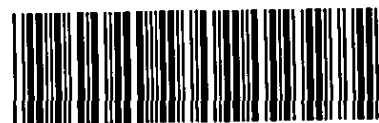


4059347

HEALTH AND STRESS SOLUTIONS LIMITED

DIRECTORS' REPORT AND UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 AUGUST 2006

MONDAY



L2WM2ROM
LD7 30/07/2007 473
COMPANIES HOUSE

COMPANY INFORMATION

COMPANY NAME HEALTH AND STRESS SOLUTIONS LIMITED

DIRECTORS R N BHANOT
 S BHANOT

SECRETARY R N BHANOT

COMPANY NUMBER 4059347

REGISTERED OFFICE 386 GREEN LANE
 ILFORD
 IG3 9JU

HEALTH AND STRESS SOLUTIONS LIMITED

CONTENTS

	Page
DIRECTORS' REPORT	4
PROFIT AND LOSS ACCOUNT	5
BALANCE SHEET	6,7
NOTES TO THE FINANCIAL STATEMENTS	8-11
<i>The following pages do not form part of the statutory accounts</i>	
DETAILED TRADING AND PROFIT AND LOSS ACCOUNT	12-13

HEALTH AND STRESS SOLUTIONS LIMITED

DIRECTORS' REPORT

For the year ended 31 August 2006

The directors present their report and the financial statements for the year ended 31 August 2006

PRINCIPAL ACTIVITIES

The principal activities of the company in the year under review was that of clinics and related products, the provision of nursery vouchers and rental of property

DIRECTORS

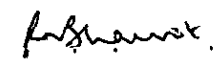
The directors who served during the year and their beneficial interests in the company's issued share capital were

	Ordinary shares of £1 each	
	2,006	2,005
R N Bhanot	1	1
S Bhanot	1	1

SMALL COMPANY EXEMPTIONS

The report of the directors has been prepared in accordance with the special provision of Part VII of the Companies Act 1985 relating to small companies

This report was approved by the board on the 23 July 2007 and signed on its behalf


R N Bhanot

HEALTH AND STRESS SOLUTIONS LIMITED

PROFIT AND LOSS ACCOUNT

For the year ended 31 August 2006

	Note	2,006 £	2,005 £
TURNOVER	1	148,789	139,978
Cost of sales		(6,071)	(21,277)
GROSS PROFIT		<u>142,718</u>	<u>118,701</u>
Administrative expenses		(56,143)	(46,071)
OPERATING PROFIT	2	<u>86,575</u>	<u>72,630</u>
Interest receivable and similar income		329	248
Interest payable and similar charges		(56,611)	(61,651)
PROFIT / (LOSS) ON ORDINARY ACTIVITIES		<u>30,293</u>	<u>11,227</u>
TAXATION ON ORDINARY ACTIVITIES	3	(5,373)	(1,714)
PROFIT / (LOSS) ON ORDINARY ACTIVITIES AFTER TAXATION		24,921	9,513
LOSS BROUGHT FORWARD		(107,425)	(116,938)
LOSS CARRIED FORWARD		<u>(82,504)</u>	<u>(107,425)</u>

HEALTH AND STRESS SOLUTIONS LIMITED

BALANCE SHEET

As at 31 August 2006

	Note	£	2,006 £	£	2,005 £
FIXED ASSETS					
Tangible assets	4		2,414		4,531
Investments	5		<u>1,647,899</u>		<u>1,647,899</u>
			1,650,313		1,652,430
CURRENT ASSETS					
Stocks		250		250	
Debtors	6	48,210		29,298	
Cash at bank		<u>43,158</u>		<u>18,118</u>	
		91,618		47,666	
CREDITORS : amounts falling due within one year	7	(118,076)		(108,203)	
NET CURRENT LIABILITIES			<u>(26,456)</u>	<u>(60,537)</u>	
TOTAL ASSETS LESS CURRENT LIABILITIES			1,623,857	1,591,893	
CREDITORS : amounts falling due after more than one year	8		(1,706,359)	(1,699,316)	
NET ASSETS/LIABILITIES			<u>(82,502)</u>	<u>(107,423)</u>	
CAPITAL AND RESERVES					
Called up share capital	9		2	2	
Profit and loss account			(82,504)	(107,425)	
SHAREHOLDERS' FUND			<u>(82,502)</u>	<u>(107,423)</u>	

