

VITALITY 360 LTD

Abridged Accounts

Period of accounts

Start date: 01 December 2018

End date: 30 November 2019

VITALITY 360 LTD

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For the year ended 30 November 2019

Statement of Financial Position

VITALITY 360 LTD
Statement of Financial Position
As at 30 November 2019

		2019	2018
	£	£	£
Fixed assets		128	1,420
Current assets	39,401		23,981
Prepayments and accrued income	523		551
Creditors: amount falling due within one year	(5,767)		(2,731)
Net current assets		34,157	21,801
Total assets less current liabilities		34,285	23,221
Net assets		34,285	23,221
Capital and reserves		34,285	23,221

NOTES TO THE ACCOUNTS

General Information

Vitality 360 Ltd is a private company, limited by shares, domiciled in England and Wales, registration number 07840165, registration address Unit D216 Parkhall Business Centre, 62 Tritton Road, London, SE218DE.

1. Accounting Policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 105 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared on the going concern basis and under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

2. Average No.of Employees

The average number of persons (including directors) employed by the company during the year were- 6 (2018 - 7)

For the year ended 30 November 2019 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Director's 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

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

These accounts have been prepared in accordance with the micro-entity provisions of the Companies Act 2006 and FRS 105, The financial reporting standard applicable to the micro-entities regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The income statement has not been delivered to the Registrar of Companies.

The members have agreed to the preparation of abridged accounts.

The financial statements were approved by the director on 28 April 2020 and were signed by:

Jessica Bavinton
Director

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.