

Registered number  
08400023

My Occupational Health Limited

Abbreviated Accounts

29 February 2016

**My Occupational Health Limited****Registered number:** 08400023**Abbreviated Balance Sheet****as at 29 February 2016**

	Notes	2016 £	2015 £
<b>Fixed assets</b>			
Tangible assets	2	58	233
<b>Current assets</b>			
Debtors		1,555	768
Cash at bank and in hand		24,113	21,082
		<u>25,668</u>	<u>21,850</u>
<b>Creditors: amounts falling due within one year</b>		<u>(2,940)</u>	<u>(9,984)</u>
<b>Net current assets</b>		22,728	11,866
<b>Net assets</b>		<u>22,786</u>	<u>12,099</u>
<b>Capital and reserves</b>			
Called up share capital	3	1	1
Profit and loss account		22,785	12,098
<b>Shareholder's funds</b>		<u>22,786</u>	<u>12,099</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Ann Askey

Director

Approved by the board on 31 May 2016

## 1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover represents the value, net of value added tax and discounts, of services provided to customers.

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

Computer equipment	25% straight line
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	Computer equipment
	£
<b>Cost</b>	
At 1 March 2015	700
At 29 February 2016	700
<b>Depreciation</b>	
At 1 March 2015	467
Charge for the year	175
At 29 February 2016	642
<b>Net book value</b>	
At 29 February 2016	58
At 28 February 2015	233

Share capital	Nominal value	2016 Number	2016 £	2015 £
Allotted, called up and fully paid:				
Ordinary shares	£1 each	1	1	1

Description and conditions	B/fwd	Paid	Repaid	C/fwd
	£	£	£	£
Ann Askey				

Non interest bearing loan	-	1,555	-	1,555
	<u>-</u>	<u>1,555</u>	<u>-</u>	<u>1,555</u>

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