

**ACTIVE HEALTH REVIVAL LIMITED
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 JANUARY 2022**

ACTIVE HEALTH REVIVAL LIMITED
UNAUDITED ACCOUNTS
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ACTIVE HEALTH REVIVAL LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 31 JANUARY 2022

Director	Natasha Emily Reed
Company Number	11781039 (England and Wales)
Registered Office	51 Loxley Road London, England SW18 3LL
Accountants	TaxSense Accountants Ltd 203 West Street Fareham Hants PO16 0EN

ACTIVE HEALTH REVIVAL LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 JANUARY 2022

	Notes	2022 £	2021 £
Fixed assets			
Tangible assets	<u>4</u>	982	1,309
Current assets			
Cash at bank and in hand		9,133	11,237
Creditors: amounts falling due within one year	<u>5</u>	(10,112)	(7,234)
Net current (liabilities)/assets		<u>(979)</u>	<u>4,003</u>
Net assets		<u>3</u>	<u>5,312</u>
Capital and reserves			
Called up share capital		1	1
Profit and loss account		<u>2</u>	<u>5,311</u>
Shareholders' funds		<u>3</u>	<u>5,312</u>

For the year ending 31 January 2022 the company was entitled to exemption from audit 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 director acknowledges her 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 and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 28 October 2022 and were signed on its behalf by

Natasha Emily Reed
Director

Company Registration No. 11781039

ACTIVE HEALTH REVIVAL LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 JANUARY 2022

1 Statutory information

Active Health Revival Limited is a private company, limited by shares, registered in England and Wales, registration number 11781039. The registered office is 51 Loxley Road, London, England, SW18 3LL.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Plant & machinery	25% reducing balance method
Computer equipment	25% reducing balance method

4 Tangible fixed assets

	Plant & machinery £	Computer equipment £	Total £
Cost or valuation	At cost	At cost	
At 1 February 2021	680	629	1,309
At 31 January 2022	680	629	1,309
Depreciation			
Charge for the year	170	157	327
At 31 January 2022	170	157	327
Net book value			
At 31 January 2022	510	472	982
At 31 January 2021	680	629	1,309

5 Creditors: amounts falling due within one year

	2022 £	2021 £
Taxes and social security	6,553	2,848
Loans from directors	2,845	3,386
Accruals	714	1,000
	10,112	7,234

ACTIVE HEALTH REVIVAL LIMITED
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 JANUARY 2022

6 Loans to directors

	Brought Forward £	Advance/ credit £	Repaid £	Carried Forward £
Natasha Emily Reed	(3,386)	6,071	5,530	(2,845)
	<u>(3,386)</u>	<u>6,071</u>	<u>5,530</u>	<u>(2,845)</u>

7 Average number of employees

During the year the average number of employees was 1 (2021: 1).

