

Be Strong Project Ltd
Trustees' Report
For the year ended 31 December 2023

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31/12/2023. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

PRINCIPAL ACTIVITIES

The principal activity of the charity in the year under review was human health activities.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered company number 07551140 (England and Wales)

Registered charity number 1148401

Registered office:

Unit 1 Riverside Industrial Estate

Waters Meeting Road

Bolton

BL18TU

Trustees:

B Day

S Armstrong

Independent Examiner:

Horridge & Lever

142 Chorley New Road

Bolton

BL1 4NX

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Risk Management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

OBJECTIVES AND ACTIVITIES

The Be Strong Project's social mission to facilitate, encourage and support behavioral change in individuals who have become addicted to substances and have fallen into patterns of offending behavior. It has a number of key objectives including:

- Reducing re-offending, currently two thirds of released prisoners re-offend
- Reducing the number of family breakdowns that imprisonment creates
- Improving the mental and physical health of released prisoners
- Increasing employment, voluntary and training opportunities

Stephanie

Armstrong

Trustee

Be Strong Project Ltd
Independent Examiner's Report
For the year ended 31 December 2023

INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF BE STRONG PROJECT LIMITED

I report on the accounts of the company for the year ended 31/12/2023.

RESPECTIVE RESPONSIBILITIES OF TRUSTEES AND EXAMINER

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to an audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- state whether particular matters have come to my attention.

BASIS OF INDEPENDENT EXAMINERS STATEMENT

My examination was carried out in accordance with general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a "true and fair view" and the report is limited to those matters set out in the statement below.

INDEPENDENT EXAMINERS STATEMENT

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met;

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

.....

Date: 16 Sep 2023

Horridge and Lever Accountants
142 Chorley New Road
Bolton
BL1 4NX

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2023

Be Strong Project Ltd
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For the year ended 31 December 2023

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Be Strong Project Ltd
Company Information
For the year ended 31 December 2023

Company registration number	07551140 (England and Wales)
Directors	Darren Armstrong Barry Day Stephanie Armstrong
Registered office address	Unit 1 Riverside Industrial Estate Waters Meeting Road Bolton BL1 8TU
Accountant	Horridge and Lever 142 Chorley New Road Bolton BL1 4NX

Be Strong Project Ltd
Directors' Report
For the year ended 31 December 2023

The directors present their report and the Unaudited Financial Statements for the year ended 31 December 2023.

Principal activity

The principal activity of the company continued to be that of human health activities.

Directors of the company

The following directors held office during the whole of the period:

Barry Day
Darren Armstrong
Stephanie Armstrong

The following directors were resigned as follows:

Gram Seed (Resigned 09 October 2023)

Statement of directors' responsibilities

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

Company law requires the directors to prepare such financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), FRS 105

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 of 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; 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. 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.

Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Darren Armstrong (Director)
Date: 19 September 2024

Be Strong Project Ltd
Accountant's report
For the year ended 31 December 2023

Accountant's Report to the board of directors on the preparation of the unaudited statutory accounts of Be Strong Project Ltd for the year ended 31 December 2023.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Be Strong Project Ltd for the year ended 31 December 2023.

We have prepared these financial statements based on the accounting records, information and explanations provided by you. We do not express any opinion on these financial statements.

You have determined that the company is exempt from the statutory requirement for an audit for this accounting year. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the directors for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Horridge and Lever

142 Chorley New Road
Bolton

BL1 4NX

Date: 19 September 2024

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2023

		2023	2022
	Notes	£	£
Turnover	5	177,590	150,604
Gross profit		<u>177,590</u>	<u>150,604</u>
Selling and distribution expenses		(19,362)	(16,852)
Administrative expenses		(119,843)	(136,212)
Operating profit	6	<u>38,384</u>	<u>(2,459)</u>
Interest receivable and similar income		482	113
Interest payable and similar charges	8	(14,413)	(24,108)
Profit on ordinary activities before taxation		<u>24,453</u>	<u>(26,454)</u>
Profit for the year		<u>24,453</u>	<u>(26,454)</u>

Be Strong Project Ltd
Statement of Financial Position
For the year ended 31 December 2023

