

# In-Health (Chiropractic) Ltd

Filleted Annual Report and Unaudited Abridged Financial Statements  
for the Year Ended 31 January 2020

HSJ Accountants Ltd  
Severn House  
Hazell Drive  
Newport  
South Wales  
NP10 8FY

# **In-Health (Chiropractic) Ltd**

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# **In-Health (Chiropractic) Ltd**

## **Company Information**

**Directors** Mr S Harris  
Mrs GL Harris

**Company secretary** Ms L Harris

**Registered office** Pen-Y-Bont  
Pencoed  
Bridgend  
CF35 5PU

**Accountants** HSJ Accountants Ltd  
Severn House  
Hazell Drive  
Newport  
South Wales  
NP10 8FY

# In-Health (Chiropractic) Ltd

(Registration number: 06060931)

## Abridged Balance Sheet as at 31 January 2020

	Note	2020 £	2019 £
<b>Fixed assets</b>			
Tangible assets	<u>4</u>	116,433	121,955
<b>Current assets</b>			
Debtors		269	369
Cash at bank and in hand		25,185	17,027
		25,454	17,396
<b>Prepayments and accrued income</b>		2,195	2,998
<b>Creditors:</b> Amounts falling due within one year	<u>5</u>	(23,508)	(24,513)
<b>Net current assets/(liabilities)</b>		4,141	(4,119)
<b>Total assets less current liabilities</b>		120,574	117,836
<b>Accruals and deferred income</b>		(7,904)	(2,689)
<b>Net assets</b>		112,670	115,147
<b>Capital and reserves</b>			
Called up share capital	<u>6</u>	100	100
Profit and loss account		112,570	115,047
<b>Total equity</b>		112,670	115,147

The notes on pages 4 to 7 form an integral part of these abridged financial statements.

**In-Health (Chiropractic) Ltd**

**(Registration number: 06060931)**

**Abridged Balance Sheet as at 31 January 2020**

For the financial year ending 31 January 2020 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime and the option not to file the Profit and Loss Account has been taken.

All of the company's members have consented to the preparation of an Abridged Balance Sheet in accordance with Section 444(2A) of the Companies Act 2006.

Approved and authorised by the Board on 8 October 2020 and signed on its behalf by:

.....

Mr S Harris  
Director

The notes on pages 4 to 7 form an integral part of these abridged financial statements.

# **In-Health (Chiropractic) Ltd**

## **Notes to the Abridged Financial Statements for the Year Ended 31 January 2020**

### **1 General information**

The company is a private company limited by share capital, incorporated in United Kingdom.

The address of its registered office is:

Pen-Y-Bont  
Pencoed  
Bridgend  
CF35 5PU

These financial statements were authorised for issue by the Board on 8 October 2020.

### **2 Accounting policies**

#### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### **Statement of compliance**

These abridged financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A - 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

#### **Basis of preparation**

These abridged financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

#### **Tax**

The tax expense for the period comprises current tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the reporting date in the countries where the company operates and generates taxable income.

#### **Tangible assets**

Tangible assets are stated in the statement of financial position at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

#### **Depreciation**

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Land and buildings	2% straight line
Fixtures, fittings and equipment	20% straight line
Plant and machinery	20% straight line

## **In-Health (Chiropractic) Ltd**

### **Notes to the Abridged Financial Statements for the Year Ended 31 January 2020**

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### **Trade debtors**

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Borrowings**

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Profit and Loss Account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

#### **Leases**

Leases in which substantially all the risks and rewards of ownership are retained by the lessor are classified as operating leases. Payments made under operating leases are charged to profit or loss on a straight-line basis over the period of the lease.

#### **Share capital**

Ordinary shares are classified as equity. Equity instruments are measured at the fair value of the cash or other resources received or receivable, net of the direct costs of issuing the equity instruments. If payment is deferred and the time value of money is material, the initial measurement is on a present value basis.

## In-Health (Chiropractic) Ltd

### Notes to the Abridged Financial Statements for the Year Ended 31 January 2020

#### Defined contribution pension obligation

A defined contribution plan is a pension plan under which fixed contributions are paid into a pension fund and the company has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised as employee benefit expense when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

#### 3 Staff numbers

The average number of persons employed by the company (including directors) during the year, was 4 (2019 - 4).

#### 4 Tangible assets

	Land and buildings £	Fixtures, fittings and equipment £	Plant and machinery £	Total £
<b>Cost or valuation</b>				
At 1 February 2019	118,762	29,285	2,304	150,351
Additions	350	614	-	964
At 31 January 2020	119,112	29,899	2,304	151,315
<b>Depreciation</b>				
At 1 February 2019	10,929	15,543	1,924	28,396
Charge for the year	2,380	3,969	137	6,486
At 31 January 2020	13,309	19,512	2,061	34,882
<b>Carrying amount</b>				
At 31 January 2020	105,803	10,387	243	116,433
At 31 January 2019	107,833	13,742	380	121,955

Included within the net book value of land and buildings above is £105,803 (2019 - £107,833) in respect of freehold land and buildings.

#### 5 Creditors: amounts falling due within one year

Creditors include bank loans and overdrafts and net obligations under finance lease and hire purchase contracts which are secured of £nil (2019 - £5,335).



## **In-Health (Chiropractic) Ltd**

### **Notes to the Abridged Financial Statements for the Year Ended 31 January 2020**

#### **6 Share capital**

##### **Allotted, called up and fully paid shares**

	<b>2020</b>		<b>2019</b>	
	<b>No.</b>	<b>£</b>	<b>No.</b>	<b>£</b>
Ordinary of £1 each	100	100	100	100

#### **7 Financial commitments, guarantees and contingencies**

##### **Amounts not provided for in the balance sheet**

The total amount of financial commitments not included in the balance sheet is £4,500 (2019 - £8,100).

#### **8 Related party transactions**

##### **Key management personnel**

Relationship: Directors

##### **Summary of transactions with key management**

During the year the directors made unsecured, interest free, repayable on demand loans to the company. At the balance sheet date the amount owed to the directors was £11,230 (2019 - £8,692).

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.