My Occupational Health Limited

Report and accounts

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The following does not form part of the financial statements:	
Deatiled profit and loss account	8

My Occupational Health Limited

Registered number: 08400023

Balance Sheet

as at 28 February 2017

	Notes		2017		2016
			£		£
Fixed assets					
Tangible assets	2		-		58
Current assets					
Debtors	3	139		1,555	
Cash at bank and in hand	_	11,930	_	24,113	
		12,069		25,668	
Creditors: amounts falling					
due within one year	4	(430)		(2,940)	
Net current assets	_		11,639		22,728
Net assets		_	11,639	_	22,786
Capital and reserves					
Called up share capital			1		1
Profit and loss account			11,638		22,785
Shareholder's funds		_	11,639	_	22,786

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 and delivered in accordance with the special provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Ann Askey

Director

Approved by the board on 15 April 2017

My Occupational Health Limited Notes to the Accounts for the year ended 28 February 2017

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard).

Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes.

Tangible fixed assets

Tangible fixed assets are measured at cost less accumulative depreciation and any accumulative impairment losses. Depreciation is provided on all tangible fixed assets, other than freehold land, at rates calculated to write off the cost, less estimated residual value, of each asset evenly over its expected useful life, as follows:

Plant and machinery

over 4 years

Debtors

Short term debtors are measured at transaction price (which is usually the invoice price), less any impairment losses for bad and doubtful debts.

Creditors

Short term creditors are measured at transaction price (which is usually the invoice price).

Taxation

A current tax liability is recognised for the tax payable on the taxable profit of the current and past periods.

2 Tangible fixed assets

	Plant and machinery etc
	£
Cost	
At 1 March 2016	700
At 28 February 2017	700
Depreciation	
At 1 March 2016	642
Charge for the year	58
At 28 February 2017	700

Net book value

	Net book value				
	At 28 February 2017				-
	At 29 February 2016			_	58
3	Debtors			2017	2016
_				£	£
	Other debtors		-	139	1,555
4	Creditors: amounts falling due	within one year		2017	2016
				£	£
	Corporation tax			117	2,717
	Other creditors			313	223
			-	430	2,940
			-		
5	Loans to directors				
•	Description and conditions	B/fwd	Paid	Repaid	C/fwd
	Description and conditions	£	£	£	£
	Ann Antonio	L	L	L	L
	Ann Askey				
	Director's current account	-	139	-	139

6 Related party transactions

Included in other debtors is £139 (2016: nil) owed by the director. During the year £11,555 (2016: nil) dividends were paid to the sole shareholder, being the director.

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7 Other information

My Occupational Health Limited is a private company limited by shares and incorporated in England. Its registered office is:

113 Wilbury Road

Letchworth

Hertfordshire

SG6 4JQ

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