	Notes	2023 £	2022 £
Fixed assets			
Property, plant and equipment	9	265,030	270,781
		<u>265,030</u>	<u>270,781</u>
Current assets			
Cash and cash equivalents	10	58,261	52,737
		<u>58,261</u>	<u>52,737</u>
Current liabilities			
Creditors: Amounts falling due within one year	11	(684)	(660)
		<u>(684)</u>	<u>(660)</u>
Net current assets/(liabilities)		<u>57,577</u>	<u>52,077</u>
Total assets less current liabilities		<u>322,607</u>	<u>322,858</u>
Non-current liabilities			
Creditors: Amounts falling due after more than one year	12	(156,754)	(181,458)
Net assets/(liabilities)		<u>165,853</u>	<u>141,400</u>
Capital and reserves			
Retained earnings		<u>165,853</u>	<u>141,400</u>
Shareholder's funds		<u>165,853</u>	<u>141,400</u>

- For the year ended 31 December 2023 the company was entitled to exemption from audit 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 responsibility 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 and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 19 September 2024

.....
Darren Armstrong (Director)

Company registration number: 07551140

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2023

(1) General Information

The company is a private company limited by shares and is registered in England and Wales. The address of the registered office is Unit 1 Riverside Industrial Estate, Waters Meeting Road, Bolton, BL1 8TU.

(2) Statement of compliance

These individual financial statements have been prepared in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A and Companies Act 2006, as applicable to companies subject to the small companies' regime.

(3) Significant Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis and in accordance with the Companies Act 2006. The presentation and functional currency of the company is pounds sterling. The financial statements are presented in pound units (£) unless stated otherwise.

Revenue recognition

Turnover is measured at the fair value of the consideration received or receivable and represents amounts receivable for goods supplied and services rendered, stated net of discounts and of Value Added Tax. The company recognises revenue when the amount of revenue can be measured reliably, when it is probable that future economic benefits will flow to the entity and when specific criteria have been met as described below.

Sale of goods

Sales of goods are recognised when the company has delivered the goods to the customer, no other significant obligation remains unfulfilled that may affect the customer's acceptance of the products and risks and rewards of ownership have transferred to them.

Interest income

Interest income is recognised using the effective interest method.

Borrowing costs

All borrowing related costs are included within the statement of income in the period in which they are incurred using the effective interest method.

Property, plant and equipment

Property, plant and equipment is stated at cost less accumulated depreciation and impairment losses. Part of an item of property, plant and equipment having different useful lives are accounted for as separate items.

Depreciation is recognised so as to write off the cost or valuation of assets less their residual values over their useful lives, using the straight-line method. The estimated useful lives, residual values and depreciation method are reviewed at the end of each reporting period, with the effect of any changes in estimate accounted for on a prospective basis.

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

Asset class and depreciation rate

(4) Critical accounting judgements and key sources of estimation uncertainty

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(5) Turnover

The revenue from company's operations comprise:

	2023	2022
	£	£
Sales	<u>177,590</u>	<u>150,604</u>

Notes to the financial statement (Continued)
For the year ended 31 December 2023

	<u>177,590</u>	<u>150,604</u>
(6) Operating profit		
Operating profit for the year from continuing operations has been arrived after charging:		
	2023	2022
	£	£
Depreciation of property, plant and equipment	5,750	7,013
	<u>5,750</u>	<u>7,013</u>

(7) Employees

During the year, the average number of employees including director was 0 (2022 : 0).

(8) Interest payable and similar charges

	2023	2022
	£	£
Interest on bank loans and overdrafts	14,413	24,108
	<u>14,413</u>	<u>24,108</u>

(9) Tangible fixed assets

	Land and Buildings	Plant and Machinery	Equipment	Motor Vehicles	Totals
	£	£	£	£	£
Cost					
As at 01 January 2023	238,834	30,000	6,960	26,800	302,594
As at 31 December 2023	<u>238,834</u>	<u>30,000</u>	<u>6,960</u>	<u>26,800</u>	<u>302,594</u>
Depreciation					
As at 01 January 2023	-	16,436	3,813	11,563	31,812
For the year	-	2,441	566	2,743	5,750
As at 31 December 2023	<u>-</u>	<u>18,877</u>	<u>4,379</u>	<u>14,306</u>	<u>37,562</u>
Net book value					
As at 31 December 2023	<u>238,834</u>	<u>11,122</u>	<u>2,580</u>	<u>12,494</u>	<u>265,032</u>
As at 31 December 2022	<u>238,834</u>	<u>13,564</u>	<u>3,147</u>	<u>15,237</u>	<u>270,782</u>

