REGISTERED NUMBER: 04336424 (England and Wales)

Abbreviated Accounts for the Year Ended 31 March 2016

for

Anchor Health Limited

Contents of the Abbreviated Accounts for the Year Ended 31 March 2016

Company Information
for the Year Ended 31 March 2016

DIRECTOR:	A K Walia
SECRETARY:	Ms S Walia
REGISTERED OFFICE:	45 Elgin Avenue London W9 3PP
REGISTERED NUMBER:	04336424 (England and Wales)
ACCOUNTANTS:	Kesaria & Co 44 Chapman Crescent Kenton Harrow Middlesex HA3 0TE

Abbreviated Balance Sheet
31 March 2016

	Notes	31.3.16 £	£	31.3.15 £	£
FIXED ASSETS					
Tangible assets	2		75,575		83,273
CURRENT ASSETS					
Stocks		105,803		113,635	
Debtors		536,504		586,989	
Cash at bank		120,954		50,598	
		763,261		751,222	
CREDITORS					
Amounts falling due within one year		346,494		366,594	
NET CURRENT ASSETS			416,767		384,628
TOTAL ASSETS LESS CURRENT LIABILITIES			492,342		467,901
CAPITAL AND RESERVES					
Called up share capital	3		2		2
Profit and loss account			492,340		467,899
SHAREHOLDERS' FUNDS			492,342		467,901

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2016 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

(b) 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.

The notes form part of these abbreviated accounts

continued...

Abbreviated Balance Sheet - continued
31 March 2016

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 24 November 2016 and were signed by:

A K Walia - Director

1. ACCOUNTING POLICIES

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Exemption from preparing a cash flow statement
Exemption has been taken from preparing a cash flow statement on the grounds that the company qualifies as a small company.

Turnover
Turnover represents net invoiced sales of goods, excluding value added tax.

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

Plant and machinery	- 20% on reducing balance
Fixtures and fittings	- 15% on reducing balance

Stocks
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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

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 the profit and loss account in the period to which they relate.

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2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2015	165,526
Additions	7,765
At 31 March 2016	173,291
DEPRECIATION	
At 1 April 2015	82,253
Charge for year	15,463
At 31 March 2016	97,716
NET BOOK VALUE	
At 31 March 2016	75,575
At 31 March 2015	83,273

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.3.16 £	31.3.15 £
2	Ordinary	1	2	2