

# Inspiring Health Limited

Unaudited Abbreviated Accounts

for the Year Ended 31 March 2016

Hargreaves Brown & Benson  
Chartered Accountants  
1 Bond Street  
Colne  
Lancashire  
BB8 9DG

Inspiring Health Limited  
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The following reproduces the text of the accountants' report in respect of the company's annual financial statements, from which the abbreviated accounts (set out on pages 2 to 5) have been prepared.

**Chartered Accountants' Report to the Director on the Preparation of the Unaudited  
Statutory Accounts of  
Inspiring Health Limited  
for the Year Ended 31 March 2016**

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Inspiring Health Limited for the year ended 31 March 2016 set out on pages 4 to 10 from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Institute of Chartered Accountants in England and Wales (ICAEW), we are subject to its ethical and other professional requirements which are detailed at [icaew.com/membershandbook](http://icaew.com/membershandbook).

This report is made solely to the Board of Directors of Inspiring Health Limited. Our work has been undertaken solely to prepare for your approval the accounts of Inspiring Health Limited and state those matters that we have agreed to state to them, as a body, in this report in accordance with AAF 2/10 as detailed at [icaew.com/compilation](http://icaew.com/compilation). To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Inspiring Health Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Inspiring Health Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Inspiring Health Limited. You consider that Inspiring Health Limited is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Inspiring Health Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

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L a n c a s h i r e  
BB8 9DG  
22 November 2016

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B e n s o n  
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S t r e e t

**Inspiring Health Limited**  
**(Registration number: 07067571)**  
**Abbreviated Balance Sheet at 31 March 2016**

	Note	2016 £	2015 £
<b>Fixed assets</b>			
Tangible fixed assets		49,000	50,119
<b>Current assets</b>			
Debtors		55,820	51,145
Cash at bank and in hand		107,642	75,149
		163,462	126,294
Creditors: Amounts falling due within one year		(37,987)	(36,214)
Net current assets		125,475	90,080
Total assets less current liabilities		174,475	140,199
Creditors: Amounts falling due after more than one year		(70,000)	(30,000)
Provisions for liabilities		-	(24)
Net assets		104,475	110,175
<b>Capital and reserves</b>			
Called up share capital	3	50	50
Profit and loss account		104,425	110,125
Shareholders' funds		104,475	110,175

For the year ending 31 March 2016 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 director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

The notes on pages 4 to 5 form an integral part of these financial statements.

**Inspiring Health Limited**  
**(Registration number: 07067571)**  
**Abbreviated Balance Sheet at 31 March 2016**  
**..... continued**

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime .

Approved by the director on 22 November 2016

.....  
Dr            Trudi            Deakin            BSc(Hons)AD            Dip            PGCE            PhD            RD  
Director

The notes on pages 4 to 5 form an integral part of these financial statements.

**Inspiring Health Limited**  
**Notes to the Abbreviated Accounts for the Year Ended 31 March 2016**  
*..... continued*

**1 Accounting policies**

**Basis of preparation**

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (Effective January 2015).

**Turnover**

Turnover represents amounts chargeable in respect of the sale of goods and services to customers.

**Amortisation**

Amortisation is provided on intangible fixed assets so as to write off the cost, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Amortisation method and rate</b>
Intellectual Property	25% straight line

**Depreciation**

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

<b>Asset class</b>	<b>Depreciation method and rate</b>
Office equipment	25% straight line
Land and buildings	2% straight line

**Deferred tax**

Deferred tax is recognised, without discounting, in respect of all timing differences between the treatment of certain items for taxation and accounting purposes, which have arisen but not reversed by the balance sheet date, except as required by the FRSSE. Deferred tax is measured at the rates that are expected to apply in the periods when the timing differences are expected to reverse, based on the tax rates and law enacted at the balance sheet date.

**Hire purchase and leasing**

Rentals payable under operating leases are charged in the profit and loss account on a straight line basis over the lease term.

**Financial instruments**

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities. Where shares are issued, any component that creates a financial liability of the company is presented as a liability in the balance sheet. The corresponding dividends relating to the liability component are charged as interest expense in the profit and loss account.

**Inspiring Health Limited**  
**Notes to the Abbreviated Accounts for the Year Ended 31 March 2016**  
*..... continued*

**2 Fixed assets**

	Intangible assets £	Tangible assets £	Total £
<b>Cost</b>			
At 1 April 2015	36,089	52,079	88,168
At 31 March 2016	36,089	52,079	88,168
<b>Depreciation</b>			
At 1 April 2015	36,089	1,960	38,049
Charge for the year	-	1,119	1,119
At 31 March 2016	36,089	3,079	39,168
<b>Net book value</b>			
At 31 March 2016	-	49,000	49,000
At 31 March 2015	-	50,119	50,119

**3 Share capital**

**Allotted, called up and fully paid shares**

	2016		2015	
	No.	£	No.	£
Ordinary shares of £1 each	50	50	50	50

**4 Control**

The company is controlled by Dr T Deakin who is the managing director and sole shareholder.

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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.