(10) Cash and cash equivalents

	2023	2022
	£	£
Bank balance	58,261	52,737
	<u>58,261</u>	<u>52,737</u>

(11) Creditors: Amounts falling due within one year

	2023	2022
	£	£
Accruals and deferred income	684	660
	<u>684</u>	<u>660</u>

(12) Creditors: Amounts falling due after more than one year

2023	2022
£	£

Notes to the financial statement (Continued)
For the year ended 31 December 2023

Bank loans and overdrafts	146,847	164,507
Other creditors	9,908	16,950
	<u>156,755</u>	<u>181,457</u>

(13) Share capital and reserves

Alloted, called up and fully paid:	2023	2022
	£	£
	<u>0</u>	<u>0</u>

A ordinary shares hold equal voting rights. B investment shares do not carry any voting rights.

(14) Transactions with directors

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2023

This section does not form part of the statutory accounts.

	2023	2022
	£	£
Turnover	177,590	150,604
Gross Profit	177,590	150,604
Less : Selling and distribution expenses		
Advertising and Marketing	85	12
UK and Overseas Travel Costs	11,297	9,676
Subsistence	7,981	7,163
	19,362	16,852
Less : Administrative expenses		
Training and development costs	4,972	8,592
Rent, Rates, Light & Heat	46,363	52,474
Repairs and Renewals	6,190	5,196
Caravan Costs	5,209	4,728
Motor Expenses	7,247	10,666
Accountancy, Bookkeeping and Auditing Fees	994	948
Legal and Professional Fees	24,040	23,620
Insurance	3,058	2,603
Telephone and Internet	4,762	5,381
Gym Membership	3,748	2,535
Charitable Donations	1,717	4,419
Bank Fees	502	656
Sundry Expenses	5,291	7,380
Depreciation of Plant and Machinery	2,441	2,977
Depreciation of Equipment	566	691
Depreciation of Motor Vehicles	2,743	3,345
	119,843	136,212
Operating profit	38,384	(2,459)
Add : Interest receivable and similar income		
Bank Interest	482	113
	482	113
Less : Interest payable and similar charges		
Hire Purchase, Mortgage and Other Interest	14,413	24,108
	14,413	24,108
Profit on ordinary activities before taxation	24,453	(26,454)
Net profit for the year after taxation	24,453	(26,454)

Be Strong Project Ltd
Unaudited financial statements and annual report
For the year ended 31 December 2023

Be Strong Project Ltd
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Accountant	Horridge and Lever 142 Chorley New Road Bolton BL1 4NX

Be Strong Project Ltd
Directors' Report
For the year ended 31 December 2023

The directors present their report and the Unaudited Financial Statements for the year ended 31 December 2023.

Principal activity

The principal activity of the company continued to be that of human health activities.

Directors of the company

The following directors held office during the whole of the period:

Barry Day
Darren Armstrong
Stephanie Armstrong

The following directors were resigned as follows:

Gram Seed (Resigned 09 October 2023)

Statement of directors' responsibilities

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

Company law requires the directors to prepare such financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), FRS 105

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 of 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;
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Small company provisions

This report has been prepared in accordance with the special provisions for small companies within Part 15 of the Companies Act 2006.

Approved by the Board of directors and signed on its behalf by:

Darren Armstrong (Director)
Date: 19 September 2024

Be Strong Project Ltd
Accountant's report
For the year ended 31 December 2023

Accountant's Report to the board of directors on the preparation of the unaudited statutory accounts of Be Strong Project Ltd for the year ended 31 December 2023.

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We have prepared these financial statements based on the accounting records, information and explanations provided by you. We do not express any opinion on these financial statements.

You have determined that the company is exempt from the statutory requirement for an audit for this accounting year. Therefore, the financial statements are unaudited.

The financial statements are provided exclusively to the directors for the limited purpose mentioned above, and may not be used or relied upon for any other purpose or by any other person, and we shall not be liable for any other usage or reliance.

Horridge and Lever

142 Chorley New Road
Bolton

BL1 4NX

Date: 19 September 2024

Be Strong Project Ltd
Income Statement
For the year ended 31 December 2023

		2023	2022
	Notes	£	£
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Profit for the year		24,453	(26,454)

Be Strong Project Ltd
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Net assets/(liabilities)		<u>165,853</u>	<u>141,400</u>
Capital and reserves			
Retained earnings		<u>165,853</u>	<u>141,400</u>
Shareholder's funds		<u>165,853</u>	<u>141,400</u>

- For the year ended 31 December 2023 the company was entitled to exemption from audit 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 responsibility 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 and in accordance with the provisions of FRS 102 Section 1A - Small Entities.

