

Company Number: 669820

Body Life Clinic (Cavan) Limited
Abridged Unaudited Financial Statements
for the financial year ended 30 April 2025

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Body Life Clinic (Cavan) Limited

DIRECTORS' RESPONSIBILITIES STATEMENT

for the financial year ended 30 April 2025

The directors made the following statement in respect of the unaudited financial statements:

"General responsibilities

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish 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 the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard, issued by the Financial Reporting Council. 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 assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

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

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; 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 ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014. They 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.

Directors' declaration on unaudited financial statements

In relation to the financial statements which comprise the Balance Sheet and the related notes:

The directors approve these financial statements and confirm that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have been prepared on the going concern basis on the grounds that the company will continue in business.

The directors confirm that they have made available to Amatino Advisory Services Ltd, (Chartered Accountants), all the company's accounting records and provided all the information, books and documents necessary for the compilation of the financial statements.

The directors confirm that to the best of their knowledge and belief, the accounting records reflect all the transactions of the company for the financial year ended 30 April 2025."

Signed on behalf of the board


John O'Reilly
Director

Date: 13/11/2023


Ciaran Brennan
Director

Date: 13.11.2023

Body Life Clinic (Cavan) Limited
BALANCE SHEET
as at 30 April 2025

	Notes	2025 €	2024 €
Fixed Assets			
Tangible assets	6	44,333	28,753
Current Assets			
Stocks	7	7,812	2,980
Debtors	8	2,350	2,224
Cash and cash equivalents		45,660	3,667
		55,822	8,871
Creditors: amounts falling due within one year	9	(40,112)	(84,136)
Net Current Assets/(Liabilities)		15,710	(75,265)
Total Assets less Current Liabilities		60,043	(46,512)
Creditors:			
amounts falling due after more than one year	10	(25,435)	(3,482)
Net Assets/(Liabilities)		34,608	(49,994)
Capital and Reserves			
Called up share capital presented as equity		100	100
Retained earnings	11	34,508	(50,094)
Equity attributable to owners of the company		34,608	(49,994)

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

We as Directors of Body Life Clinic (Cavan) Limited, state that -

- (a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,
- (b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,
- (c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),
- (d) we acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a financial year and to otherwise comply with the provisions of the Companies Act 2014 relating to financial statements so far as they are applicable to the company,
- (e) the company has relied on the specified exemption contained in section 352 Companies Act 2014. The company has done so on the grounds that the company is entitled to the benefit of that exemption as a small company and the abridged financial statements have been properly prepared in accordance with section 353 Companies Act 2014 and the small companies' regime.

Approved by the board on 13/11/25 and signed on its behalf by:


John O'Reilly
Director


Ciaran Brennan
Director

Body Life Clinic (Cavan) Limited

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 30 April 2025

1. General Information

Body Life Clinic (Cavan) Limited is a company limited by shares incorporated in Ireland. The registered office of the company is Casement Street, Cavan, Co Cavan, Republic of Ireland which is also the principal place of business of the company. The principal activity of the company is to carry on a business as doctors, physiotherapists and retailers of custom orthotics and various medical supports. The company was established in 2020 and currently operates from its business premises at Casement Street, Cavan, Co. Cavan. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. Summary of Significant Accounting Policies

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance

The financial statements of the company for the financial year ended 30 April 2025 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A, issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

Turnover

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

Tangible assets and depreciation

Tangible assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible assets, less their estimated residual value, over their expected useful lives as follows:

Fixtures, fittings and equipment	- 12.5% Straight line
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The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

Stocks

Stocks are valued at the lower of cost and net realisable value. Stocks are determined on a first-in first-out basis. Cost comprises expenditure incurred in the normal course of business in bringing stocks to their present location and condition. Full provision is made for obsolete and slow moving items. Net realisable value comprises actual or estimated selling price (net of trade discounts) less all further costs to completion or to be incurred in marketing and selling.

Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

Borrowing costs

Borrowing costs relating to the acquisition of assets are capitalised at the appropriate rate by adding them to the cost of assets being acquired. Investment income earned on the temporary investment of specific borrowings pending their expenditure on the assets is deducted from the borrowing costs eligible for capitalisation. All other borrowing costs are recognised in profit or loss in the period in which they are incurred.

