

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022

FOR

HEALTH AND STRESS SOLUTIONS LTD

CONTENTS OF THE FINANCIAL STATEMENTS
for the year ended 31 March 2022

	Page
Company Information	1
Abridged Balance Sheet	2
Notes to the Financial Statements	3

HEALTH AND STRESS SOLUTIONS LTD

COMPANY INFORMATION
for the year ended 31 March 2022

DIRECTORS:

Mrs S Bhanot
Mr R Bhanot

SECRETARY:

Mrs S Bhanot

REGISTERED OFFICE:

Hass House
386 Green Lane
Ilford
Essex
IG3 9JU

REGISTERED NUMBER:

04059347 (England and Wales)

ACCOUNTANTS:

Raffingers LLP
Chartered Certified Accountants
19-20 Bourne Court
Southend Road
Woodford Green
Essex
IG8 8HD

ABRIDGED BALANCE SHEET
31 March 2022

	Notes	2022 £	£	2021 £	£
FIXED ASSETS					
Investment property	4		1,117,946		1,717,946
CURRENT ASSETS					
Debtors		701,750		173,037	
Cash at bank		<u>118,013</u>		<u>8,356</u>	
		819,763		181,393	
CREDITORS					
Amounts falling due within one year		<u>1,316,753</u>		<u>1,325,060</u>	
NET CURRENT LIABILITIES			<u>(496,990)</u>		<u>(1,143,667)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>620,956</u>		<u>574,279</u>
CAPITAL AND RESERVES					
Called up share capital			2		2
Retained earnings			<u>620,954</u>		<u>574,277</u>
SHAREHOLDERS' FUNDS			<u>620,956</u>		<u>574,279</u>

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

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

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

All the members have consented to the preparation of an abridged Income Statement and an abridged Balance Sheet for the year ended 31 March 2022 in accordance with Section 444(2A) of the Companies Act 2006.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors and authorised for issue on 30 January 2023 and were signed on its behalf by:

Mr R Bhanot - Director

NOTES TO THE FINANCIAL STATEMENTS
for the year ended 31 March 2022

1. STATUTORY INFORMATION

Health And Stress Solutions Ltd 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.

The accounts have been prepared on the going concern basis as the directors are of the opinion that the company will meet its liabilities as and when due, due to the continued support of the directors.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Investment property

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in profit or loss.

Investment properties are properties held to earn rentals and for capital appreciation. Investment properties are initially measured at cost, including transaction costs. Subsequently investment properties are measured at fair value. Gains and losses arising from changes in the fair value of investment properties are included in profit or loss in the period in which they arise.

Taxation

Taxation for the year 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.

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 year 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.

Short term debtors and creditors

Short term debtors and creditors with no stated interest rate are recorded at transaction price. Any losses arising from impairment are recognised in the profit and loss account.

NOTES TO THE FINANCIAL STATEMENTS - continued
for the year ended 31 March 2022

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the year was NIL (2021 - NIL).

4. **INVESTMENT PROPERTY**

	Total £
FAIR VALUE	
At 1 April 2021	1,717,946
Disposals	(600,000)
At 31 March 2022	<u>1,117,946</u>
NET BOOK VALUE	
At 31 March 2022	<u>1,117,946</u>
At 31 March 2021	<u>1,717,946</u>

In the opinion of the director, investment property is stated at fair value at the reporting date.

5. **RELATED PARTY DISCLOSURES**

At the balance sheet date, the company owed £148,972 (2021: £156,702) to Relay Management Limited and £52,667 (£6,307) to Cool Herbals Limited, companies related by virtue of a common director.

At the balance sheet date, the company was owed £100,000 (2021: nil) by RNB Properties Ltd, a company related by virtue of a common director.

At the balance sheet date, the company was owed £88,198 (2021: £87,701) by London Olympus Hotel Nirvana and £3,600 (2021: nil) by Nirvana Apartments, partnerships in which a director is partner.

At the balance sheet date, the company owed £1,067,591 (2021: £1,122,856) to Bhanot Property partnership.

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.