

Peak Performance Health and Wellbeing Ltd

Amended

**9 Peckham Grove
London
SE16 6ET**

**STATEMENT OF ACCOUNTS
FOR THE PERIOD ENDED
19 June 2015**

MONDAY



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COMPANIES HOUSE

Peak Performance Health and Wellbeing Ltd

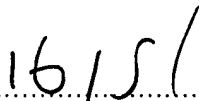
19 June 2015

I completely endorse this account and confirm that I made available all relevant records and written and verbal information for its preparation.

I acknowledge that I have received a copy of this account for the period ended
19 June 2015
and approve the same for submission to HM Revenue & Customs on my behalf.



Richard Puplampu

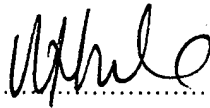


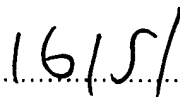
2016

ACCOUNTANTS REPORT

I have prepared the attached unaudited Income & Expenditure account and Balance Sheet from the available books, records and written and verbal information supplied by
Peak Performance Health and Wellbeing Ltd
and believe the same to be in due accord therewith

Victoria Hart-Dale (BA Hons, FCA)
36 Emerson Apartments
Hornsey
London
N8 7RF





2016

Peak Performance Health and Wellbeing Ltd

Financial statements

Period Ended 19th June 2015

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Peak Performance Health and Wellbeing Ltd

Members of the Board and professional advisers

Period Ended 19th June 2015

Registered company name Peak Performance Health and Wellbeing Ltd

Company number 9093470

Principal Office 9 Peckham Grove
London
SE15 6ET

Directors Richard Puplampu

Accountants Victoria Hart-Dale FCA
Blue Sky Consulting
36 Emerson Apartments
Chadwell Lane
N8 7RF

Bankers

Peak Performance Health and Wellbeing Ltd

Director's Annual Report Period Ended 19th June 2015

The Director for the purposes of company law, has pleasure in presenting his report and the unaudited financial statements of the company for the year ended 19th June 2015.

Reference and administrative details

Reference and administrative details are shown in the schedule of Members of the Board and professional advisers on page 1 of the financial statements.

Principal Activity

The principle activity for the company in the period under review was that of providing health and wellbeing services.

The Director

The Director held office during the whole of the period to 19th June 2015.

Statement of Director's Responsibilities

The Director is responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Director to prepare financial statements for each financial year. Under that law the Director has elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). The financial statements are required by law to give a true and fair view of the state of affairs and of the profit or loss of the company for that period.

In preparing these financial statements, the Director is required to:

- Select suitable accounting policies and then apply them consistently;
- Make sound judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis

The Director is responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and enables him to ensure that the financial statements comply with the Companies Act 2006. The Director is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Small company provisions

This report has been prepared in accordance with the special provisions for small companies under the Part VII of the Companies Act 2006.

Signed on behalf of the Board:



Richard Puplampu - Director
2016

Peak Performance Health and Wellbeing Ltd
INCOME & EXPENDITURE ACCOUNT
FOR THE PERIOD ENDED
19 June 2015

	<u>Notes</u>	Period to 19/06/2014 £
Turnover	2	17,305
Cost of sales		25,257
		<u>-7,953</u>
<u>LESS EXPENSES:-</u>		
Administrative expenses		10,188
Other operating income		200
Profit on ordinary activities before taxation	3	<u>-17,940</u>
Tax on profit on ordinary activities		0
Loss for the year	8	<u>-17,940</u>

There are no recognised gains or losses other than the profit and loss for the above financial year.

The notes on page 5 to 6 form an integral part of these financial statements

Peak Performance Health and Wellbeing Ltd
BALANCE SHEET
at
19 June 2015

	<u>Notes</u>	19/06/15 £	19/06/15 £
Fixed assets			
Tangible assets			0
Current assets			
Cash at bank and in hand		0	
Debtors		0	
		0	
Creditors: amounts falling due within one year	4	0	
Net current assets			0
Creditors: Amounts falling due after one year			-17,939
Total assets less current liabilities			-17,939
Net assets			-17,939
Capital and reserves			
Called up share capital	5		1
Retained profits/(losses)	6		-17,940
Shareholders's funds			-17,939

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

No members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.

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

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by

Richard Puplampu
Director



Peak Performance Health and Wellbeing Ltd
2016

Peak Performance Health and Wellbeing Ltd

Notes to the Financial Statements

Period Ended 19th June 2015

1. ACCOUNTING POLICIES

Basis of measurement and preparation of accounts

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

Turnover policy

The turnover shown in the profit and loss account represents revenue earned during the period.

Tangible fixed assets depreciation policy

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life. Computer Equipment - 33.3% reducing balance method.

Intangible fixed assets amortisation policy

Intangible fixed assets (including purchased goodwill and patents) are amortised at rates calculated to write off the assets on a straight basis over their estimated useful economic lives, not to exceed twenty years. Impairment of intangible assets is only reviewed where circumstances indicate that the carrying value of an asset may not be fully recoverable.