HEALTH AND STRESS SOLUTIONS LIMITED

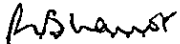
BALANCE SHEET

As at 31 August 2006

The directors consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 249A(1) of the Companies Act 1985 and members have not required the company to obtain an audit of its accounts for the year concerned in accordance with section 249B(2) of the Act. The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 221 of the Companies Act 1985, and for preparing financial statements which give a true and fair view of the state of the affairs of the company as at 31 August 2006 and of its profit for the year then ended in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Act relating to the financial statements so far as applicable to the company.

The financial statements have been prepared in accordance with the special provision of Part VII of the Companies Act 1985 relating to small companies and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

The financial statements were approved by the board on the 23 July 2007 and signed on its behalf



R N Bhanot
Director

The notes on pages 8 to 11 form part of these financial statements

HEALTH AND STRESS SOLUTIONS LIMITED

NOTES TO THE FINANCIAL STATEMENTS

for the year ending 31 August 2006

1 ACCOUNTING POLICIES

1 The basis of preparation of financial statements. FRSSE

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Smaller Entities (effective June 2002)

1 Turnover

Turnover comprises the invoiced value of goods and services supplied by the company exclusive of value added tax

1 Tangible fixed asset and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided to write off the cost of fixed asset less their estimated residual value, over their useful economic lives on the following basis

Plant and machinery - 20% straight line

2 Stock

Stock are valued at the value lower of cost and net realisable value after giving allowance for obsolete and slow moving stocks

2 Deferred taxation

Provision is made in full for all taxation deferred in respect of timing differences that have originated but not reversed by the balance sheet date, except for gains on disposal of fixed assets which will be rolled over into replacement assets. No provision is made for taxation on permanent difference. Deferred tax assets are recognised to the extent that it is more likely than not that they will be recovered

2 Investment properties

Investment properties are valued at cost. This is not in accordance with the FRSSE (effective June 02) which requires investment properties to be revalued regularly to their value on the open market.

No impairment of value of investment property was expected by the directors

In accordance with the FRSSE (effective June 2002) no depreciation is provided in respect of long leasehold investment properties. Non-depreciation of investment properties show true and fair view, although it is a departure from Companies Act 1985

2 OPERATING PROFIT

	2,006	2,005
The operating profit is stated after charging		
Depreciation of tangible fixed assets owned by the company	2,874	6,568
During the year no directors remuneration was paid to directors	0	0

HEALTH AND STRESS SOLUTIONS LIMITED

NOTES TO THE FINANCIAL STATEMENTS

for the year ending 31 August 2006

3 TAXATION	2,006	2,005
UK corporation tax charge on profits of the year	<u>5,373</u>	<u>1,714</u>

There were no factors that affected the tax charge for the year which has been calculated on the profits on ordinary activities before tax at the standard rate of corporation tax in the UK applicable to the company

Factors that may affect future tax charges
At the year end the company had schedule DI losses carried forward

4 TANGIBLE FIXED ASSETS

Plant and machinery

COST

At 01 September 2005	32,839
Additions	<u>761</u>
At 31 August 2006	<u>33,600</u>

DEPRECIATION

At 01 September 2005	28,311
Charge for the year	<u>2,874</u>
At 31 August 2006	<u>31,185</u>

