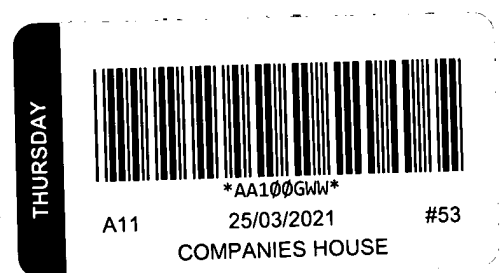


PERSONAL EFFECTIVENESS CENTRE LIMITED

REGISTERED NUMBER 02355649

**ANNUAL REPORT AND FINANCIAL STATEMENTS
FOR THE YEAR ENDED**

31 DECEMBER 2020



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Directors' Report

The Directors present their annual report and the financial statements of Personal Effectiveness Centre Limited ("the Company") for the year ended 31 December 2020.

Business Review

The Company did not trade during the year and the preceding year and therefore made no profit or loss.

Directors

Details of the present Directors and any other persons who served as a Director during the year are set out below:

M Harrison
Bupa Secretaries Limited

Auditor

The Company is a dormant company within the meaning of section 480 of the Companies Act 2006. In accordance with the aforesaid section, the Company has not appointed auditors.

Registered Office:

1 Angel Court
London
EC2R 7HJ

By Order of the Board



18/03/2021

M Harrison
Director

Balance sheet

as at 31 December 2020

	Note	2020 £'000	2019 £'000
Current assets			
Debtors	2	10	10
Net assets		10	10
Capital and reserves			
Called up share capital	3	10	10
Shareholders' Funds		10	10

The Directors of the Company hereby:

- Confirm that for the year ended 31 December 2020 the Company was entitled to exemption under section 480 of the Companies Act 2006.
- Confirm that the Members have not required the Company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Companies Act 2006.
- Acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.
- Confirm that during the financial year and the preceding financial year the Company did not trade and received no income and incurred no expenditure. Consequently, during those years the Company made neither a profit nor a loss.

These financial statements were approved by the Board of Directors and were signed on its behalf by:



M Harrison
Director
18/03/2021
Registered number: 02355649

The notes on page 3 form part of these financial statements

Notes to the Financial Statements

1. Immediate and ultimate parent company

The immediate parent undertaking of the Company is Bupa Occupational Health Limited, with its registered office at 1 Angel Court, London, EC2R 7HJ.

The ultimate parent undertaking of the Company, and the largest group into which these financial statements are consolidated, is The British United Provident Association Limited, with its registered office at 1 Angel Court, London, EC2R 7HJ. The smallest group into which these financial statements are consolidated is that headed by Bupa Finance plc, with its registered office at 1 Angel Court, London, EC2R 7HJ.

Copies of the accounts of both companies can be obtained from The Registrar of Companies, Cardiff, CF14 3UZ.

2. Debtors

	2020 £'000	2019 £'000
Amounts owed by Bupa Group undertakings	10	10

Amounts owed by Bupa Group undertakings are unsecured, have no fixed date of repayment and are repayable on demand.

3. Called up share capital

	2020 £'000	2019 £'000
10,000 (2019: 10,000) ordinary shares of £1 each	10	10