

FIBROMYALGIA ACTION UK

Report of the Directors and Unaudited Financial Statements

Period of accounts

Start date: 01 December 2021

End date: 30 November 2022

FIBROMYALGIA ACTION UK
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FIBROMYALGIA ACTION UK
Company Information
For the year ended 30 November 2022

Directors	Glen McGregor Janet Horton Des Quinn Helen Margaret Watts
Registered Number	SC492045
Registered Office	12 Seedhill Road 3007 Mile End Mill Paisley PA1 1JS
Accountants	Josh Botham Tax & Accounting Services Ltd Archer House Britland Estate Northbourne Road Eastbourne BN22 8PW

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2022

Director's report and financial statements

The directors present his/her/their annual report and the financial statements for the year ended 30 November 2022.

Principal activities

Principal activity of the company during the financial year was of Fibromyalgia awareness.

Statement of directors' responsibilities

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (Financial Reporting Standard 102). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and the profit or loss of the company for that period.

In preparing these financial statements, the directors are required to :

- select suitable accounting policies and then apply them consistently
- make judgements and accounting estimates that are reasonable and prudent
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. The directors are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities. The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom, governing the preparation and dissemination of financial statements, may differ from legislation in other jurisdictions

Directors

The directors who served the company throughout the year were as follows:

Glen McGregor

Janet Horton

Des Quinn

Helen Margaret Watts

FIBROMYALGIA ACTION UK
Directors' Report
For the year ended 30 November 2022

This report was approved by the board and signed on its behalf by:

Glen McGregor
Director

Date approved: 26 January 2023

FIBROMYALGIA ACTION UK
Accountants' Report
For the year ended 30 November 2022

Accountant's report

You consider that the company is exempt from an audit for the year ended 30 November 2022 . You have acknowledged, on the balance sheet, your responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts. These responsibilities include preparing accounts that give a true and fair view of the state of affairs of the company at the end of the financial year and of its profit or loss for the financial year.

In accordance with your instructions, we have prepared the accounts which comprise the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the accounting records of the company and on the basis of information and explanations you have given to us.

We have not carried out an audit or any other review, and consequently we do not express any opinion on these accounts.

Josh Botham Tax & Accounting Services Ltd
30 November 2022

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Josh Botham Tax & Accounting Services Ltd
Archer House Britland Estate
Northbourne Road
Eastbourne
BN22 8PW
26 January 2023

FIBROMYALGIA ACTION UK
Income Statement
For the year ended 30 November 2022

	Notes	2022 £	2021 £
Turnover		103,240	155,074
Cost of sales		(48,566)	(43,399)
Gross profit		<u>54,674</u>	<u>111,675</u>
Selling and distribution costs		(3,577)	(3,773)
Administrative expenses		(44,038)	(79,889)
Operating profit	2	<u>7,059</u>	<u>28,013</u>
Interest payable and similar charges	4	0	(16)
Profit/(Loss) on ordinary activities before taxation		<u>7,059</u>	<u>27,997</u>
Tax on profit on ordinary activities		0	0
Profit/(Loss) for the financial year		<u><u>7,059</u></u>	<u><u>27,997</u></u>

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible fixed assets	5	589	589
		<u>589</u>	<u>589</u>
Current assets			
Stocks	6	2,420	2,420
Debtors: amounts falling due within one year	7	1,542	1,436
Cash at bank and in hand		319,255	314,647
		<u>323,217</u>	<u>318,503</u>
Creditors: amount falling due within one year	8	1,225	(1,120)
Net current assets		<u>324,442</u>	<u>317,383</u>
Total assets less current liabilities		<u>325,031</u>	<u>317,972</u>
Net assets		<u><u>325,031</u></u>	<u><u>317,972</u></u>
Capital and reserves			
Profit and loss account	9	325,031	317,972
Shareholder's funds		<u>325,031</u>	<u>317,972</u>

For the year ended 30 November 2022 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Directors' responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The directors acknowledge their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime of Part 15 of the Companies Act 2006.

FIBROMYALGIA ACTION UK
Statement of Financial Position
As at 30 November 2022

The financial statements were approved by the board of directors on 26 January 2023 and were signed on its behalf by:

Glen McGregor
Director

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

General Information

Fibromyalgia Action UK is a private company, limited by shares, registered in Scotland, registration number SC492045, registration address 12 Seedhill Road, 3007 Mile End Mill, Paisley, PA1 1JS.

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Group accounts

The company is a parent company subject to the small companies regime. The company and its subsidiary comprise a small group. The company has, therefore, taken advantage of the option provided by section 398 of the Companies Act 2006 not to prepare group accounts.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Government grants

Government grants received are credited to deferred income. Grants towards capital expenditure are released to the income statement over the expected useful life of the assets. Grants received towards revenue expenditure are released to the income statement as the related expenditure is incurred.

