
HEALTH AND STRESS SOLUTIONS LIMITED

ABBREVIATED ACCOUNTS

**FOR THE YEAR ENDED
31 AUGUST 2004**



HEALTH AND STRESS SOLUTIONS LIMITED

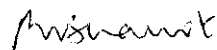
ABBREVIATED BALANCE SHEET
As at 31 August 2004

		2004		2003	
	Note	£	£	£	£
FIXED ASSETS					
Tangible assets	2		9,472		15,183
Investments	3		1,647,899		-
			<u>1,657,371</u>		<u>15,183</u>
CURRENT ASSETS					
Stocks		512		625	
Debtors		14		2,142	
Cash at bank		18,413		8,039	
		<u>18,939</u>		<u>10,806</u>	
CREDITORS: amounts falling due within one year		<u>(90,132)</u>		<u>(5,963)</u>	
NET CURRENT (LIABILITIES)/ASSETS			<u>(71,193)</u>		<u>4,843</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>1,586,178</u>		<u>20,026</u>
CREDITORS: amounts falling due after more than one year			<u>(1,703,114)</u>		<u>(132,120)</u>
NET LIABILITIES			<u>£ (116,936)</u>		<u>£ (112,094)</u>
CAPITAL AND RESERVES					
Called up share capital	4		2		2
Profit and loss account			(116,938)		(112,096)
SHAREHOLDERS' FUNDS			<u>£ (116,936)</u>		<u>£ (112,094)</u>

ABBREVIATED BALANCE SHEET
As at 31 August 2004

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 in question 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 affairs of the company as at 31 August 2004 and of its loss 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 abbreviated accounts, which have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 applicable to small companies, were approved by the board on 16 December 2005 and signed on its behalf.



R N Bhanot
Director

The notes on pages 3 to 4 form part of these abbreviated accounts.

NOTES TO THE ABBREVIATED ACCOUNTS
For the year ended 31 August 2004

1. ACCOUNTING POLICIES

1.1 Basis of preparation of financial statements

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

1.2 Cash flow

The financial statements do not include a cash flow statement because the company, as a small reporting entity, is exempt from the requirement to prepare such a statement under the Financial Reporting Standard for Smaller Entities (effective June 2002).

1.3 Turnover

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

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following annual bases:

Plant & machinery	-	20% straight line
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1.5 Stocks

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks.

1.6 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 differences.

Deferred tax assets are recognised to the extent that it is more likely than not that they will be recovered.

1.7 Investment properties

Investment properties are valued annually at open market value. As these properties are held for investment purposes, not consumption, depreciation is not considered to be relevant.

This treatment is a departure from Companies Act 1985, but is necessary in order for the financial statements to show a true and fair view.

The difference to the accounts from this treatment instead of that laid down by the Companies Act 1985 is not material.

NOTES TO THE ABBREVIATED ACCOUNTS
For the year ended 31 August 2004

2. TANGIBLE FIXED ASSETS

	£
Cost	
At 1 September 2003	30,681
Additions	531
	<u>31,212</u>
At 31 August 2004	<u>31,212</u>
Depreciation	
At 1 September 2003	15,498
Charge for the year	6,242
	<u>21,740</u>
Net book value	
At 31 August 2004	£ 9,472
At 31 August 2003	£ 15,183

3. FIXED ASSET INVESTMENTS

	£
Cost	
Additions	1,647,899
At 31 August 2004	<u>£ 1,647,899</u>

4. SHARE CAPITAL

	2004 £	2003 £
Authorised		
100 Ordinary shares of £1 each	£ 100	£ 100
Allotted, called up and fully paid		
2 Ordinary shares of £1 each	£ 2	£ 2