Company Registration Number: 10692709 (England and Wales)

Unaudited statutory accounts for the year ended 31 March 2019

Period of accounts

Start date: 01 April 2018

End date: 31 March 2019

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for the Period Ended 31 March 2019

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Company Information

for the Period Ended 31 March 2019

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 2019

The directors present their report with the financial statements of the company for the period ended 31 March 2019

Principal Activities

Personalised Nutritional Therapy delivered on an individual basis to clients.

Political and charitable donations

N/A

Company policy on the employment of disabled persons

No disabled employees at present. We do not discriminate anyone regardless of disability, race or gender.

Additional information

N/A

Directors

The directors shown below have held office during the whole of the period from 01 April 2018 to 31 March 2019 Karen Preece Smith

This report was approved by the board of directors on 27 April 2019 And Signed On Behalf Of The Board By:

Name: Karen Precee Smith

Status: Director

Profit and Loss Account

for the Period Ended 31 March 2019

	Notes	2019 £	2018 £
Turnover		1,375	0
Cost of sales		(1,139)	(0)
Gross Profit or (Loss)		236	0
Distribution Costs		(0)	(0)
Administrative Expenses		(0)	(0)
Other operating income		0	0
Operating Profit or (Loss)		236	0
Interest Receivable and Similar Income		0	0
Interest Payable and Similar Charges		(0)	(0)
Profit or (Loss) Before Tax		236	0
Tax on Profit		(0)	(0)
Profit or (Loss) for Period	_	236	0

The notes form part of these financial statements

Balance sheet

As at 31 March 2019

	Notes	2019 £	2018 £
Fixed assets			
Intangible assets:	2	1	1
Tangible assets:	3	0	0
Total fixed assets:		1	1
Current assets			
Stocks:		0	0
Debtors:	4	2	0
Cash at bank and in hand:		0	0
Total current assets:		2	0
Prepayments and accrued income:		0	0
Creditors: amounts falling due within one year:	5	(0)	(0)
Net current assets (liabilities):		2	0
Total assets less current liabilities:		3	1
Creditors: amounts falling due after more than one year:	6	(0)	(0)
Provision for liabilities:		(0)	(0)
Accruals and deferred income:		(0)	(0)
Total net assets (liabilities):		3	1

The notes form part of these financial statements

Balance sheet continued

As at 31 March 2019

	Notes	2019 £	2018 £
Capital and reserves			
Called up share capital:		3	1
Revaluation reserve:	7	0	0
Profit and loss account:		0	0
Shareholders funds:		3	1

For the year ending 31 March 2019 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 27 April 2019 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 2019

1. Accounting policies

Basis of measurement an	ıd preparation
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These fina	ncial statements	have been prep	ared in accor	dance with the	provisions of	f Section 1A	(Small En	tities) of l	∃inancial
Reporting	Standard 102								

These financial statements have been prepared in accordance with the provisions of Section 1A (Small Entities) of Financia Reporting Standard 102
Turnover policy
N/A
Tangible fixed assets depreciation policy
N/A
Intangible fixed assets amortisation policy
N/A
Valuation information and policy
N/A
Other accounting policies
N/A

Notes to the Financial Statements

for the Period Ended 31 March 2019

2. Intangible assets

	Goodwill	Total
Cost	£	£
At 01 April 2018	1	1
Additions	-	-
Disposals	-	-
Revaluations	-	-
Transfers	-	-
At 31 March 2019	1	1
Amortisation		
Amortisation at 01 April 2018	-	-
Charge for year	-	-
On disposals	-	-
Other adjustments	-	-
Amortisation at 31 March 2019		
Net book value		
Net book value at 31 March 2019	1	1
Net book value at 31 March 2018	1	1

Notes to the Financial Statements

for the Period Ended 31 March 2019

3. Tangible assets

	Office equipment	Total
Cost	£	£
At 01 April 2018	-	-
Additions	-	-
Disposals	-	-
Revaluations	-	-
Transfers	-	-
At 31 March 2019		<u> </u>
Depreciation		
At 01 April 2018	-	-
Charge for year	-	-
On disposals	-	-
Other adjustments	-	-
At 31 March 2019		
Net book value		
At 31 March 2019	<u>-</u>	
At 31 March 2018	-	-

Notes to the Financial Statements

for the Period Ended 31 March 2019

4. Debtors

	2019 £	2018 £
Trade debtors	1	0
Prepayments and accrued income	1	
Total	2	0

Notes to the Financial Statements

for the Period Ended 31 March 2019

5. Creditors: amounts falling due within one year note

	2019	2018
	£	£
Bank loans and overdrafts		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 2019

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

	2019 £	2018 £
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 2019

7. Revaluation reserve

	2019 £
Balance at 01 April 2018	0
Surplus or deficit after revaluation	0
Balance at 31 March 2019	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.