

Registered Number: 3816990

England and Wales

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INVEST 4 HEALTH LIMITED

ABBREVIATED ACCOUNTS

31ST DECEMBER 2005

--- XXX ---

MONDAY



AQQPENZ5

A18

19/03/2007

277

COMPANIES HOUSE

BALANCE SHEET AS AT 31ST DECEMBER 2005

	<u>Notes</u>	<u>2005</u>	<u>2004</u>
		£	£
FIXED ASSETS			
Tangible Assets	3	15980	11338
Investments		7	7
		<u>15987</u>	<u>11345</u>
CURRENT ASSETS			
Debtors	4	263847	208449
Cash at Bank and in Hand		0	26
		<u>263847</u>	<u>208475</u>
CREDITORS Amounts Falling Due Within One Year	5	301863	138744
		<u></u>	<u></u>
NET CURRENT (LIABILITIES) ASSETS		-38016	69731
		<u>-22029</u>	<u>81076</u>
CREDITORS Amounts Falling Due After More Than One Year	6	357244	304215
		<u></u>	<u></u>
NET LIABILITIES		-379273	-223139
		<u></u>	<u></u>
CAPITAL AND RESERVES			
Called Up Share Capital	7	50206	50206
Profit and Loss Account		-429479	-273345
		<u>-379273</u>	<u>-223139</u>

These accounts have been prepared in accordance with the special provisions relating to small companies within Part VII of the Companies Act 1985 and with the Financial Reporting Standard for Smaller Entities (effective January 2005).

The directors consider that the company is entitled to exemption from the requirement to have an audit under the provisions of section 249A(1) of the Companies Act 1985. Shareholders holding 10% or more of the nominal value of the company's issued share capital have not issued a notice requiring an audit under section 249B. The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 221 of the Companies Act 1985, and for preparing accounts which give a true and fair view of the state of affairs of the company as at 31st December 2005 and of its profit for the year then ended in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Act relating to the accounts so far as applicable to the company.

.....
N Niven
Director

Approved by the Board:

14th March 2007

NOTES TO THE ACCOUNTS - 31ST DECEMBER 2005**1 ACCOUNTING POLICIES****Basis of Accounting**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Smaller Entities (effective January 2005).

Cash Flow

The accounts do not include a cash flow statement because the company, as a small reporting entity, is exempt from the requirement to prepare such a statement under Financial Reporting Standard 1 'Cash Flow Statements'.

Tangible Fixed Assets

The cost of tangible fixed assets includes only expenditure directly incurred in bringing the assets into working condition for their intended use. Depreciation is provided at the following annual rates in order to allocate the depreciable amount of each assets over its estimated useful life.

Office Equipment	- 20% on reducing balances
Computer Equipment	- 30% on reducing balances

Deferred Taxation

In the opinion of the directors no liability will arise in the foreseeable future. Therefore no provision is made.

Provisions

Provisions are set up only where it is probable that a present obligation exists as a result of an event prior to the balance sheet date and that a payment will be required in settlement that can be estimated reliably. Where material, provisions are calculated on a discounted basis.

Revenue

Revenue - described as turnover - is the value of work (net of VAT) performed during the year with respect to services.

Leased Assets

Rental applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged against profit as incurred.

Assets held under finance leases and hire purchase contracts are capitalised and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability. The interest element of rental obligations is charged to profit and loss account over the period of the lease at a constant proportion of the outstanding balance of capital repayments.

2 OPERATING LOSS

The operating loss is stated after charging:	<u>2005</u>	<u>2004</u>
Depreciation of Tangible Fixed Assets	5202	2835
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NOTES TO THE ACCOUNTS - 31ST DECEMBER 2005

3	TANGIBLE FIXED ASSETS	Office	Computer	
		Equipment	Equipment	Total
	Cost			
	At 1st January 2005	5088	13036	18124
	Additions	8612	1232	9844
		-----	-----	-----
	At 31st December 2005	13700	14268	27968
		-----	-----	-----
	Depreciation			
	At 1st January 2005	2171	4615	6786
	Charge for Year	2306	2896	5202
		-----	-----	-----
	At 31st December 2005	4477	7511	11988
		-----	-----	-----
	Net Book Values			
	At 31st December 2005	9223	6757	15980
		-----	-----	-----
	At 31st December 2004	2917	8421	11338
		-----	-----	-----
4	DEBTORS		2005	2004
	Amounts Due From Associated Companies		257545	204895
	Prepayments		1377	2977
	Value Added Tax		4925	577
			-----	-----
			263847	208449
			-----	-----
5	CREDITORS: Amounts Falling Due Within One Year:		2005	2004
	Trade Creditors		26209	15319
	Bank Overdraft		260716	91531
	Social Security and Other Taxes		8285	6606
	Accruals		6653	25288
			-----	-----
			301863	138744
			-----	-----
	The Bank Overdraft is secured.			
6	CREDITORS: Amounts Falling Due After More Than One Year:		2005	2004
	Directors Loan Account		357244	304215
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	Debt Due After More Than One Year			
	- repayable between 2 - 5 years		357244	304215
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NOTES TO THE ACCOUNTS - 31ST DECEMBER 2005

7	CALLED UP SHARE CAPITAL	<u>2005</u>	<u>2004</u>
	Authorised		
	100,000 ordinary shares of £1 each	100000	100000
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	Allotted, called up and fully paid		
	50,206 ordinary shares of £1 each	50206	50206
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8 CONTROL

The company is controlled by N Niven by virtue of his 99.99% ownership of the issued share capital.