

**Registered Number 10881659**

**INNERSTRENGTH HEALTH LIMITED**

**Micro-entity Accounts**

**31 December 2019**

**Micro-entity Balance Sheet as at 31 December 2019**

|                                              | <i>Notes</i> | <i>2019</i> | <i>2018</i> |
|----------------------------------------------|--------------|-------------|-------------|
|                                              |              | £           | £           |
| <b>Prepayments and accrued income</b>        |              | 100         | 100         |
| <b>Net current assets (liabilities)</b>      |              | <u>100</u>  | <u>100</u>  |
| <b>Total assets less current liabilities</b> |              | <u>100</u>  | <u>100</u>  |
| <b>Total net assets (liabilities)</b>        |              | <u>100</u>  | <u>100</u>  |
| <b>Capital and reserves</b>                  |              | <u>100</u>  | <u>100</u>  |

- For the year ending 31 December 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.
- The accounts have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 17 November 2020

And signed on their behalf by:

**Avril Copeland, Director**

**Notes to the Micro-entity Accounts for the period ended 31 December 2019****1 Employees**

|                                               | <i>2019</i> | <i>2018</i> |
|-----------------------------------------------|-------------|-------------|
| Average number of employees during the period | 0           | 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.