

Inspiring Health Limited

Annual Report and Unaudited Financial Statements
for the Year Ended 31 March 2017

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

Inspiring Health Limited

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Inspiring Health Limited

Company Information

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

Registered office The Glass House
Linden Mill, Rosegrove
Hebden Bridge
West Yorkshire
HX7 7DP

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

**Chartered Accountants' Report to the Director on the Preparation of the Unaudited Statutory
Accounts of
Inspiring Health Limited
for the Year Ended 31 March 2017**

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 2017 as set out on pages 3 to 9 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 <http://www.icacw.com/cn/members/regulations-standards-and-guidance/>.

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 the Board of Directors of Inspiring Health Limited, as a body, in this report in accordance with ICAEW Technical Release 07/16 AAF. 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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Hargreaves Brown & Benson
Chartered Accountants
1 Bond Street
Colne
Lancashire
BB8 9DG

10 October 2017

Inspiring Health Limited
(Registration number: 07067571)
Balance Sheet as at 31 March 2017

	Note	2017 £	2016 £
Fixed assets			
Tangible assets	<u>5</u>	48,000	49,000
Current assets			
Debtors	<u>6</u>	59,872	55,821
Cash at bank and in hand		52,836	107,642
		112,708	163,463
Creditors: Amounts falling due within one year	<u>7</u>	(33,471)	(37,987)
Net current assets		79,237	125,476
Total assets less current liabilities		127,237	174,476
Creditors: Amounts falling due after more than one year	<u>7</u>	-	(70,000)
Net assets		127,237	104,476
Capital and reserves			
Called up share capital		50	50
Profit and loss account		127,187	104,426
Total equity		127,237	104,476

For the financial year ending 31 March 2017 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 her 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.

The notes on pages 5 to 9 form an integral part of these financial statements.
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Inspiring Health Limited
(Registration number: 07067571)
Balance Sheet as at 31 March 2017

Approved and authorised by the director on 10 October 2017

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

Director

The notes on pages 5 to 9 form an integral part of these financial statements.
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Inspiring Health Limited

Notes to the Financial Statements for the Year Ended 31 March 2017

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:

The Glass House
Linden Mill, Rosegrove
Hebden Bridge
West Yorkshire
HX7 7DP

These financial statements were authorised for issue by the director on 10 October 2017.

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.

Tangible assets

Tangible assets are stated in the statement of financial position 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
Office equipment	25% straight line

Intangible assets

Separately acquired trademarks and licences are shown at historical cost.

Trademarks, licences (including software) and customer-related intangible assets acquired in a business combination are recognised at fair value at the acquisition date.

Trademarks, licences and customer-related intangible assets have a finite useful life and are carried at cost less accumulated amortisation and any accumulated impairment losses.

Inspiring Health Limited

Notes to the Financial Statements for the Year Ended 31 March 2017

Amortisation

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

Asset class	Amortisation method and rate
Intellectual property	25% straight line

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.

Trade debtors

Trade debtors are amounts due from customers for merchandise sold or 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.

Trade creditors

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable 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.

Borrowings

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Profit and Loss Account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

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.

Inspiring Health Limited

Notes to the Financial Statements for the Year Ended 31 March 2017

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 2 (2016 - 2).

Inspiring Health Limited

Notes to the Financial Statements for the Year Ended 31 March 2017

4 Intangible assets

	Trademarks, patents and licenses £	Total £
Cost or valuation		
At 1 April 2016	36,089	36,089
At 31 March 2017	36,089	36,089
Amortisation		
At 1 April 2016	36,089	36,089
At 31 March 2017	36,089	36,089
Carrying amount		
At 31 March 2017	-	-

5 Tangible assets

	Land and buildings £	Furniture, fittings and equipment £	Total £
Cost or valuation			
At 1 April 2016	50,000	2,079	52,079
At 31 March 2017	50,000	2,079	52,079
Depreciation			
At 1 April 2016	1,000	2,079	3,079
Charge for the year	1,000	-	1,000
At 31 March 2017	2,000	2,079	4,079
Carrying amount			
At 31 March 2017	48,000	-	48,000
At 31 March 2016	49,000	-	49,000

Included within the net book value of land and buildings above is £48,000 (2016 - £49,000) in respect of freehold land and buildings.

Inspiring Health Limited

Notes to the Financial Statements for the Year Ended 31 March 2017

6 Debtors

	2017 £	2016 £
Other debtors	59,872	55,821
Total current trade and other debtors	59,872	55,821

7 Creditors

	Note	2017 £	2016 £
Due within one year			
Other creditors		33,471	37,987
Due after one year			
Loans and borrowings	8	-	70,000

8 Loans and borrowings

	2017 £	2016 £
Non-current loans and borrowings		
Other borrowings	-	70,000

9 Transition to FRS 102

This is the first year that the company has presented its financial statements adopting FRS 102 'The Financial Reporting Standard Applicable in the United Kingdom and Ireland'. The previous financial statements, for the year ended 31 March 2016, were prepared under UK GAAP.

The date of transition to FRS 102 was 01 April 2015. The transition to FRS 102 has not resulted in any changes in accounting which would require a reconciliation of the profit for the financial year ended 31 March 2016 or total equity as at 01 April 2015 and 31 March 2016 between previously reported UK GAAP and FRS 102.

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.