

**REGISTERED NUMBER: 04884302 (England and Wales)**

**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**FOR**

**SINRG HEALTH AND WELLBEING LTD**

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FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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**SINRG HEALTH AND WELLBEING LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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**DIRECTORS:**

P G Hopewell  
R H Hopewell

**REGISTERED OFFICE:**

Unit 22 The Mansfield I-Centre  
Oakham Business Park  
Hamilton Way  
Mansfield  
Nottinghamshire  
NG18 5BR

**REGISTERED NUMBER:**

04884302 (England and Wales)

**BALANCE SHEET**  
**30 SEPTEMBER 2018**

		2018		2017	
	Notes	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible assets	4		71,600		88,655
Investments	5		-		8,800
			<u>71,600</u>		<u>97,455</u>
<b>CURRENT ASSETS</b>					
Debtors	6	31,238		180,950	
Cash at bank and in hand		<u>51,711</u>		<u>109,922</u>	
		82,949		290,872	
<b>CREDITORS</b>					
Amounts falling due within one year	7	<u>40,045</u>		<u>42,260</u>	
<b>NET CURRENT ASSETS</b>			<u>42,904</u>		<u>248,612</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			114,504		346,067
<b>CREDITORS</b>					
Amounts falling due after more than one year	8		<u>53,971</u>		<u>65,645</u>
<b>NET ASSETS</b>			<u>60,533</u>		<u>280,422</u>

The notes form part of these financial statements

**BALANCE SHEET - continued**  
**30 SEPTEMBER 2018**

	Notes	2018 £	£	2017 £	£
<b>CAPITAL AND RESERVES</b>					
Called up share capital			100		100
Retained earnings			<u>60,433</u>		<u>280,322</u>
			<u>60,533</u>		<u>280,422</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 September 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 September 2018 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 preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the 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 of Part 15 of the Companies Act 2006 relating to small companies.

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 on 30 April 2019 and were signed on its behalf by:

P G Hopewell - Director

**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2018**

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**1. STATUTORY INFORMATION**

Sinrg Health and Wellbeing 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.

**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.

**Turnover**

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

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

Fixtures and fittings	- 15% on reducing balance
Motor vehicles	- 20% on reducing balance
Computer equipment	- 33% on cost

**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.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**2. ACCOUNTING POLICIES - continued****Hire purchase and leasing commitments**

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to profit or loss over the relevant period. The capital element of the future payments is treated as a liability.

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

**Pension costs and other post-retirement benefits**

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

**3. EMPLOYEES AND DIRECTORS**

The average number of employees during the year was 11 (2017 - 9) .

**4. TANGIBLE FIXED ASSETS**

	Plant and machinery etc £
<b>COST</b>	
At 1 October 2017	143,704
Additions	3,238
At 30 September 2018	<u>146,942</u>
<b>DEPRECIATION</b>	
At 1 October 2017	55,049
Charge for year	20,293
At 30 September 2018	<u>75,342</u>
<b>NET BOOK VALUE</b>	
At 30 September 2018	<u>71,600</u>
At 30 September 2017	<u>88,655</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**4. TANGIBLE FIXED ASSETS - continued**

Fixed assets, included in the above, which are held under hire purchase contracts are as follows:

	Plant and machinery etc £
<b>COST</b>	
At 1 October 2017	
and 30 September 2018	<u>82,730</u>
<b>DEPRECIATION</b>	
At 1 October 2017	16,546
Charge for year	<u>13,237</u>
At 30 September 2018	<u>29,783</u>
<b>NET BOOK VALUE</b>	
At 30 September 2018	<u>52,947</u>
At 30 September 2017	<u>66,184</u>

**5. FIXED ASSET INVESTMENTS**

	Other investments £
<b>COST</b>	
At 1 October 2017	8,800
Disposals	<u>(8,800)</u>
At 30 September 2018	<u>-</u>
<b>NET BOOK VALUE</b>	
At 30 September 2018	<u>-</u>
At 30 September 2017	<u>8,800</u>



**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2018	2017
	£	£
Trade debtors	30,062	23,593
Other debtors	1,176	157,357
	<u>31,238</u>	<u>180,950</u>

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2018	2017
	£	£
Hire purchase contracts (see note 9)	11,674	10,012
Trade creditors	1,230	896
Taxation and social security	24,896	28,252
Other creditors	2,245	3,100
	<u>40,045</u>	<u>42,260</u>

**8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR**

	2018	2017
	£	£
Hire purchase contracts (see note 9)	<u>53,971</u>	<u>65,645</u>

**9. LEASING AGREEMENTS**

Minimum lease payments fall due as follows:

	Hire purchase contracts 2018	2017
	£	£
Net obligations repayable:		
Within one year	11,674	10,012
Between one and five years	<u>53,971</u>	<u>65,645</u>
	<u>65,645</u>	<u>75,657</u>

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2018**

**9. LEASING AGREEMENTS - continued**

	Non-cancellable operating leases	
	2018	2017
	£	£
Within one year	377	377
Between one and five years	13,903	13,694
	<u>14,280</u>	<u>14,071</u>

**10. DIRECTORS' ADVANCES, CREDITS AND GUARANTEES**

The following advances and credits to directors subsisted during the years ended 30 September 2018 and 30 September 2017:

	2018	2017
	£	£
<b>P G Hopewell</b>		
Balance outstanding at start of year	101,070	-
Amounts advanced	157,510	166,590
Amounts repaid	(258,580)	(65,520)
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of year	<u>-</u>	<u>101,070</u>
<b>M Kenyon</b>		
Balance outstanding at start of year	56,287	-
Amounts advanced	29,389	56,287
Amounts repaid	(85,676)	-
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of year	<u>-</u>	<u>56,287</u>

**11. ULTIMATE CONTROLLING PARTY**

The controlling party is P G Hopewell.

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.