

BODY & MIND THERAPY CENTRE LTD

**Company Registration Number:
06374578 (England and Wales)**

Unaudited abridged accounts for the year ended 05 April 2020

Period of accounts

Start date: 06 April 2019

End date: 05 April 2020

BODY & MIND THERAPY CENTRE LTD

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for the Period Ended 05 April 2020

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BODY & MIND THERAPY CENTRE LTD

Balance sheet

As at 05 April 2020

| | <i>Notes</i> | <i>2020</i> | <i>2019</i> |
|---|--------------|-----------------|-----------------|
| | | £ | £ |
| Fixed assets | | | |
| Intangible assets: | 3 | 35,000 | 35,000 |
| Tangible assets: | 4 | 2,743 | 3,192 |
| Total fixed assets: | | <u>37,743</u> | <u>38,192</u> |
| Current assets | | | |
| Debtors: | 5 | 76 | 0 |
| Cash at bank and in hand: | | 913 | 101 |
| Total current assets: | | <u>989</u> | <u>101</u> |
| Creditors: amounts falling due within one year: | 6 | (47,433) | (45,163) |
| Net current assets (liabilities): | | <u>(46,444)</u> | <u>(45,062)</u> |
| Total assets less current liabilities: | | (8,701) | (6,870) |
| Total net assets (liabilities): | | <u>(8,701)</u> | <u>(6,870)</u> |
| Capital and reserves | | | |
| Called up share capital: | | 2 | 2 |
| Profit and loss account: | | (8,703) | (6,872) |
| Shareholders funds: | | <u>(8,701)</u> | <u>(6,870)</u> |

The notes form part of these financial statements

BODY & MIND THERAPY CENTRE LTD

Balance sheet statements

For the year ending 5 April 2020 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

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

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with Section 444(2A).

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The directors have chosen to not file a copy of the company's profit & loss account.

**This report was approved by the board of directors on 01 October 2020
and signed on behalf of the board by:**

Name: G Thomas
Status: Director

The notes form part of these financial statements

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements

for the Period Ended 05 April 2020

1. Accounting policies

These financial statements have been prepared in accordance with the provisions of Financial Reporting Standard 101

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2020

2. Employees

| | <i>2020</i> | <i>2019</i> |
|---|-------------|-------------|
| Average number of employees during the period | 4 | 4 |

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements

for the Period Ended 05 April 2020

3. Intangible Assets

| | Total |
|-----------------------|---------------|
| Cost | £ |
| At 06 April 2019 | 35,000 |
| At 05 April 2020 | <u>35,000</u> |
| Net book value | |
| At 05 April 2020 | <u>35,000</u> |
| At 05 April 2019 | <u>35,000</u> |

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2020

4. Tangible Assets

| | Total |
|-----------------------|--------------|
| Cost | £ |
| At 06 April 2019 | 6,097 |
| Additions | 239 |
| At 05 April 2020 | <u>6,336</u> |
| Depreciation | |
| At 06 April 2019 | 2,905 |
| Charge for year | 688 |
| At 05 April 2020 | <u>3,593</u> |
| Net book value | |
| At 05 April 2020 | <u>2,743</u> |
| At 05 April 2019 | <u>3,192</u> |

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2020

5. Debtors

| | <i>2020</i> | <i>2019</i> |
|---------------------------------------|-------------|-------------|
| | £ | £ |
| Debtors due after more than one year: | 0 | 0 |

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements

for the Period Ended 05 April 2020

6. Creditors: amounts falling due within one year note

Bank loans and overdrafts £9,353 Taxation £98 Other creditors £37,982 Total £47,433

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.