2. TURNOVER

The total turnover of the company for the year has been derived from its principal activity wholly undertaken in the UK.

3. OPERATING PROFIT

Operating profit is stated after charging:

Depreciation and other amounts written off tangible assets

19/06/15

£

0

4. CREDITORS: AMOUNT FALLING DUE WITHIN ONE YEAR

19/06/15

£

17,939

0

0

0

17,939

Director's loan

Other loan

Trade creditors

Other taxes and social security costs

5. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number	Class	Nominal value	£
100	A	£1	100

No additional shares have been issued or redeemed during the period.

Peak Performance Health and Wellbeing Ltd

Notes to the Financial Statements
Period Ended 19th June 2015

6. RESERVES

	Profit and loss account
	£
At 20th June 2014	0
Profit for the period	-17,940
At 19th June 2015	<u>-17,940</u>

Peak Performance Health and Wellbeing Ltd

A handwritten signature, possibly 'Andrew', is enclosed within a hand-drawn oval.

**9 Peckham Grove
London
SE16 6ET**

**STATEMENT OF ACCOUNTS
FOR THE PERIOD ENDED
30 June 2015**

Peak Performance Health and Wellbeing Ltd

30 June 2015

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I acknowledge that I have received a copy of this account for the period ended
30 June 2015
and approve the same for submission to HM Revenue & Customs on my behalf.



Richard Puplampu

16/5/
2016

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Victoria Hart-Dale (BA Hons, FCA)
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16/5/

2016

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Company number 9093470

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SE15 6ET

Directors Richard Puplampu

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Blue Sky Consulting
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Chadwell Lane
N8 7RF

Bankers TBC

Peak Performance Health and Wellbeing Ltd

Director's Annual Report Period Ended 30th June 2015

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Reference and administrative details

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Principal Activity

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In preparing these financial statements, the Director is required to:

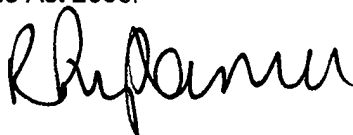
- Select suitable accounting policies and then apply them consistently;
- Make sound judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on a going concern basis

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Signed on behalf of the Board:



Richard Puplampu - Director
2016

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FOR THE PERIOD ENDED
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	<u>Notes</u>	Period to 19/06/2014 £	Period to 30/06/2015 £
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Cost of sales		25,257	0
		<u>-7,953</u>	<u>0</u>
<u>LESS EXPENSES:-</u>			
Administrative expenses		10,188	0
Other operating income		200	0
Profit on ordinary activities before taxation	3	<u><u>-17,940</u></u>	<u><u>0</u></u>
Tax on profit on ordinary activities		0	0
Loss for the period	8	<u><u>-17,940</u></u>	<u><u>0</u></u>

There are no recognised gains or losses other than the profit and loss for the above financial year.

The notes on page 5 to 6 form an integral part of these financial statements

Peak Performance Health and Wellbeing Ltd

BALANCE SHEET

at

30 June 2015

	<u>Notes</u>	19/06/15 £	19/06/15 £	30/06/15 £	30/06/15 £
Fixed assets					
Tangible assets			0		0
Current assets					
Cash at bank and in hand		0		0	
Debtors		<u>0</u>		<u>0</u>	
		0		0	
Creditors: amounts falling due within one year	4	<u>0</u>		<u>0</u>	
Net current assets			0		0
Creditors: Amounts falling due after one year			-17,939		-17,939
Total assets less current liabilities			<u>-17,939</u>		<u>-17,939</u>
Net assets			<u>-17,939</u>		<u>-17,939</u>
Capital and reserves					
Called up share capital	5		1		1
Retained profits/(losses)	6		-17,940		-17,940
Shareholders's funds			<u>-17,939</u>		<u>-17,939</u>

For the financial year in question the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

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These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by



Richard Puplampu
Director

Peak Performance Health and Wellbeing Ltd
2016

Peak Performance Health and Wellbeing Ltd

Notes to the Financial Statements

Period Ended 30th June 2015

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2. TURNOVER

The total turnover of the company for the year has been derived from its principal activity wholly undertaken in the UK.

3. OPERATING PROFIT

Operating profit is stated after charging:

Depreciation and other amounts written off tangible assets

19/06/14	30/06/15
£	£
0	0

4. CREDITORS: AMOUNT FALLING DUE WITHIN ONE YEAR

Director's loan

Other loan

Trade creditors

Other taxes and social security costs

19/06/14	30/06/15
£	£
17,939	17,939
0	0
0	0
0	0
17,939	17,939

5. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number	Class	Nominal value	£
100	A	£1	100

No additional shares have been issued or redeemed during the period.

Peak Performance Health and Wellbeing Ltd

Notes to the Financial Statements

Period Ended 30th June 2015

6. RESERVES

At 19th June 2015
Profit for the period
At 30th June 2015

**Profit and
loss
account**

£

-17,940

0

-17,940