

**REGISTERED NUMBER: 03349945 (England and Wales)**

**UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2018**

**FOR**

**HEALTH ZONE LIMITED**

**CONTENTS OF THE FINANCIAL STATEMENTS  
for the Year Ended 31 March 2018**

	<b>Page</b>
<b>Company Information</b>	<b>1</b>
<b>Balance Sheet</b>	<b>2</b>
<b>Notes to the Financial Statements</b>	<b>4</b>

**HEALTH ZONE LIMITED**  
**COMPANY INFORMATION**  
**for the Year Ended 31 March 2018**

**DIRECTOR:** M Qadri

**SECRETARY:** M Qadri

**REGISTERED OFFICE:** 135 Kings Road  
Kingston upon Thames  
Surrey  
KT2 5JE

**REGISTERED NUMBER:** 03349945 (England and Wales)

**ACCOUNTANTS:** J Tanna & Co Limited  
135 Kings Road  
Kingston upon Thames  
Surrey  
KT2 5JE

**HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)**

**BALANCE SHEET  
31 March 2018**

	Notes	31.3.18 £	£	31.3.17 £	£
<b>FIXED ASSETS</b>					
Investment property	4		3,500,000		3,500,000
<b>CURRENT ASSETS</b>					
Stocks	5	74,897		84,373	
Debtors	6	704,929		720,475	
Cash at bank and in hand		<u>677,860</u>		<u>504,042</u>	
		1,457,686		1,308,890	
<b>CREDITORS</b>					
Amounts falling due within one year	7	<u>222,483</u>		<u>185,222</u>	
<b>NET CURRENT ASSETS</b>			<u>1,235,203</u>		<u>1,123,668</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			4,735,203		4,623,668
<b>CREDITORS</b>					
Amounts falling due after more than one year	8		(2,500,000)		(2,500,000)
<b>PROVISIONS FOR LIABILITIES</b>			<u>(200,462)</u>		<u>(200,462)</u>
<b>NET ASSETS</b>			<u>2,034,741</u>		<u>1,923,206</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			200		200
Fair value reserve	10		854,599		854,599
Retained earnings	10		<u>1,179,942</u>		<u>1,068,407</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>2,034,741</u>		<u>1,923,206</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2018.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2018 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 notes form part of these financial statements

**HEALTH ZONE LIMITED (REGISTERED NUMBER: 03349945)**

**BALANCE SHEET - continued**  
**31 March 2018**

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 director on 3 December 2018 and were signed by:

M Qadri - Director

The notes form part of these financial statements

**NOTES TO THE FINANCIAL STATEMENTS  
for the Year Ended 31 March 2018**

**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.

**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 10 (2017 - 9).

**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.

**NOTES TO THE FINANCIAL STATEMENTS - continued**  
**for the Year Ended 31 March 2018**

**4. INVESTMENT PROPERTY - continued**

Fair value at 31 March 2018 is represented by:

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

**5. STOCKS**

	31.3.18	31.3.17
	£	£
Stocks	<u>74,897</u>	<u>84,373</u>

**6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.18	31.3.17
	£	£
Other debtors	<u>704,929</u>	<u>720,475</u>

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.3.18	31.3.17
	£	£
Bank loans and overdrafts	-	269
Trade creditors	66,681	69,696
Tax	35,247	37,852
Social security and other taxes	4,003	3,917
VAT	18,775	16,915
Other creditors	20,455	21,053
Rent deposits	41,802	-
Directors' current accounts	26,520	26,520
Accrued expenses	<u>9,000</u>	<u>9,000</u>
	<u>222,483</u>	<u>185,222</u>

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

	31.3.18	31.3.17
	£	£
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:

	31.3.18	31.3.17
	£	£
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 2018**

**10. RESERVES**

	Retained earnings £	Fair value reserve £	Totals £
At 1 April 2017	1,068,407	854,599	1,923,006
Profit for the year	151,135		151,135
Dividends	(39,600)		(39,600)
At 31 March 2018	<u>1,179,942</u>	<u>854,599</u>	<u>2,034,541</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.