## THE HOLISTIC GROUP LIMITED

**Abbreviated Accounts** 

30 September 2010

SATURDAY



A34 25/06/2011
COMPANIES HOUSE

16

THE HOLISTIC GROUP LIMITED

Registered number:

4792134

Abbreviated Balance Sheet as at 30 September 2010

	Notes		2010 £		2009 £
Fixed assets					
Tangible assets	2		2,102		-
Current assets					
Debtors		118,394		111,811	
Cash at bank and in hand		12,935		57,949	
	_	131,329		169,760	
Creditors: amounts falling due	•				
within one year		(61,407)		(50,993)	
Net current assets	-		69,922		118,767
Net assets			72,024	_	118,767
Capital and reserves					
Called up share capital	3		110		110
Profit and loss account	_		71,914		118,657
Shareholders' funds			72,024		118,767

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime

**R WILSON** 

Director

Approved by the board on 31 May 2011

# THE HOLISTIC GROUP LIMITED Notes to the Abbreviated Accounts for the year ended 30 September 2010

### 1 Accounting policies

#### Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

#### Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers

#### Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives

Plant and machinery

20% straight line

2	Tangible fixed assets			£	
	Cost				
	At 1 October 2009			10,591	
	Additions			2,627	
	At 30 September 2010			13,218	
	Depreciation				
	At 1 October 2009			10,591	
	Charge for the year			525	
	At 30 September 2010			11,116	
	Net book value				
	At 30 September 2010			2,102	
3	Share capital	Nominal	2010	2010	2009
J	Sitale Capital	value	Number	£	£
	Allotted, called up and fully paid				
	Ordinary shares	£1 each	110	110	110