

SPORT AND HEALTH UNITE LTD

**Company Registration Number:
07376618 (England and Wales)**

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st April 2011

End date: 31st March 2012

SUBMITTED

SPORT AND HEALTH UNITE LTD

Company Information for the Period Ended 31st March 2012

Director:	ANDREW WILLIAMSON MELISSA WILLIAMSON
Registered office:	145-157 St. John Street London EC1V 4PW GB-ENG
Company Registration Number:	07376618 (England and Wales)

SPORT AND HEALTH UNITE LTD

Abbreviated Balance sheet As at 31st March 2012

	Notes	2012 £	2011 £
Fixed assets			
Intangible assets:	2	2,929	2,929
Tangible assets:	3	1,602	2,288
Total fixed assets:		<u>4,531</u>	<u>5,217</u>
Current assets			
Stocks:		0	0
Debtors:		0	0
Cash at bank and in hand:		356	130
Total current assets:		<u>356</u>	<u>130</u>
Creditors			
Creditors: amounts falling due within one year		0	0
Net current assets (liabilities):		<u>356</u>	<u>130</u>
Total assets less current liabilities:		4,887	5,347
Creditors: amounts falling due after more than one year:	4	10,000	10,000
Provision for liabilities:		0	0
Total net assets (liabilities):		<u>(5,113)</u>	<u>(4,653)</u>

The notes form part of these financial statements

SPORT AND HEALTH UNITE LTD

Abbreviated Balance sheet As at 31st March 2012 continued

	Notes	2012 £	2011 £
Capital and reserves			
Called up share capital:	5	1,674	0
Revaluation reserve:		0	0
Profit and Loss account:		(6,787)	(4,653)
Total shareholders funds:		<u>(5,113)</u>	<u>(4,653)</u>

For the year ending 31 March 2012 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 and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 29 December 2012

SIGNED ON BEHALF OF THE BOARD BY:

Name: ANDREW WILLIAMSON

Status: Director

Name: MELISSA WILLIAMSON

Status: Director

The notes form part of these financial statements

SPORT AND HEALTH UNITE LTD

Notes to the Abbreviated Accounts for the Period Ended 31st March 2012

1. Accounting policies

Basis of measurement and preparation of accounts

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities

Turnover policy

The turnover shown in the profit and loss account represents revenue earned during the period, exclusive of VAT

Tangible fixed assets depreciation policy

Depreciation is provided, after taking account of any grants receivable, at the following annual rates in order to write off each asset over its estimated useful life. Freehold buildings - 2% on cost or revalued amounts, Plant and Machinery - 15% on cost, Fixtures and fittings - 10% on cost, Motor vehicles - 25% on cost.

Intangible fixed assets amortisation policy

Intangible fixed assets (including purchased goodwill and patents) are amortised at rates calculated to write off the assets on a straight basis over their estimated useful economic lives, not to exceed twenty years. Impairment of intangible assets is only reviewed where circumstances indicate that the carrying value of an asset may not be fully recoverable.

Valuation information and policy

Stocks and work -in-progress are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items. Cost includes all direct expenditure and an appropriate proportion of fixed and variable overheads.

Other accounting policies

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter. The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability. Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease. Research and Development Expenditure on research and development is written off in the year in which it is incurred.

SPORT AND HEALTH UNITE LTD

Notes to the Abbreviated Accounts for the Period Ended 31st March 2012

2. Intangible assets

	Total
Cost	£
At 01st April 2011:	2,929
Additions:	0
Disposals:	0
Revaluations:	0
Transfers:	0
	<u>2,929</u>
Amortisation	£
At 01st April 2011:	0
Provided during the period:	0
On disposals:	0
Other Adjustments:	0
At 31st March 2012:	<u>0</u>
Net book value	£
At 31st March 2012:	<u>2,929</u>
At 31st March 2011:	<u>2,929</u>

SPORT AND HEALTH UNITE LTD

Notes to the Abbreviated Accounts for the Period Ended 31st March 2012

3. Tangible assets

	Total
Cost	£
At 01st April 2011:	2,288
Additions:	0
Disposals:	0
Revaluations:	0
Transfers:	0
At 31st March 2012:	2,288
Depreciation	
At 01st April 2011:	0
Charge for year:	0
On disposals:	0
Other adjustments	686
At 31st March 2012:	686
Net book value	
At 31st March 2012:	1,602
At 31st March 2011:	2,288

SPORT AND HEALTH UNITE LTD

Notes to the Abbreviated Accounts for the Period Ended 31st March 2012

4. Creditors: amounts falling due after more than one year

	2012 £	2011 £
Other creditors:	10,000	10,000
Total:	<u>10,000</u>	<u>10,000</u>

This creditor amount was provided in equal part by the two directors on incorporation of the company as a start-up loan, and has not been repaid.

SPORT AND HEALTH UNITE LTD

Notes to the Abbreviated Accounts for the Period Ended 31st March 2012

5. Called up share capital

Allotted, called up and paid

Previous period			2011
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	0	0.00	0
Total share capital:			<u>0</u>
Current period			2012
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	60	27.90	1,674
Total share capital:			<u>1,674</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.

