets	5	-	-
Tangible assets	6	1,202,250	1,040,210
Investments	7	75	75
		<u>1,202,325</u>	<u>1,040,285</u>
CURRENT ASSETS			
Stocks		3,257	3,618
Debtors	8	108,875	79,087
Cash at bank and in hand		252,430	309,980
		<u>364,562</u>	<u>392,685</u>
CREDITORS			
Amounts falling due within one year	9	272,807	298,509
NET CURRENT ASSETS		<u>91,755</u>	<u>94,176</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>1,294,080</u>	<u>1,134,461</u>
CREDITORS			
Amounts falling due after more than one year	10	(631,335)	(663,426)
PROVISIONS FOR LIABILITIES		<u>(20,102)</u>	<u>(6,052)</u>
NET ASSETS		<u><u>642,643</u></u>	<u><u>464,983</u></u>
CAPITAL AND RESERVES			
Called up share capital	12	100	100
Retained earnings		642,543	464,883
SHAREHOLDERS' FUNDS		<u><u>642,643</u></u>	<u><u>464,983</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the period ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The notes on pages 8 to 14 form part of these financial statements

BALANCE SHEET - continued
31 MARCH 2022

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

The financial statements were approved by the Board of Directors and authorised for issue on 31 August 2022 and were signed on its behalf by:

Mrs S A Golden - Director

R P Evans - Director

BACK AND BODY LIMITED

STATEMENT OF CHANGES IN EQUITY FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

	Called up share capital £	Retained earnings £	Total equity £
Balance at 1 April 2020	100	387,393	387,493
Changes in equity			
Dividends	-	(59,077)	(59,077)
Total comprehensive income	-	136,567	136,567
Balance at 31 December 2020	100	464,883	464,983
Changes in equity			
Dividends	-	(123,851)	(123,851)
Total comprehensive income	-	301,511	301,511
Balance at 31 March 2022	100	642,543	642,643

The notes on pages 8 to 14 form part of these financial statements

BACK AND BODY LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

1. STATUTORY INFORMATION

Back and Body Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

The presentation currency of the financial statements is the Pound Sterling (£).

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover represents the value of goods provided to customers and work carried out in respect of services provided to customers.

Goodwill

Goodwill, being the amount paid in connection with the acquisition of a business in 2015, is being amortised evenly over its estimated useful life of four years.

Intangible assets

Intangible assets are initially measured at cost. After initial recognition, intangible assets are measured at cost less any accumulated amortisation and any accumulated impairment losses.

Tangible fixed assets

No depreciation is provided on the freehold land as this is not required under FRS102, the freehold building is not being depreciated as the estimated useful life exceeds 50 years and it is felt that the depreciation is immaterial and would not influence the decisions of a user of the accounts.

In accordance with FRS102 an annual impairment review is conducted on the freehold building to ensure the carrying value is less than or equal to the recoverable amount.

Depreciation is provided at 33.33% on a reducing balance basis on fixtures and fittings, physio equipment and computer equipment in order to write off the cost less estimated residual value of each asset over its estimated useful life.

Investments in subsidiaries

Investments in subsidiary undertakings are recognised at cost.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

Taxation for the period comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

BACK AND BODY LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

2. ACCOUNTING POLICIES - continued

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the period end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Hire purchase and leasing commitments

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

Debtors and creditors

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in the profit and loss account in other administrative expenses.

Government grants

Grants are accounted for under the accruals model as permitted by FRS102. Grants relating to expenditure on tangible fixed assets are credited to profit or loss at the same rate as the depreciation on the assets to which the grant relates. The deferred element of grants is included in creditors as deferred income.

Grants of a revenue nature are recognised in the Statement of Comprehensive Income in the same period as the related expenditure.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the period was 39 (2020 - 35).

BACK AND BODY LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

4. TAXATION

Analysis of the tax charge

The tax charge on the profit for the period was as follows:

	PERIOD 1/1/21 TO 31/3/22 £	PERIOD 1/4/20 TO 31/12/20 £
Current tax:		
UK corporation tax	53,261	32,872
Deferred tax	14,050	(893)
Tax on profit	<u>67,311</u>	<u>31,979</u>

5. INTANGIBLE FIXED ASSETS

	Goodwill £
COST	
At 1 January 2021 and 31 March 2022	<u>21,311</u>
AMORTISATION	
At 1 January 2021 and 31 March 2022	<u>21,311</u>
NET BOOK VALUE	
At 31 March 2022	<u>-</u>
At 31 December 2020	<u>-</u>

BACK AND BODY LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

6. TANGIBLE FIXED ASSETS

	Freehold property £	Motor vehicles £	Physio equipment £
COST			
At 1 January 2021	1,008,356	-	19,434
Additions	93,583	50,590	26,701
At 31 March 2022	1,101,939	50,590	46,135
DEPRECIATION			
At 1 January 2021	-	-	11,575
Charge for period	-	3,015	7,549
At 31 March 2022	-	3,015	19,124
NET BOOK VALUE			
At 31 March 2022	1,101,939	47,575	27,011
At 31 December 2020	1,008,356	-	7,859

	Furniture and fittings £	Website £	Computer equipment £	Totals £
COST				
At 1 January 2021	12,495	15,000	29,866	1,085,151
Additions	-	5,940	8,738	185,552
At 31 March 2022	12,495	20,940	38,604	1,270,703
DEPRECIATION				
At 1 January 2021	5,654	7,044	20,668	44,941
Charge for period	2,762	3,853	6,333	23,512
At 31 March 2022	8,416	10,897	27,001	68,453
NET BOOK VALUE				
At 31 March 2022	4,079	10,043	11,603	1,202,250
At 31 December 2020	6,841	7,956	9,198	1,040,210

