

**THE HEALTH WORKSHOP LTD  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 OCTOBER 2017**

**The Health Workshop Ltd**  
**Unaudited Financial Statements**  
**For The Year Ended 31 October 2017**

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**The Health Workshop Ltd**  
**Balance Sheet**  
**As at 31 October 2017**

Registered number: 09136449

		2017		2016	
	Notes	£	£	£	£
<b>FIXED ASSETS</b>					
Tangible Assets	3		5,851		6,618
			<u>5,851</u>		<u>6,618</u>
<b>CURRENT ASSETS</b>					
Stocks	4	22,121		21,303	
Debtors	5	2,174		2,331	
Cash at bank and in hand		3,808		5,293	
		<u>28,103</u>		<u>28,927</u>	
<b>Creditors: Amounts Falling Due Within One Year</b>	6	(18,919 )		(20,785 )	
		<u>(18,919 )</u>		<u>(20,785 )</u>	
<b>NET CURRENT ASSETS (LIABILITIES)</b>			<u>9,184</u>		<u>8,142</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>15,035</u>		<u>14,760</u>
<b>Creditors: Amounts Falling Due After More Than One Year</b>	7		(29,543 )		(29,543 )
			<u>(29,543 )</u>		<u>(29,543 )</u>
<b>NET ASSETS</b>			<u>(14,508 )</u>		<u>(14,783 )</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	8		100		100
Profit and Loss Account			(14,608 )		(14,883 )
			<u>(14,608 )</u>		<u>(14,883 )</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>(14,508)</u>		<u>(14,783)</u>



**The Health Workshop Ltd**  
**Balance Sheet (continued)**  
**As at 31 October 2017**

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For the year ending 31 October 2017 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

**Directors' responsibilities:**

- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.
- The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

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**Mrs Alison Lane**

**18 July 2018**

The notes on pages 3 to 5 form part of these financial statements.



**The Health Workshop Ltd**  
**Notes to the Financial Statements**  
**For The Year Ended 31 October 2017**

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**1. Accounting Policies**

**1.1. Basis of Preparation of Financial Statements**

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

**1.2. Going Concern Disclosure**

The directors have not identified any material uncertainties related to events or conditions that may cast significant doubt about the company's ability to continue as a going concern. The directors have undertaken to continue to provide financial support to the company for the foreseeable future.

**1.3. Turnover**

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services.

**1.4. Tangible Fixed Assets and Depreciation**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	10% on cost
Fixtures & Fittings	20% on cost

**1.5. Stocks and Work in Progress**

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow-moving stocks.

**2. Average Number of Employees**

The average number of employees, including directors, during the year was 4 (2016: 3).

**3. Tangible Assets**

	<b>Land &amp; Property</b>		
	<b>Leasehold</b>	<b>Fixtures &amp; Fittings</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
As at 1 November 2016	2,614	6,857	9,471
Additions	-	1,081	1,081
As at 31 October 2017	2,614	7,938	10,552
<b>Depreciation</b>			
As at 1 November 2016	522	2,331	2,853
Provided during the period	261	1,587	1,848
As at 31 October 2017	783	3,918	4,701
<b>Net Book Value</b>			
As at 31 October 2017	1,831	4,020	5,851
As at 1 November 2016	2,092	4,526	6,618

**4. Stocks**

	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Stock	22,121	21,303
	22,121	21,303

**5. Debtors**

	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
<b>Due within one year</b>		
Trade debtors	57	214
Prepayments and accrued income	2,117	2,117
	2,174	2,331





**The Health Workshop Ltd**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 31 October 2017**

**6. Creditors: Amounts Falling Due Within One Year**

	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Trade creditors	5,913	8,536
Other taxes and social security	501	196
Other creditors	9,900	9,448
Accruals and deferred income	600	600
Amounts owed to group undertakings	2,005	2,005
	<u>18,919</u>	<u>20,785</u>

**7. Creditors: Amounts Falling Due After More Than One Year**

	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Directors loan account	<u>29,543</u>	<u>29,543</u>

**8. Share Capital**

	<b>2017</b>	<b>2016</b>
Allotted, Called up and fully paid	<u>100</u>	<u>100</u>

**9. Other Commitments**

At the end of the period the company had minimum lease payments under non-cancellable leases as follows:

	<b>Land and buildings</b>	
	<b>2017</b>	<b>2016</b>
	<b>£</b>	<b>£</b>
Between 1 and 5 years	<u>12,000</u>	<u>12,000</u>
	<u>12,000</u>	<u>12,000</u>

**10. Parent Undertaking and Controlling Party**

The company's parent undertaking is AJL Bookkeeping Services Ltd. AJL Bookkeeping Services Ltd is incorporated in England & Wales. Copies of the accounts may be obtained from the secretary, 10 Coton Park, Linton, Swadlincote, Derbyshire, DE12 6RD. The ultimate controlling party is Mrs Alison Lane who controls 60% of the shares of the parent undertaking.

**11. General Information**

The Health Workshop Ltd Registered number 09136449 is a limited by shares company incorporated in England & Wales. The Registered Office is 10 Coton Park, Linton, Swadlincote, Derbyshire, DE12 6RD and the company trades from 4 Rushtons Yard, Ashby-de-la-Zouch, LE65 1AL.



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.