

# Zest Psychology Limited

Unaudited Filleted Financial Statements  
for the Year Ended 30 April 2023

Thomas Alexander & Co Ltd  
590 Green Lanes  
Palmers Green  
London  
N13 5RY

# **Zest Psychology Limited**

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# **Zest Psychology Limited**

## **Company Information**

<b>Director</b>	Dr A Kane
<b>Registered office</b>	590 Green Lanes London N13 5RY
<b>Accountants</b>	Thomas Alexander & Co Ltd 590 Green Lanes Palmers Green London N13 5RY

**Zest Psychology Limited**  
**(Registration number: 12555593)**  
**Balance Sheet as at 30 April 2023**

	Note	2023 £	2022 £
<b>Fixed assets</b>			
Tangible assets		542	677
<b>Current assets</b>			
Debtors	<u>4</u>	10,673	6,326
Cash at bank and in hand		<u>21,861</u>	<u>33,389</u>
		32,534	39,715
<b>Creditors:</b> Amounts falling due within one year	<u>5</u>	<u>(15,103)</u>	<u>(14,007)</u>
<b>Net current assets</b>		<u>17,431</u>	<u>25,708</u>
<b>Net assets</b>		<u><u>17,973</u></u>	<u><u>26,385</u></u>
<b>Capital and reserves</b>			
Called up share capital	<u>6</u>	1	1
Retained earnings		<u>17,972</u>	<u>26,384</u>
Shareholders' funds		<u><u>17,973</u></u>	<u><u>26,385</u></u>

For the financial year ending 30 April 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. As permitted by section 444 (5A) of the Companies Act 2006, the director has not delivered to the registrar a copy of the Profit and Loss Account.

Approved and authorised by the director on 3 January 2024

.....  
Dr A Kane  
Director

# **Zest Psychology Limited**

## **Notes to the Unaudited Financial Statements for the Year Ended 30 April 2023**

### **1 General information**

The company is a private company limited by share capital, incorporated in UK.

The address of its registered office is:  
590 Green Lanes  
London  
N13 5RY

These financial statements were authorised for issue by the director on 3 January 2024.

### **2 Accounting policies**

#### **Summary of significant accounting policies and key accounting estimates**

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### **Statement of compliance**

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A smaller entities - 'The Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland' and the Companies Act 2006 (as applicable to companies subject to the small companies' regime).

#### **Basis of preparation**

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

#### **Going concern**

The financial statements have been prepared on a going concern basis.

#### **Revenue recognition**

Turnover comprises the fair value of the consideration received or receivable for the sale of goods and provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

The amount of revenue can be reliably measured;  
it is probable that future economic benefits will flow to the entity;  
and specific criteria have been met for each of the company's activities.

#### **Tax**

The tax expense for the period comprises current tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

The current income tax charge is calculated on the basis of tax rates and laws that have been enacted or substantively enacted by the reporting date in the countries where the company operates and generates taxable income.

## **Zest Psychology Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 30 April 2023**

#### **Tangible assets**

Tangible assets are stated in the balance sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

#### **Depreciation**

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Office equipment	20% Reduced balance basis

#### **Cash and cash equivalents**

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### **Trade debtors**

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Borrowings**

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the profit and loss account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

## **Zest Psychology Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 30 April 2023**

#### **Share capital**

Ordinary shares are classified as equity. Equity instruments are measured at the fair value of the cash or other resources received or receivable, net of the direct costs of issuing the equity instruments. If payment is deferred and the time value of money is material, the initial measurement is on a present value basis.

#### **Dividends**

Dividend distribution to the company's shareholders is recognised as a liability in the financial statements in the reporting period in which the dividends are declared.

#### **Defined contribution pension obligation**

A defined contribution plan is a pension plan under which fixed contributions are paid into a pension fund and the company has no legal or constructive obligation to pay further contributions even if the fund does not hold sufficient assets to pay all employees the benefits relating to employee service in the current and prior periods.

Contributions to defined contribution plans are recognised as employee benefit expense when they are due. If contribution payments exceed the contribution due for service, the excess is recognised as a prepayment.

## **Zest Psychology Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 30 April 2023**

#### **3 Staff numbers**

The average number of persons employed by the company (including the director) during the year, was 2 (2022 - 3).

#### **4 Debtors**

	<b>2023</b>	<b>2022</b>
<b>Current</b>	<b>£</b>	<b>£</b>
Trade debtors	10,673	6,326

#### **5 Creditors**

**Creditors: amounts falling due within one year**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
<b>Due within one year</b>		
Trade creditors	766	851
Accruals and deferred income	1,500	1,400
Taxation and social security	2,514	325
Corporation tax liability	10,288	11,164
Director loan account	35	267
	15,103	14,007



## **Zest Psychology Limited**

### **Notes to the Unaudited Financial Statements for the Year Ended 30 April 2023**

#### **6 Share capital**

##### **Allotted, called up and fully paid shares**

	<b>2023</b>		<b>2022</b>	
	<b>No.</b>	<b>£</b>	<b>No.</b>	<b>£</b>
Ordinary shares of £1 each	1	1	1	1

#### **7 Dividends**

	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Interim dividend of £52,000.00 (2022 - £26,500.00) per ordinary share	52,000	26,500

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.