REGISTERED NUMBER: 06607168 (England and Wales)

Abbreviated Unaudited Accounts

for the Year Ended 31 March 2016

for

About Health Limited

Contents of the Abbreviated Accounts for the Year Ended 31 March 2016

About Health Limited

Company Information
for the Year Ended 31 March 2016

DIRECTORS:	R Benson B W Leaker D A Baladasan Mrs W J Lawrence
SECRETARY:	Stafford House Secretarial Services Ltd
REGISTERED OFFICE:	Stafford House Blackbrook Park Avenue TAUNTON Somerset TA1 2PX
REGISTERED NUMBER:	06607168 (England and Wales)
ACCOUNTANTS:	A C Mole & Sons Stafford House Blackbrook Park Avenue Taunton Somerset TA1 2PX

Abbreviated Balance Sheet
31 March 2016

	Notes	2016 £	2016 £	2015 £	2015 £
FIXED ASSETS					
Tangible assets	2		2,835		556
CURRENT ASSETS					
Debts					
Debts factored without recourse		-		30,702	
Invoice Discounting Account		-		(21,247)	
		-		9,455	
Debtors		579,627		411,044	
Cash at bank and in hand		120,614		1,426	
		700,241		421,925	
CREDITORS					
Amounts falling due within one year		382,041		317,626	
NET CURRENT ASSETS			318,200		104,299
TOTAL ASSETS LESS CURRENT LIABILITIES			321,035		104,855
CAPITAL AND RESERVES					
Called up share capital	3		300		300
Share premium			74,970		74,970
Profit and loss account			245,765		29,585
SHAREHOLDERS' FUNDS			321,035		104,855

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2016 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

(b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each 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 notes form part of these abbreviated accounts

continued...

Abbreviated Balance Sheet - continued
31 March 2016

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on 28 December 2016 and were signed on its behalf by:

B W Leaker - Director

Notes to the Abbreviated Accounts
for the Year Ended 31 March 2016

1. ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and are in accordance with applicable accounting standards.

Turnover
Turnover represents net invoiced sales of goods, excluding value added tax.

Tangible fixed assets
Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment - 25% on cost

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. TANGIBLE FIXED ASSETS

	Total
	£
COST	
At 1 April 2015	11,814
Additions	2,786
At 31 March 2016	14,600
DEPRECIATION	
At 1 April 2015	11,258
Charge for year	507
At 31 March 2016	11,765
NET BOOK VALUE	
At 31 March 2016	2,835
At 31 March 2015	556

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2016 £	2015 £
300	Ordinary shares	1	300	300

continued...

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

The following advances and credits to directors subsisted during the years ended 31 March 2016 and 31 March 2015:

	2016	2015
	£	£
R Benson		
Balance outstanding at start of year	108,839	106,931
Amounts advanced	6,402	3,450
Amounts repaid	-	(1,542)
Balance outstanding at end of year	115,241	108,839
B W Leaker		
Balance outstanding at start of year	89,227	72,291
Amounts advanced	5,765	16,936
Amounts repaid	-	-
Balance outstanding at end of year	94,992	89,227
N S Grinstead		
Balance outstanding at start of year	44,590	44,737
Amounts advanced	4,314	1,428
Amounts repaid	-	(1,575)
Balance outstanding at end of year	48,904	44,590
S Chidgey		
Balance outstanding at start of year	-	-
Amounts advanced	966	-
Amounts repaid	-	-
Balance outstanding at end of year	966	-

There was also a loan to H Morley, a shareholder, of £97 which was outstanding at the end of the year.
N S Grinstead retired as a director on 9th June 2014, but remains a shareholder.
Interest has been charged on the overdrawn directors' loan accounts.