

HEALTH & PERFORMANCE COACHING LTD

Abridged Accounts

Period of accounts

Start date: 01 June 2021

End date: 31 May 2022

HEALTH & PERFORMANCE COACHING LTD
Contents Page
For the year ended 31 May 2022

Accountants' report

Statement of financial position

Notes to the financial statements

HEALTH & PERFORMANCE COACHING LTD
Accountants' Report
For the year ended 31 May 2022

Report to the directors on the preparation of the unaudited statutory accounts of Health & Performance Coaching Ltd for the year ended 31 May 2022

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Health & Performance Coaching Ltd for the year ended 31 May 2022 which comprise of the Profit and Loss Account, the Statement of Comprehensive Income, the Balance Sheet, the Statement of Changes in Equity and the related notes from the company's accounting records and from information and explanations you have given us

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at

<http://rulebook.accaglobal.com/>

This report is made solely to the Board of Directors of Health & Performance Coaching Ltd, as a body, in accordance with the terms of our engagement letter dated 28 February 2023. Our work has been undertaken solely to prepare for your approval the accounts of Health & Performance Coaching Ltd and state those matters that we have agreed to state to the Board of Directors of Health & Performance Coaching Ltd, as a body, in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at <http://www.accaglobal.com/factsheet163>. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Health & Performance Coaching Ltd and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Health & Performance Coaching Ltd has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Health & Performance Coaching Ltd. You consider that Health & Performance Coaching Ltd is exempt from the statutory audit requirement for the year

We have not been instructed to carry out an audit or a review of the accounts of Health & Performance Coaching Ltd. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts

31 May 2022

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The Lime Partnership

14 Kirby Drive

Bramley

Tadley

RG26 5FN

28 February 2023

HEALTH & PERFORMANCE COACHING LTD
Statement of Financial Position
As at 31 May 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible fixed assets		356	712
		<u>356</u>	<u>712</u>
Current assets			
Debtors: amounts falling due within one year		0	(1)
Cash at bank and in hand		496	(1,028)
		<u>496</u>	<u>(1,029)</u>
Creditors: amount falling due within one year		(3,212)	(1,437)
		<u>(2,716)</u>	<u>(2,466)</u>
Net current liabilities			
		<u>(2,716)</u>	<u>(2,466)</u>
Total assets less current liabilities		(2,360)	(1,754)
Net liabilities		<u>(2,360)</u>	<u>(1,754)</u>
Capital and reserves			
Profit and loss account		(2,360)	(1,754)
Shareholder's funds		<u>(2,360)</u>	<u>(1,754)</u>

For the year ended 31 May 2022 the company was entitled to exemption from audit under section 477 of the companies act 2006 relating to small companies.

Director's responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476.
2. The director acknowledges their responsibilities for complying with the requirements of the companies act 2006 with respect to accounting records and the preparation of accounts.

These financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of Part 15 of the Companies Act 2006. In accordance with Section 444 of the Companies Act 2006, the income statement has not been delivered to the Registrar of Companies.

The members have agreed to the preparation of abridged accounts for this accounting period in accordance with section 444(2A).

The financial statements were approved by the director on 28 February 2023 and were signed by:

Ian Vout

Director

HEALTH & PERFORMANCE COACHING LTD

Notes to the Abridged Financial Statements

For the year ended 31 May 2022

General Information

Health & Performance Coaching Ltd is a private company, limited by shares, registered in England and Wales, registration number 11364280, registration address The Beeches, Great Somerford, Chippenham, Wiltshire, SN15 5JG.

The presentation currency is £ sterling.

1. Accounting policies

Significant accounting policies

Statement of compliance

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

Basis of preparation

The financial statements have been prepared under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

Cost of sales

Cost of sales represents all costs incurred which are directly related to the delivery of a specific service.

Tangible fixed assets

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:
Computer equipment - 4 years

Computer Equipment

25% Straight Line

2. Average number of employees

Average number of employees during the year was 0 (2021 : 0).

3. Tangible fixed assets

Cost or valuation	Computer Equipment	Total
	£	£
At 01 June 2021	2,132	2,132
Additions	-	-
Disposals	-	-
At 31 May 2022	2,132	2,132
Depreciation		
At 01 June 2021	1,420	1,420
Charge for year	356	356
On disposals	-	-
At 31 May 2022	1,776	1,776
Net book values		
Closing balance as at 31 May 2022	356	356
Opening balance as at 01 June 2021	712	712

4. Share Capital

Authorised

1 Class A share of £1.00 each

Allotted, called up and fully paid

	2022	2021
	£	£
1 Class A share of £1.00 each	1	1
	1	1

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.