Approved by the Board on 19 September 2024

.....
Darren Armstrong (Director)

Company registration number: 07551140

Be Strong Project Ltd
Notes to the Financial Statements
For the year ended 31 December 2023

(1) General Information

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Interest income is recognised using the effective interest method.

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

Asset class and depreciation rate

(4) Critical accounting judgements and key sources of estimation uncertainty

No judgement

No significant judgements or estimates have been made in preparation of these financial statements.

(5) Turnover

The revenue from company's operations comprise:

	2023	2022
	£	£
Sales	<u>177,590</u>	<u>150,604</u>

Notes to the financial statement (Continued)
For the year ended 31 December 2023

	177,590	150,604
(6) Operating profit		
Operating profit for the year from continuing operations has been arrived after charging:		
	2023	2022
	£	£
Depreciation of property, plant and equipment	5,750	7,013
	5,750	7,013

(7) Employees

During the year, the average number of employees including director was 0 (2022 : 0).

(8) Interest payable and similar charges

	2023	2022
	£	£
Interest on bank loans and overdrafts	14,413	24,108
	14,413	24,108

(9) Tangible fixed assets

	Land and Buildings	Plant and Machinery	Equipment	Motor Vehicles	Totals
	£	£	£	£	£
Cost					
As at 01 January 2023	238,834	30,000	6,960	26,800	302,594
As at 31 December 2023	238,834	30,000	6,960	26,800	302,594
Depreciation					
As at 01 January 2023	-	16,436	3,813	11,563	31,812
For the year	-	2,441	566	2,743	5,750
As at 31 December 2023	-	18,877	4,379	14,306	37,562
Net book value					
As at 31 December 2023	238,834	11,122	2,580	12,494	265,032
As at 31 December 2022	238,834	13,564	3,147	15,237	270,782

(10) Cash and cash equivalents

	2023	2022
	£	£
Bank balance	58,261	52,737
	58,261	52,737

(11) Creditors: Amounts falling due within one year

	2023	2022
	£	£
Accruals and deferred income	684	660
	684	660

(12) Creditors: Amounts falling due after more than one year

2023	2022
£	£

Notes to the financial statement (Continued)
For the year ended 31 December 2023

Bank loans and overdrafts	146,847	164,507
Other creditors	9,908	16,950
	<u>156,755</u>	<u>181,457</u>

(13) Share capital and reserves

Alloted, called up and fully paid:	2023	2022
	£	£
	<u>0</u>	<u>0</u>

A ordinary shares hold equal voting rights. B investment shares do not carry any voting rights.

(14) Transactions with directors

Be Strong Project Ltd
Detailed Income Statement
For the year ended 31 December 2023

This section does not form part of the statutory accounts.

	2023	2022
	£	£
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Gross Profit	<u>177,590</u>	<u>150,604</u>
Less : Selling and distribution expenses		
Advertising and Marketing	85	12
UK and Overseas Travel Costs	11,297	9,676
Subsistence	<u>7,981</u>	<u>7,163</u>
	19,362	16,852
Less : Administrative expenses		
Training and development costs	4,972	8,592
Rent, Rates, Light & Heat	46,363	52,474
Repairs and Renewals	6,190	5,196
Caravan Costs	5,209	4,728
Motor Expenses	7,247	10,666
Accountancy, Bookkeeping and Auditing Fees	994	948
Legal and Professional Fees	24,040	23,620
Insurance	3,058	2,603
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Gym Membership	3,748	2,535
Charitable Donations	1,717	4,419
Bank Fees	502	656
Sundry Expenses	5,291	7,380
Depreciation of Plant and Machinery	2,441	2,977
Depreciation of Equipment	566	691
Depreciation of Motor Vehicles	<u>2,743</u>	<u>3,345</u>
	119,843	136,212
Operating profit	<u>38,384</u>	<u>(2,459)</u>
Add : Interest receivable and similar income		
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Hire Purchase, Mortgage and Other Interest	14,413	24,108
	<u>14,413</u>	<u>24,108</u>
Profit on ordinary activities before taxation	<u>24,453</u>	<u>(26,454)</u>
Net profit for the year after taxation	<u>24,453</u>	<u>(26,454)</u>