

**Registered Number 06744406**

**STATE OF MIND FITNESS LIMITED**

**Abbreviated Accounts**

**30 November 2015**

## Abbreviated Balance Sheet as at 30 November 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
<b>Fixed assets</b>			
Intangible assets	2	208	260
Tangible assets	3	20,947	13,184
		<u>21,155</u>	<u>13,444</u>
<b>Current assets</b>			
Debtors		3,375	6,995
Cash at bank and in hand		5,833	16,887
		<u>9,208</u>	<u>23,882</u>
<b>Creditors: amounts falling due within one year</b>		<u>(12,263)</u>	<u>(19,358)</u>
<b>Net current assets (liabilities)</b>		<u>(3,055)</u>	<u>4,524</u>
<b>Total assets less current liabilities</b>		<u>18,100</u>	<u>17,968</u>
<b>Total net assets (liabilities)</b>		<u>18,100</u>	<u>17,968</u>
<b>Capital and reserves</b>			
Called up share capital	4	100	100
Share premium account		9,901	9,901
Profit and loss account		8,099	7,967
<b>Shareholders' funds</b>		<u>18,100</u>	<u>17,968</u>

- For the year ending 30 November 2015 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 5 August 2016

And signed on their behalf by:

**Mr Barry O'Connell, Director**

## Notes to the Abbreviated Accounts for the period ended 30 November 2015

## 1 Accounting Policies

**Basis of measurement and preparation of accounts**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

**Turnover policy**

Turnover represents amounts receivable for goods and services net of trade discounts.

**Tangible assets depreciation policy**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows:

Land and buildings Leasehold Evenly over life of lease

Fixtures, fittings & equipment 25% reducing balance

**Intangible assets amortisation policy**

Patents and trademarks are valued at cost less accumulated amortisation. Amortisation is calculated to write off the cost in equal annual instalments over their estimated useful lives.

## 2 Intangible fixed assets

	£
<b>Cost</b>	
At 1 December 2014	520
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2015	<u>520</u>
<b>Amortisation</b>	
At 1 December 2014	260
Charge for the year	52
On disposals	-
At 30 November 2015	<u>312</u>
<b>Net book values</b>	
At 30 November 2015	<u>208</u>
At 30 November 2014	<u>260</u>

## 3 Tangible fixed assets

	£
<b>Cost</b>	
At 1 December 2014	42,900

Additions	14,746
Disposals	-
Revaluations	-
Transfers	-
At 30 November 2015	<u>57,646</u>
<b>Depreciation</b>	
At 1 December 2014	29,716
Charge for the year	6,983
On disposals	-
At 30 November 2015	<u>36,699</u>
<b>Net book values</b>	
At 30 November 2015	<u>20,947</u>
At 30 November 2014	<u>13,184</u>

#### 4 **Called Up Share Capital**

Allotted, called up and fully paid:

	<i>2015</i>	<i>2014</i>
	<i>£</i>	<i>£</i>
100 Ordinary shares of £1 each	100	100

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