

FINANCIAL STATEMENTS FOR THE PERIOD 1 AUGUST 2018 TO 30 NOVEMBER 2019

FOR

MENTAL EXERCISE LIMITED

Waterfords Europe Limited t/a Jon Avol Waterfords
204 Field End Road
Eastcote
Pinner
Middlesex
HA5 1RD

MENTAL EXERCISE LIMITED (REGISTERED NUMBER: 02629896)

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MENTAL EXERCISE LIMITED (REGISTERED NUMBER: 02629896)**BALANCE SHEET
30 NOVEMBER 2019**

	30.11.19	31.7.18
	£	£
FIXED ASSETS	-	130
CURRENT ASSETS	100	12,253
CREDITORS		
Amounts falling due within one year	-	(6,497)
NET CURRENT ASSETS	100	5,756
TOTAL ASSETS LESS CURRENT LIABILITIES	100	5,886
CAPITAL AND RESERVES	100	5,886

NOTES TO THE FINANCIAL STATEMENTS**1. STATUTORY INFORMATION**

Mental Exercise Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address are as below:

Registered number: 02629896

Registered office: 204 Field End Road
Eastcote
Pinner
Middlesex
HA5 1RD

2. AVERAGE NUMBER OF EMPLOYEES

The average number of employees during the period was 1 (2018 - 1) .

3. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES

The following advances and (credits) to directors subsisted during the period ended 30 November 2019 and the year ended 31 July 2018:

	30.11.19	31.7.18
	£	£
R Ellyard and R Ellyard		
Balance outstanding at start of period	5,139	15,381
Amounts repaid	(5,139)	(10,242)
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of period	-	5,139

BALANCE SHEET - continued
30 NOVEMBER 2019

The Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 November 2019.

The members have not required the Company to obtain an audit of its financial statements for the period ended 30 November 2019 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the Company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the Company as at the end of each financial year and of its profit or loss for each 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.
- (b)

The financial statements have been prepared in accordance with the micro-entity provisions and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the director on 13 January 2020 and were signed by:

R Ellyard - Director

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.