Body Life Clinic (Cavan) Limited
NOTES TO THE ABRIDGED FINANCIAL STATEMENTS
for the financial year ended 30 April 2025

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Employee benefits

The company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the company in an independently administered fund. The company also operates a defined benefit pension scheme for its employees providing benefits based on final pensionable pay. The assets of this scheme are also held separately from those of the company, being invested with pension fund managers.

Taxation and deferred taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Balance Sheet date.

Where a surcharge rate of tax applies to certain undistributed profits, the tax (deferred and current) charge is calculated at the tax rate applicable to undistributed profits until the company recognises a liability to pay a dividend.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the Balance Sheet date.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Balance Sheet date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Income Statement.

Ordinary share capital

The ordinary share capital of the company is presented as equity.

3. Operating profit/(loss)	2025	2024
	€	€
Operating profit/(loss) is stated after charging:		
Depreciation of tangible assets	9,996	6,799
	<u> </u>	<u> </u>
4. Interest payable and similar expenses	2025	2024
	€	€
Interest	1,462	991
	<u> </u>	<u> </u>
5. Employees		
The average monthly number of employees, including directors, during the financial year was 6, (2024 - 6).		
	2025	2024
	Number	Number
Directors	2	2
Employees	4	4
	<u> </u>	<u> </u>
	6	6
	<u> </u>	<u> </u>

Body Life Clinic (Cavan) Limited
NOTES TO THE ABRIDGED FINANCIAL STATEMENTS
for the financial year ended 30 April 2025

6. Tangible assets

	Fixtures, fittings and equipment €	Total €
Cost		
At 1 May 2024	54,394	54,394
Additions	25,576	25,576
At 30 April 2025	79,970	79,970
Depreciation		
At 1 May 2024	25,641	25,641
Charge for the financial year	9,996	9,996
At 30 April 2025	35,637	35,637
Net book value		
At 30 April 2025	44,333	44,333
At 30 April 2024	28,753	28,753

7. Stocks

	2025 €	2024 €
Finished goods and goods for resale	7,812	2,980

It is the opinion of the directors that there is no material difference between the replacement cost of the stock and the amount as stated in the financial statements.

8. Debtors

	2025 €	2024 €
Taxation	2,350	2,224

9. Creditors

Amounts falling due within one year	2025 €	2024 €
Trade creditors	-	7,736
Taxation	24,077	25,646
Directors' current accounts (Note 13)	10,438	36,344
Accruals	5,597	14,410
	40,112	84,136

Trade creditors include an amount in respect of goods purchased that are subject to a reservation of title clause and these have been accounted as normal purchases.

10. Creditors

Amounts falling due after more than one year	2025 €	2024 €
Bank loan	25,435	3,482
Loans		
Repayable between one and two years	25,435	3,482

Body Life Clinic (Cavan) Limited
NOTES TO THE ABRIDGED FINANCIAL STATEMENTS
for the financial year ended 30 April 2025

11. Income Statement

	2025 €	2024 €
At 1 May 2024	(50,094)	(33,165)
Profit/(loss) for the financial year	<u>84,602</u>	<u>(16,929)</u>
At 30 April 2025	<u>34,508</u>	<u>(50,094)</u>

12. Capital commitments

The company had no material capital commitments at the financial year-ended 30 April 2025.

13. Directors' remuneration and transactions

	2025 €	2024 €
Remuneration	<u>46,800</u>	<u>31,500</u>

The following amounts are repayable to the directors:

	2025 €	2024 €
John O'Reilly	<u>10,438</u>	<u>36,344</u>

The movement on these interest free loans from directors for the year is as follows:

	Rate	Opening balance €	Advances €	Repayments €	Closing balance €
John O Reilly		36,344	-	25,906	10,438

14. Related party transactions

The directors, John O Reilly and Ciaran Brennan have provided Bank of Ireland with personal guarantees of €30,000.

All transactions were in the normal course of business.

15. Post-Balance Sheet Events

There have been no significant events affecting the company since the financial year-end.

16. Creditors relating to more than one balance sheet item

	2025 €	2024 €
Loans: amounts falling due within one year	<u>25,435</u>	<u>3,481</u>

17. Approval of financial statements

The financial statements were approved and authorised for issue by the board of directors on 13/11/2025.