

REGISTERED NUMBER: 03349945 (England and Wales)

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2017

FOR

HEALTH ZONE LIMITED

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for the Year Ended 31 March 2017**

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HEALTH ZONE LIMITED
COMPANY INFORMATION
for the Year Ended 31 March 2017

DIRECTORS: A Faik
M Qadri

SECRETARY: M Qadri

REGISTERED OFFICE: Suite 8-10 Gough House
57 Eden Street
Kingston upon Thames
Surrey
KT1 1DA

REGISTERED NUMBER: 03349945 (England and Wales)

ACCOUNTANTS: J Tanna & Co Limited
Suite 8-10 Gough House
57 Eden Street
Kingston upon Thames
Surrey
KT1 1DA

HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)

**BALANCE SHEET
31 March 2017**

	Notes	31.3.17 £	£	31.3.16 £	£
FIXED ASSETS					
Investment property	4		3,500,000		3,300,000
CURRENT ASSETS					
Stocks	5	84,373		85,127	
Debtors	6	720,475		706,732	
Cash at bank and in hand		<u>504,042</u>		<u>408,238</u>	
		1,308,890		1,200,097	
CREDITORS					
Amounts falling due within one year	7	<u>185,222</u>		<u>189,300</u>	
NET CURRENT ASSETS			<u>1,123,668</u>		<u>1,010,797</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			4,623,668		4,310,797
CREDITORS					
Amounts falling due after more than one year	8		(2,500,000)		(2,500,000)
PROVISIONS FOR LIABILITIES			<u>(200,462)</u>		<u>(171,012)</u>
NET ASSETS			<u>1,923,206</u>		<u>1,639,785</u>
CAPITAL AND RESERVES					
Called up share capital			200		200
Fair value reserve	10		854,599		684,049
Retained earnings	10		<u>1,068,407</u>		<u>955,536</u>
SHAREHOLDERS' FUNDS			<u>1,923,206</u>		<u>1,639,785</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2017.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2017 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their 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)

HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)

BALANCE SHEET - continued
31 March 2017

The financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors on 19 September 2017 and were signed on its behalf by:

A Faik - Director

M Qadri - Director

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 March 2017**

1. STATUTORY INFORMATION

Health Zone Limited is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with the provisions of Section 1A "Small Entities" of Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention as modified by the revaluation of certain assets.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Investment property

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from the changes in fair value is taken to the fair value reserve account after any adjustment for related deferred tax.

Stocks

Stocks are valued at the lower of cost and net realisable value on a first in first out basis and after making due allowance for obsolete and slow moving items.

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 9.

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2017

4. INVESTMENT PROPERTY

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from the changes in fair value is taken to the fair value reserve account after any adjustment for related deferred tax.

Cost or valuation at 31 March 2017 is represented by:

	£
Valuation in 2016	3,300,000
Valuation in 2017	<u>200,000</u>
	<u>3,500,000</u>

5. STOCKS

	31.3.17	31.3.16
	£	£
Stocks	<u>84,373</u>	<u>85,127</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.17	31.3.16
	£	£
Other debtors	<u>720,475</u>	<u>706,732</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.17	31.3.16
	£	£
Bank loans and overdrafts	269	-
Trade creditors	69,696	64,848
Tax	37,852	44,205
Social security and other taxes	20,832	23,585
Other creditors	21,053	21,892
Directors' current accounts	26,520	26,520
Accrued expenses	<u>9,000</u>	<u>8,250</u>
	<u>185,222</u>	<u>189,300</u>

8. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	31.3.17	31.3.16
	£	£
Bank loans - 2-5 years	<u>2,500,000</u>	<u>2,500,000</u>

9. SECURED DEBTS

The following secured debts are included within creditors:

	31.3.17	31.3.16
	£	£
Bank loans	<u>2,500,000</u>	<u>2,500,000</u>

The bank loan is secured against all assets of the company and a personal guarantee provided by Mr A Faik.

HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)

**NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 March 2017**

10. RESERVES

	Retained earnings £	Fair value reserve £	Totals £
At 1 April 2016	955,536	684,049	1,639,585
Profit for the year	152,471		152,471
Dividends	(39,600)		(39,600)
Investment property	-	170,550	170,550
At 31 March 2017	<u>1,068,407</u>	<u>854,599</u>	<u>1,923,006</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.