

Company Number: NI058325

Active Health Solutions Limited
Unaudited Abbreviated Financial Statements
for the year ended 31 March 2015

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Active Health Solutions Limited

Company Number: NI058325

ABBREVIATED BALANCE SHEET

as at 31 March 2015

	Notes	2015 £	2014 £
Fixed Assets			
Tangible assets	1	16,229	19,815
Current Assets			
Debtors		22,594	26,177
Cash at bank and in hand		13,221	21,617
		35,815	47,794
Creditors: Amounts falling due within one year	2	(42,076)	(49,683)
Net Current Liabilities		(6,261)	(1,889)
Total Assets less Current Liabilities		9,968	17,926
Creditors			
Amounts falling due after more than one year	2	(7,596)	(10,486)
Net Assets		2,372	7,440
Capital and Reserves			
Called up share capital	3	2	2
Profit and loss account		2,370	7,438
Shareholders' Funds		2,372	7,440

These abbreviated financial statements have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

For the financial year ended 31 March 2015 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006. The directors confirm that the members have not required the company to obtain an audit of its financial statements for the year in question in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibility for ensuring that the company keeps accounting records which comply with Section 386 and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit and loss for the financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Approved by the Board and authorised for issue on 29 May 2015 and signed on its behalf by

David Saligari
Director



Rachel Saligari
Director



Active Health Solutions Limited

ACCOUNTING POLICIES

for the year ended 31 March 2015

Basis of preparation

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities (effective April 2008). The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year.

Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of tangible fixed assets, less their estimated residual value, over their expected useful lives as follows:

Short leasehold property	- 10% Straight line
Fixtures, fittings and equipment	- 20% reducing balance

The carrying values of tangible fixed assets are reviewed annually for impairment in periods if events or changes in circumstances indicate the carrying value may not be recoverable.

Taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the balance sheet date.

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Foreign currencies

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the balance sheet date. Transactions, during the year, which are denominated in foreign currencies are translated at the rates of exchange ruling at the date of the transaction. The resulting exchange differences are dealt with in the profit and loss account.

Active Health Solutions Limited

NOTES TO THE ABBREVIATED FINANCIAL STATEMENTS

for the year ended 31 March 2015

1. TANGIBLE FIXED ASSETS

	Total
	£
Cost	
At 1 April 2014	59,165
Additions	1,551
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At 31 March 2015	60,716
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Depreciation	
At 1 April 2014	39,350
Charge for the year	5,137
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At 31 March 2015	44,487
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Net book value	
At 31 March 2015	16,229
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At 31 March 2014	19,815
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2. CREDITORS

	2015 £	2014 £
Included in creditors:		
Repayable after five years	7,596	10,486
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3. SHARE CAPITAL

			2015 £	2014 £
Description	No of shares	Value of units		
Allotted, called up and fully paid				
Ordinary Shares Class 1	2	£1 each	2	2
			<hr/>	<hr/>