

**HELP TO HEALTH CHIROPRACTIC LTD  
ABBREVIATED UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 31 MARCH 2016**

**HELP TO HEALTH CHIROPRACTIC LTD**  
**ABBREVIATED BALANCE SHEET**  
**AS AT 31 MARCH 2016**

	Notes	2016 £	2015 £
<b>Fixed assets</b>			
Tangible assets	<u>2</u>	317	250
<b>Current assets</b>			
Debtors		5,355	12,963
Cash at bank and in hand		77,614	53,243
		<u>82,969</u>	<u>66,206</u>
<b>Creditors: amounts falling due within one year</b>		(49,132)	(12,081)
<b>Net current assets</b>		<u>33,837</u>	<u>54,125</u>
<b>Net assets</b>		<u>34,154</u>	<u>54,375</u>
<b>Capital and reserves</b>			
Called up share capital	<u>3</u>	1	1
Profit and loss account		34,153	54,374
<b>Total shareholders' funds</b>		<u>34,154</u>	<u>54,375</u>

For the year ending 31 March 2016 the company was entitled to exemption from audit 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 director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Approved by the board on 6 July 2016

Mark Davies  
Director

Company Registration No. 07898917

**HELP TO HEALTH CHIROPRACTIC LTD**  
**NOTES TO THE ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 31 MARCH 2016**

---

**1 Accounting policies**

***Basis of preparation***

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

***Turnover***

Turnover represents the value, net of VAT and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

***Tangible fixed assets policy***

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Plant & machinery	33% Straight Line
Fixtures & fittings	33% Straight Line
Computer equipment	33% Straight Line

**2 Tangible fixed assets**

	<b>Plant &amp; machinery £</b>	<b>Fixtures &amp; fittings £</b>	<b>Computer equipment £</b>	<b>Total £</b>
<b>Cost</b>				
At 1 April 2015	1,601	875	1,198	3,674
Additions	287	-	-	287
At 31 March 2016	1,888	875	1,198	3,961
<b>Depreciation</b>				
At 1 April 2015	1,601	625	1,198	3,424
Charge for the year	95	125	-	220
At 31 March 2016	1,696	750	1,198	3,644
<b>Net book value</b>				
At 31 March 2016	192	125	-	317
At 31 March 2015	-	250	-	250

**3 Share capital**

	<b>2016 £</b>	<b>2015 £</b>
Allotted, called up and fully paid:		
1 Ordinary shares of £1 each	1	1