Operating lease rentals

Rentals payable under operating leases are charged against income on a straight line basis over the lease term.

Research and development expenditure

Research and development expenditure is charged to the income statement in the period in which it is incurred.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rate of exchange ruling at the statement of financial position date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All foreign exchange differences are included to the income statement.

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

Preference dividends

Where preference shares are classed as liabilities rather than equity any preference dividends paid are included in interest payable and similar charges within the income statement.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Fixtures and Fittings	4 Straight Line
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Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

2. Operating profit/(loss)

	2022	2021
	£	£
The operating profit is stated after charging:		
Operating leases	2	860

3. Average number of employees

Average number of employees during the year was 4 (2021 : 4).

4. Interest payable and similar charges

	2022	2021
	£	£
Bank & Other Loan Interest	0	16
	<u>0</u>	<u>16</u>

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

5. Tangible fixed assets

Cost or valuation	Fixtures and Fittings £	Total £
At 01 December 2021	5,215	5,215
Additions	-	-
Disposals	-	-
At 30 November 2022	<u>5,215</u>	<u>5,215</u>
Depreciation		
At 01 December 2021	4,626	4,626
Charge for year	-	-
On disposals	-	-
At 30 November 2022	<u>4,626</u>	<u>4,626</u>
Net book values		
Closing balance as at 30 November 2022	<u>589</u>	<u>589</u>
Opening balance as at 01 December 2021	<u>589</u>	<u>589</u>

6. Stocks

	2022 £	2021 £
Stocks	2,420	2,420
	<u>2,420</u>	<u>2,420</u>

7. Debtors: amounts falling due within one year

	2022 £	2021 £
Trade Debtors	294	294
Prepayments & Accrued Income	1,248	1,142
	<u>1,542</u>	<u>1,436</u>

FIBROMYALGIA ACTION UK
Notes to the Financial Statements
For the year ended 30 November 2022

8. Creditors: amount falling due within one year

	2022	2021
	£	£
Trade Creditors	1,078	927
Accrued Expenses	252	194
Other Creditors	(2,555)	(1)
	<u>(1,225)</u>	<u>1,120</u>

9. Profit and loss account

	2022
	£
Balance at 01 December 2021	317,972
Profit for the year	7,059
Balance at 30 November 2022	<u>325,031</u>

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2022

	2022	2021
	£	£
Turnover		
Sales	34	0
Bank Interest	7	0
Donations Recieved	75,821	77,184
Payroll Income	1,269	7,472
Charities Aid Foundation	522	1,164
Legacies	194	34,310
Other Income	25,393	34,944
	103,240	155,074
Cost of sales		
Purchases	4,288	930
Direct Wages & Salaries	38,311	41,180
Employer's PAYE & NI Contributions	2,986	0
Pension Contributions	1,264	0
Other Direct Costs	1,717	1,289
	(48,566)	(43,399)
Gross profit	54,674	111,675
Selling and distribution costs		
Transport, Freight & Carriage	3,575	2,913
Operating Lease Charges - Plant & Equipment	2	860
	(3,577)	(3,773)
Administrative expenses		
Wages & Salaries	796	13,941
Employer's PAYE & NI Contributions	0	4,861
Pension Contributions	0	1,867
Staff Training	173	0
Staff Welfare	43	279
Accountancy Fees	530	660
Legal and Professional Fees (Allowable)	1,375	2,121
Rates & Water	2,558	0
Rent	21,749	23,352
Light, Heat & Power	1,936	1,047
Cleaning of Premises	30	0
General Travel Expenses	0	845
Bad Debts Written Off (Specific)	0	4,380

FIBROMYALGIA ACTION UK
Detailed Income Statement
For the year ended 30 November 2022

Bank Charges	163	222
Exchange Rate Losses/Gains	144	102
Advertising	0	1,238
General Insurance	3,486	2,358
Computer Expenses	2,591	10,953
Stationery & Postage	2,449	3,677
Telephone, Fax & Internet	1,646	1,938
Sundry Expenses	625	211
Trustees Expenses	140	1,226
Subscriptions	3,252	2,619
Volunteer expenses	352	1,992
	<u> </u>	<u> </u>
	(44,038)	(79,889)
Operating profit	7,059	28,013
Interest payable and similar charges		
Bank & Other Loan Interest	0	16
	<u> </u>	<u> </u>
	0	(16)
Profit/(Loss) on ordinary activities before taxation	7,059	27,997
Profit/(Loss) for the financial year	7,059	27,997