

BODY & MIND THERAPY CENTRE LTD

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

Unaudited abridged accounts for the year ended 05 April 2023

Period of accounts

Start date: 06 April 2022

End date: 05 April 2023

BODY & MIND THERAPY CENTRE LTD

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for the Period Ended 05 April 2023

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BODY & MIND THERAPY CENTRE LTD

Balance sheet

As at 05 April 2023

	<i>Notes</i>	2023	2022
		£	£
Fixed assets			
Intangible assets:	3	35,000	35,000
Tangible assets:	4	1,737	2,177
Total fixed assets:		<u>36,737</u>	<u>37,177</u>
Current assets			
Debtors:	5	60	309
Cash at bank and in hand:		166	653
Total current assets:		<u>226</u>	<u>962</u>
Creditors: amounts falling due within one year:	6	(31,418)	(29,997)
Net current assets (liabilities):		<u>(31,192)</u>	<u>(29,035)</u>
Total assets less current liabilities:		5,545	8,142
Creditors: amounts falling due after more than one year:	7	(13,800)	(16,200)
Total net assets (liabilities):		<u>(8,255)</u>	<u>(8,058)</u>
Capital and reserves			
Called up share capital:		2	2
Profit and loss account:		(8,257)	(8,060)
Shareholders funds:		<u>(8,255)</u>	<u>(8,058)</u>

The notes form part of these financial statements

BODY & MIND THERAPY CENTRE LTD

Balance sheet statements

For the year ending 5 April 2023 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 10 August 2023
and signed on behalf of the board by:**

Name: H Stopford
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 2023

1. Accounting policies

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2023

2. Employees

	<i>2023</i>	<i>2022</i>
Average number of employees during the period	3	3

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2023

3. Intangible Assets

	Total
Cost	£
At 06 April 2022	35,000
At 05 April 2023	<u>35,000</u>
Net book value	
At 05 April 2023	<u>35,000</u>
At 05 April 2022	<u>35,000</u>

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2023

4. Tangible Assets

	Total
Cost	£
At 06 April 2022	7,012
At 05 April 2023	<u>7,012</u>
Depreciation	
At 06 April 2022	4,835
Charge for year	440
At 05 April 2023	<u>5,275</u>
Net book value	
At 05 April 2023	<u>1,737</u>
At 05 April 2022	<u>2,177</u>

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements for the Period Ended 05 April 2023

5. Debtors

	2023	2022
	£	£
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 2023

6. Creditors: amounts falling due within one year note

Bank loans and overdrafts £4,326 Other creditors £27,092 Total £31,418

BODY & MIND THERAPY CENTRE LTD

Notes to the Financial Statements

for the Period Ended 05 April 2023

7. Creditors: amounts falling due after more than one year note

Bank loans and overdrafts £13,800

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.