

Registered number
SC477934

21J Stress Solutions Limited

Abbreviated Accounts

31 May 2016

21J Stress Solutions Limited**Registered number:** SC477934**Abbreviated Balance Sheet****as at 31 May 2016**

	Notes	2016 £	2015 £
Current assets			
Debtors	1,276	7,260	
Cash at bank and in hand	76,249	63,159	
	<u>77,525</u>	<u>70,419</u>	
Creditors: amounts falling due within one year	(15,920)	(26,030)	
Net current assets		<u>61,605</u>	<u>44,389</u>
Net assets		<u>61,605</u>	<u>44,389</u>
Capital and reserves			
Called up share capital	2	100	100
Profit and loss account		61,505	44,289
Shareholders' funds		<u>61,605</u>	<u>44,389</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges his 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 provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Mr Philip Joseph Beard

Director

Approved by the board on 15 February 2017

21J Stress Solutions Limited
Notes to the Abbreviated Accounts
for the year ended 31 May 2016

1 Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

2 Share capital	Nominal value	2016 Number	2016 £	2015 £
Allotted, called up and fully paid:				
Ordinary shares	£1 each	100	<u>100</u>	<u>100</u>

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.