BACK AND BODY LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

6. TANGIBLE FIXED ASSETS - continued

Fixed assets, included in the above, which are held under hire purchase contracts are as follows:

	Motor vehicles £	Physio equipment £	Totals £
COST			
Additions	50,590	17,000	67,590
At 31 March 2022	50,590	17,000	67,590
DEPRECIATION			
Charge for period	3,015	3,035	6,050
At 31 March 2022	3,015	3,035	6,050
NET BOOK VALUE			
At 31 March 2022	47,575	13,965	61,540

7. FIXED ASSET INVESTMENTS

	Shares in group undertakings £
COST	
At 1 January 2021 and 31 March 2022	75
NET BOOK VALUE	
At 31 March 2022	75
At 31 December 2020	75

8. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2020 £
Trade debtors	48,896	27,127
Amounts owed by group undertakings	12,833	30,749
Other debtors	43,516	2,443
Prepayments and accrued income	3,630	18,768
	108,875	79,087

BACK AND BODY LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

9. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2020
	£	£
Bank loans and overdrafts	44,375	44,375
Hire purchase contracts (see note 11)	11,828	-
Trade creditors	8,812	7,269
Corporation tax	53,261	32,872
PAYE and NI	17,511	14,418
Other creditors	50,107	79,823
Directors' current accounts	28,440	61,549
Accruals and deferred income	58,473	58,203
	<u>272,807</u>	<u>298,509</u>

10. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2020
	£	£
Bank loan	590,525	663,426
Hire purchase contracts (see note 11)	40,810	-
	<u>631,335</u>	<u>663,426</u>

11. LEASING AGREEMENTS

Minimum lease payments fall due as follows:

	Hire purchase contracts	
	2022	2020
	£	£
Net obligations repayable:		
Within one year	11,828	-
Between one and five years	40,810	-
	<u>52,638</u>	<u>-</u>
	Non-cancellable operating leases	
	2022	2020
	£	£
Within one year	13,200	9,900
Between one and five years	-	9,900
	<u>13,200</u>	<u>19,800</u>

BACK AND BODY LIMITED

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

12. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2022 £	2020 £
100	Ordinary	£1.00	<u>100</u>	<u>100</u>

BACK AND BODY LIMITED

TRADING AND PROFIT AND LOSS ACCOUNT FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

	PERIOD 1/1/21 TO 31/3/22		PERIOD 1/4/20 TO 31/12/20	
	£	£	£	£
Turnover				
Clinic sales	1,639,109		607,007	
Corporate sales	500		-	
		1,639,609		607,007
Cost of sales				
Opening stock	3,618		3,328	
Cost of consumables	11,998		4,427	
Podiatry consumables	3,900		938	
Stock - consumables	2,699		2,277	
Injection consumables	12,554		2,060	
Pilates costs	-		(50)	
Podiatry stock	6,748		3,390	
Therapist salaries	579,207		293,850	
Therapist NI	51,200		23,122	
Pensions	10,217		6,179	
Sub contractors	2,214		-	
Podiatrist salaries	13,049		10,687	
Podiatrist NI	455		-	
Podiatrist pension	120		-	
	697,979		350,208	
Closing stock	(3,257)		(3,618)	
		694,722		346,590
GROSS PROFIT		944,887		260,417
Other income				
Group recharges	23,181		8,662	
Compensation for loss of earnings	25,000		-	
Grant income	1,868		2,111	
HMRC JRS grant income	34,361		185,427	
Council grants	25,000		20,000	
Dividends from group undertakings	10,000		-	
Deposit account interest	18		118	
		119,428		216,318
		1,064,315		476,735
Expenditure				
Directors' salaries	20,349		12,148	
Wages	274,332		127,196	
Social security	14,152		6,435	
Pensions	3,990		1,839	
Rent	16,500		7,150	
Rates and water	11,380		4,440	
Insurance	16,569		10,264	
Light and heat	9,117		2,932	
Carried forward	366,389	1,064,315	172,404	476,735

This page does not form part of the statutory financial statements

BACK AND BODY LIMITED

TRADING AND PROFIT AND LOSS ACCOUNT FOR THE PERIOD 1 JANUARY 2021 TO 31 MARCH 2022

	PERIOD 1/1/21 TO 31/3/22		PERIOD 1/4/20 TO 31/12/20	
	£	£	£	£
Brought forward	366,389	1,064,315	172,404	476,735
Staff training	10,144		11,959	
Consultancy	9,026		618	
Internet and telephone	17,454		9,124	
Printing & stationery	1,622		1,012	
Advertising and marketing	38,921		7,173	
Motor expenses	6,522		3,508	
IT expenses	26,383		10,942	
Clinic equipment	10,690		3,144	
Clinic consumables	2,959		1,211	
Repairs and maintenance	62,777		12,715	
Human resources / health & safety	6,206		3,165	
Cleaning and waste disposal	32,960		32,402	
Staff recruitment	3,789		-	
Accountancy	12,154		6,203	
Uniforms	5,294		2,834	
Subscriptions	1,939		726	
Staff entertaining	8,736		872	
Legal & professional fees	9,274		2,627	
Donations	-		10	
Business entertainment	3,216		1,622	
		636,455		284,271
		427,860		192,464
Finance costs				
Bank charges	16,468		4,928	
Loan and mortgage interest	18,474		11,062	
Hire purchase	583		-	
		35,525		15,990
		392,335		176,474
Depreciation				
Motor vehicles	3,015		-	
Physio equipment	7,549		2,582	
Furniture and fittings	2,762		1,961	
Website	3,854		2,260	
Computer equipment	6,333		2,497	
		23,513		9,300
		368,822		167,174
Profit on disposal of fixed assets				
Profit on disposal of assets		-		1,372
NET PROFIT		368,822		168,546

This page does not form part of the statutory financial statements