SINRG HEALTH AND WELLBEING LTD

FINANCIAL STATEMENTS

FOR THE YEAR ENDED 30TH SEPTEMBER 2019

SINRG HEALTH AND WELLBEING LTD

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FOR THE YEAR ENDED 30TH SEPTEMBER 2019

The Accounts are comprised of the following:

Please note that the Accounts comprise of HTML and iXBRL source code and that this is a printed or visual representation of that source code some of which will not be displayed or printed.

SINRG HEALTH AND WELLBEING LTD

Company No. 04884302

STATEMENT OF FINANCIAL POSITION

AS AT 30TH SEPTEMBER 2019

	Note		2019	2018
		£	£	£
FIXED ASSETS				
Property, plant and equipment	4		39029	71599
			39029	71599
CURRENT ASSETS				
Debtors	5	22783		31238
Cash at bank and in hand		2189		51712
		24972		82950
CURRENT LIABILITIES				
Creditors: amounts falling due within one year	6	22591		40045
NET CURRENT ASSETS			2381	42905
TOTAL ASSETS LESS CURRENT LIABILITIES			41410	114504
Creditors: amounts falling due after more than one year	7		39749	53971
NET ASSETS			1661	60533
CAPITAL AND RESERVES				
Called up share capital			100	100
Retained earnings			1561	60433
SHAREHOLDERS FUNDS			1661	60533

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies which are subject to the small companies' regime. The Income Statement has not been delivered to the Registrar of Companies.

For the year ended 30th September 2019 the Company is entitled to the exemption from the requirement to obtain an audit conferred by section 477 of the Companies Act 2006 and the 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.

Approved by the Board on 30 June 2020

Hopewell P G
Director
Company Number 04884302 (England)

SINRG HEALTH AND WELLBEING LTD

NOTES TO THE ACCOUNTS

FOR THE YEAR ENDED 30TH SEPTEMBER 2019

1 Statutory information

SINRG Health and Wellbeing Ltd is a private company limited by shares and registered under company number 04884302 in England. Its registered office address is Unit 22 The Mansfield I-Centre, Oakham Business Park, Hamilton Way, Mansfield, Nottinghamshire, NG18 5BR.

These financial statements are presented in Sterling, which is the functional currency of the company.

2 Accounting policies

Basis of preparation of financial statements

The accounts have been prepared under the historical cost convention in accordance with the accounting policies set out below, and in accordance with Financial Reporting Standard 102 Section 1A and the Companies Act 2006.

Income Recognition

Revenue is measured at the fair value of the consideration received or receivable. Turnover is shown net of value added tax, returns, rebates and discounts. Revenue is recognised for the sale of goods when the vendor has transferred the significant risks and rewards of ownership, it is possible that the economic benefit will flow to the entity and the revenue and associated costs can be reliably measured.

Depreciation

Depreciation is provided on all property, plant and equipment, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Plant, machinery and vehicles	15-25% reducing balance

Leasing

Assets, obtained under hire purchase contracts and finance leases, are capitalised as tangible fixed assets. Assets acquired under finance leases are depreciated over the shorter of the lease term and their useful lives. Assets acquired under hire purchase contracts are depreciated over their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the company. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to profit and loss account on a straight line basis.

Leasing and hire purchase commitments

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the Company, are capitalised in the Statement of Financial Position and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the Statement of Financial Position as a liability.

The interest element of the rental obligations is charged to the Income Statement over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pensions

The Company operates a defined contribution pension scheme. Contributions are charged to the Income Statement as they become payable in accordance with the rules of the scheme.

3 Employee information

The average number of employees during the accounting period was 5 (2018 - 5).

4 Property, plant and equipment

	Motor Vehicles	Fixtures and Fittings	Total
	£	£	£
Cost			
At 1st October 2018 and			
At 30th September 2019	82730	64212	146942
Depreciation			
At 1st October 2018	29783	45560	75343
Charge for year	28589	3981	32570
At 30th September 2019	58372	49541	107913
Net Book Value			
At 30th September 2019	24358	14671	39029
At 30th September 2018	52947	18652	71599
Net book value of assets included above held under finance leases and hire purchase contracts			
At 30th September 2019	42358	-	42358
At 30th September 2018	52947	-	52947

5 Debtors

	2019	2018
	£	£
Trade Debtors	22783	30062
Other debtors	-	1176
	22783	31238

6 Creditors: amounts falling due within one year

	2019	2018
	£	£
Obligations under finance lease and hire purchase contracts	11674	11674
Trade Creditors	7589	1230
Corporation tax	-	24896
Other creditors	3328	2245
	22591	40045

7 Creditors: amounts falling due after one year

	2019	2018
	£	£
Obligations under finance lease and hire purchase contracts	39749	53971
	39749	53971

8 Transactions with Directors

There were no transactions with Directors except as reflected in the Director's loan account for each Director. The closing balances of each account are as detailed below. Credit balances are shown without brackets. These balances are included in the figure for "Creditors and Accruals" in the accounts. Overdrawn balances are included in the figure for "Other Debtors".

	2019	2018
	£	£
Hopewell P G	1083	-
	1083	-