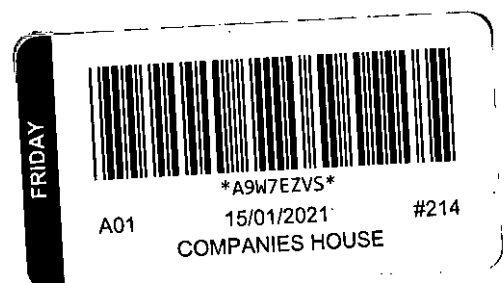


Report of the Directors and

Unaudited Financial Statements for the Year Ended 31 May 2020

for

HEALTHY MINDS, HEALTHY BODS



HEALTHY MINDS, HEALTHY BODS

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for the Year Ended 31 May 2020

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HEALTHY MINDS, HEALTHY BODS

Company Information
for the Year Ended 31 May 2020

DIRECTORS:

L E Curtis
L Fleming

REGISTERED OFFICE:

Basement Flat
33a Kelross Road
London
N5 2QS

REGISTERED NUMBER:

06912711 (England and Wales)

ACCOUNTANTS:

EKB Accountancy Services Ltd
Certified Accountants
39-41 North Road
London
N7 9DP

HEALTHY MINDS, HEALTHY BODS

Report of the Directors
for the Year Ended 31 May 2020

The directors present their report with the financial statements of the company for the year ended 31 May 2020.

DIRECTORS

The directors shown below have held office during the whole of the period from 1 June 2019 to the date of this report.

L E Curtis

L Fleming

This report has been prepared in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

ON BEHALF OF THE BOARD:

A handwritten signature in black ink, appearing to be 'L E Curtis', written in a cursive style.

L E Curtis - Director

22 September 2020

HEALTHY MINDS, HEALTHY BODS

Income Statement for the Year Ended 31 May 2020

	31.5.20 £	31.5.19 £
TURNOVER	14,919	12,310
Administrative expenses	<u>9,851</u>	<u>12,913</u>
OPERATING PROFIT/(LOSS) and PROFIT/(LOSS) BEFORE TAXATION	5,068	(603)
Tax on profit/(loss)	<u>-</u>	<u>-</u>
PROFIT/(LOSS) FOR THE FINANCIAL YEAR	<u>5,068</u>	<u>(603)</u>

The notes form part of these financial statements

Balance Sheet
31 May 2020

	Notes	31.5.20 £	31.5.19 £
CURRENT ASSETS			
Cash at bank		3,866	149
CREDITORS			
Amounts falling due within one year	4	-	1,351
NET CURRENT ASSETS/(LIABILITIES)		<u>3,866</u>	<u>(1,202)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>3,866</u>	<u>(1,202)</u>
RESERVES			
Retained earnings		<u>3,866</u>	<u>(1,202)</u>
		<u>3,866</u>	<u>(1,202)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2020.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2020 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 financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors and authorised for issue on 22 September 2020 and were signed on its behalf by:



L E Curtis - Director

HEALTHY MINDS, HEALTHY BODS

Notes to the Financial Statements **for the Year Ended 31 May 2020**

1. STATUTORY INFORMATION

HEALTHY MINDS, HEALTHY BODS 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.

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.

Hire purchase and leasing commitments

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

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2019 - 1).

4. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.5.20	31.5.19
	£	£
Other creditors	-	1,351
	<u> </u>	<u> </u>

HEALTHY MINDS, HEALTHY BODS**Detailed Profit and Loss Account**
for the Year Ended 31 May 2020

	31.5.20		31.5.19	
	£	£	£	£
Turnover				
Income received	9,740		2,000	
Grants received	5,179		10,310	
		14,919		12,310
Expenditure				
Rent and Room Hire	388		-	
Insurance	141		128	
Light and heat	400		366	
Directors' salaries	1,200		6,700	
Wages	570		-	
Volunteer Expenses	3,685		1,653	
Telephone	517		409	
Post and stationery	379		31	
Printing and Advertising	29		821	
Travelling and subsistence	477		547	
Computer expenses	783		993	
Sundry expenses	208		61	
Membership fee	182		194	
Clothing costs	-		102	
Get Together and refreshments	92		646	
Accountancy	300		262	
Health Packs & Sport Equipments	450		-	
Consultancy fee	50		-	
		9,851		12,913
NET PROFIT/(LOSS)		5,068		(603)