Company Registration Number: 10692709 (England and Wales)

Unaudited statutory accounts for the year ended 31 March 2021

Period of accounts

Start date: 01 April 2020

End date: 31 March 2021

Contents of the Financial Statements

for the Period Ended 31 March 2021

Company Information - 3

Report of the Directors - 4

Profit and Loss Account - 5

Balance sheet - 6

Additional notes - 8

Balance sheet notes - 11

Company Information

for the Period Ended 31 March 2021

Director:	Karen Preece Smith
Registered office:	29, Brookbank Close Cheltenham England GL50 3NL
Company Registration Number:	10692709 (England and Wales)

Directors' Report Period Ended 31 March 2021

The directors present their report with the financial statements of the company for the period ended 31 March 2021

Principal Activities

Nutritional Therapy consultations, group programmes and speaking events.

Political and charitable donations

None

Company policy on the employment of disabled persons

Yes accept all ability employees

Additional information

None

Directors

The directors shown below have held office during the whole of the period from 01 April 2020 to 31 March 2021 Karen Preece Smith

This report was approved by the board of directors on 28 April 2021 And Signed On Behalf Of The Board By:

Name: Karen Precee Smith

Status: Director

Profit and Loss Account

for the Period Ended 31 March 2021

	Notes	2021 £	2020 £
Turnover		-	5,110
Cost of sales		(1,584)	(1,584)
Gross Profit or (Loss)		(1,584)	3,526
Income from coronavirus (COVID-19) business support grants		0	0
Distribution Costs		(0)	(0)
Administrative Expenses		(0)	(0)
Other operating income		0	0
Operating Profit or (Loss)		(1,584)	3,526
Interest Receivable and Similar Income		0	0
Interest Payable and Similar Charges		(0)	(0)
Profit or (Loss) Before Tax		(1,584)	3,526
Tax on Profit		(0)	(0)
Profit or (Loss) for Period	_	(1,584)	3,526

The notes form part of these financial statements

Balance sheet

As at 31 March 2021

	Notes	2021 £	2020 £
Fixed assets			
Intangible assets:	4	1	1
Tangible assets:	5	0	0
Total fixed assets:		1	1
Current assets			
Stocks:		0	0
Debtors:	6	0	0
Cash at bank and in hand:		0	0
Total current assets:		0	0
Prepayments and accrued income:		0	0
Creditors: amounts falling due within one year:	7	(0)	(0)
Net current assets (liabilities):	_	0	0
Total assets less current liabilities:		1	1
Creditors: amounts falling due after more than one year:	8	(0)	(0)
Provision for liabilities:		(0)	(0)
Accruals and deferred income:		(0)	(0)
Total net assets (liabilities):		1	1

The notes form part of these financial statements

Balance sheet continued

As at 31 March 2021

	Notes	2021 £	2020 £
Capital and reserves			
Called up share capital:		1	1
Revaluation reserve:	9	0	0
Profit and loss account:		0	0
Shareholders funds:		1	1

For the year ending 31 March 2021 the company was entitled to exemption 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 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.

This report was approved by the board of directors on 28 April 2021 And Signed On Behalf Of The Board By:

Name: Karen Preece Smith

Status: Director

The notes form part of these financial statements

Notes to the Financial Statements

for the Period Ended 31 March 2021

1. Accounting policies

Basis of measurement and preparation

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financial Reporting Standard 102

Notes to the Financial Statements

for the Period Ended 31 March 2021

2. Employees

	2021	2020
Average number of employees during the period	1	1

Notes to the Financial Statements

for the Period Ended 31 March 2021

3. Off balance sheet disclosure

No

Notes to the Financial Statements

for the Period Ended 31 March 2021

4. Intangible assets

	Goodwill	Total
Cost	£	£
At 01 April 2020	1	1
Additions	0	0
Disposals	(0)	(0)
Revaluations	0	0
Transfers	0	0
At 31 March 2021	1	1
Amortisation		
Amortisation at 01 April 2020	0	0
Charge for year	0	0
On disposals	(0)	(0)
Other adjustments	0	0
Amortisation at 31 March 2021	0	0
Net book value		
Net book value at 31 March 2021	1	1
Net book value at 31 March 2020	1	1

Notes to the Financial Statements

for the Period Ended 31 March 2021

5. Tangible assets

	Office equipment	Total
Cost	£	£
At 01 April 2020	1	1
Additions	0	0
Disposals	(0)	(0)
Revaluations	0	0
Transfers	0	0
At 31 March 2021	1	1
Depreciation		
At 01 April 2020	1	1
Charge for year	0	0
On disposals	(0)	(0)
Other adjustments	0	0
At 31 March 2021	1	
Net book value		
At 31 March 2021	0	0
At 31 March 2020	0	0

Notes to the Financial Statements

for the Period Ended 31 March 2021

6. Debtors

	2021 £	2020 £
Trade debtors	0	0
Prepayments and accrued income	0	0
Other debtors	0	0
Total	0	0
Debtors due after more than one year:	0	0

Notes to the Financial Statements

for the Period Ended 31 March 2021

7. Creditors: amounts falling due within one year note

	2021	2020
	£	£
Bank loans and overdrafts	0	0
Amounts due under finance leases and hire purchase contracts	0	0
Trade creditors	0	0
Taxation and social security	0	0
Accruals and deferred income	0	0
Other creditors	0	0
Total	0	0

Notes to the Financial Statements

for the Period Ended 31 March 2021

8. Creditors: amounts falling due after more than one year

	2021	2020
	£	£
Bank loans and overdrafts	0	0
Amounts due under finance leases and hire purchase contracts	0	0
Other creditors	0	0
Total	0	0

Notes to the Financial Statements

for the Period Ended 31 March 2021

9. Revaluation reserve

	2021 £
Balance at 01 April 2020	0
Surplus or deficit after revaluation	0
Balance at 31 March 2021	0

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.