NET BOOK VALUE

At 31 August 2006	<u>2,414</u>
At 31 August 2005	<u>4,528</u>

5 FIXED ASSET INVESTMENTS

Investment properties

At 1 September 2005 and 31 August 2006	<u>1,647,899</u>
--	------------------

HEALTH AND STRESS SOLUTIONS LIMITED

NOTES TO THE FINANCIAL STATEMENTS

for the year ending 31 August 2006

6 DEBTORS	2,006	2,005
	£	£
Trade debtors	20,981	25,304
Other debtors	27,229	3,994
	<u>48,210</u>	<u>29,298</u>

7 CREDITORS	2,006	2,005
Amounts falling due withing one year	£	£
Bank loan	14,362	38,320
Trade creditors	32,733	11,964
Corporation tax	5,373	1,714
Social secunty and other taxes	5,686	3,492
Other creditors	59,922	52,713
	<u>118,077</u>	<u>108,203</u>

8 CREDITORS	2,006	2,005
Amounts falling after more than one year	£	£
Bank loan	928,285	889,965
Other creditors	778,074	809,351
	<u>1,706,359</u>	<u>1,699,316</u>

Creditors include amounts not wholly repayable within 5 years as follows

2,006	2,005
£	£
702,684	702,684

9 SHARE CAPITAL	2,006	2,005
	£	£
Authorised 100 Ordinary shares of £1 each	<u>100</u>	<u>100</u>
Allotted called up and fully paid, £1 each	<u>2</u>	<u>2</u>

10 RELATED PARTY TRANSACTIONS

The company operates from premises owned by R N Bhanot's father The amount of rent paid during the year was nil (2006- £ nil)

HEALTH AND STRESS SOLUTIONS LIMITED

NOTES TO THE FINANCIAL STATEMENTS

for the year ending 31 August 2006

11 CONTROLLING PARTY

The company regards R N Bhanot and S Bhanot together to be the controlling party

12 GOING CONCERN

The directors continue to provide financial support to the company and will do so for the foreseeable future. On this basis the company is considered to be a going concern

HEALTH AND STRESS SOLUTIONS LIMITED

DETAILED TRADING AND PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31 AUGUST 2006

	2,006 £	2,005 £
TURNOVER	148,789	139,978
Cost of sales	(6,071)	(21,277)
GROSS PROFIT	<u>142,718</u>	<u>118,701</u>
Less: OVERHEADS		
Administrative expenses	(56,143)	(46,071)
OPERATING PROFIT	<u>86,575</u>	<u>72,630</u>
Interest receivable and similar income	329	248
Interest payable and similar charges	(56,611)	(61,651)
PROFIT / LOSS FOR THE YEAR	<u><u>30,293</u></u>	<u><u>11,227</u></u>

HEALTH AND STRESS SOLUTIONS LIMITED

**SCHEDULE TO THE DETAILED PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 31 AUGUST 2006**

	2,006 £	2,005 £
TURNOVER		
Sales	6,001	10,542
Rent receivable	134,332	116,754
Commission receivable	8,456	12,682
	<u>148,789</u>	<u>139,978</u>
COST OF SALES		
Opening stock	250	512
Closing stock	(225)	(250)
Purchases	1,926	10,463
Property insurance	4,120	9,543
Property repairs	0	1,009
	<u>6,071</u>	<u>21,277</u>
ADMINISTRATIVE EXPENSES		
Staff salaries	11,212	3,462
Staff training	990	0
Transport and travel	500	5
Books	1,310	0
Clinical tests and analysis	120	0
Printing postage and stationery	4,007	4,184
Telephone	3,141	3,270
Computer costs	1,457	384
Advertising and promotion	3,883	1,130
Subscription and membership	453	619
Bookkeeping	2,476	0
Accountancy fees	2,750	2,750
Agent's commission	5,000	0
Bank charges	641	979
Legal and professional	900	2,160
Sundry expenses	912	867
Cleaning	1,100	0
Lighting and heating	317	845
Exhibition costs	981	6,140
Repairs and renewals	1,742	1,969
Rent	5,000	5,000
Rates	3,670	4,709
Insurance	707	1,030
Depreciation of fixed assets	2,874	6,568
	<u>56,143</u>	<u>46,071</u>
Interest receivable and similar income	<u>329</u>	<u>248</u>
Interest payable and similar charges	<u>56,611</u>	<u>61,651</u>