

Integrative Health Consulting Ltd

Annual Report and Unaudited Financial Statements
for the Year Ended 30 April 2021

Integrative Health Consulting Ltd

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Integrative Health Consulting Ltd

(Registration number: 04732296)

Balance Sheet as at 30 April 2021

	Note	2021 £	2020 £
Fixed assets			
Tangible assets	<u>4</u>	14,118	18,986
Current assets			
Debtors	<u>5</u>	200,583	200,668
Cash at bank and in hand		15,871	17,479
		<u>216,454</u>	<u>218,147</u>
Creditors: Amounts falling due within one year	<u>6</u>	<u>(22,738)</u>	<u>(21,947)</u>
Net current assets		<u>193,716</u>	<u>196,200</u>
Total assets less current liabilities		207,834	215,186
Provisions for liabilities		-	(459)
Net assets		<u>207,834</u>	<u>214,727</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		<u>207,734</u>	<u>214,627</u>
Total equity		<u>207,834</u>	<u>214,727</u>

For the financial year ending 30 April 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime and the option not to file the Profit and Loss Account has been taken.

Approved and authorised by the director on 19 January 2022

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M Ash
Director

Integrative Health Consulting Ltd

Notes to the Unaudited Financial Statements for the Year Ended 30 April 2021

1 General information

The company is a private company limited by share capital, incorporated in England and Wales.

The address of its registered office is:

Freshford House
Redcliffe Way
Bristol
BS1 6NL
United Kingdom

These financial statements were authorised for issue by the director on 19 January 2022.

2 Accounting policies

Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A - 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

Going concern

In light of the rapid global spread of the Coronavirus "COVID-19" in early 2020 and its ongoing impact, the director has reviewed projections for the next twelve months. Following this review, the director considers there to be little impact on the Company's ability to act as a going concern.

Due to the nature of operations, there is deemed to be an insignificant risk.

Revenue recognition

Turnover comprises the fair value of the consideration received or receivable for the provision of services in the ordinary course of the company's activities. Turnover is shown net of sales/value added tax, returns, rebates and discounts.

The company recognises revenue when:

- the amount of revenue can be reliably measured;
- it is probable that future economic benefits will flow to the entity;
- the costs incurred and to be incurred in respect of the transaction can be reliably measured; and
- specific criteria have been met for each of the company's activities.

Finance income and costs policy

Interest income and expenses are recognised using the effective interest rate method.

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Notes to the Unaudited Financial Statements for the Year Ended 30 April 2021

Tax

The tax expense for the period comprises deferred tax. Tax is recognised in profit or loss, except that a change attributable to an item of income or expense recognised as other comprehensive income is also recognised directly in other comprehensive income.

Deferred tax is recognised in respect of all timing differences between taxable profits and profits reported in the financial statements.

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

Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date and that are expected to apply to the reversal of the timing difference.

Tangible assets

Tangible assets are stated in the Balance Sheet at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

Asset class	Depreciation method and rate
Improvements to property	Straight line at 10%
Fixtures and fittings	Reducing balance at 25%

Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

Debtors

Trade debtors are amounts due from customers for services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

Creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Trade creditors are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

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Notes to the Unaudited Financial Statements for the Year Ended 30 April 2021

Share capital

Ordinary shares are classified as equity. Equity instruments are measured at the fair value of the cash or other resources received or receivable, net of the direct costs of issuing the equity instruments. If payment is deferred and the time value of money is material, the initial measurement is on a present value basis.

Dividends

Dividend distribution to the company's shareholders is recognised as a liability in the financial statements in the reporting period in which the dividends are declared.

3 Staff numbers

The average number of persons employed by the company (including the director) during the year was 1 (2020 - 1).

4 Tangible assets

	Improvements to property £	Fixtures and fittings £	Total £
Cost or valuation			
At 1 May 2020	41,429	12,289	53,718
At 30 April 2021	41,429	12,289	53,718
Depreciation			
At 1 May 2020	24,857	9,875	34,732
Charge for the year	4,143	725	4,868
At 30 April 2021	29,000	10,600	39,600
Carrying amount			
At 30 April 2021	12,429	1,689	14,118
At 30 April 2020	16,572	2,414	18,986

5 Debtors

	2021 £	2020 £
Prepayments	583	314
Other debtors	200,000	200,354
	<u>200,583</u>	<u>200,668</u>

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Notes to the Unaudited Financial Statements for the Year Ended 30 April 2021

6 Creditors

	2021 £	2020 £
Due within one year		
Trade creditors	432	448
Amounts due to related parties	20,336	19,889
Social security and other taxes	248	-
Other creditors	122	60
Accruals	1,600	1,550
	<u>22,738</u>	<u>21,947</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.