

SPORT AND HEALTH UNITE LTD

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

**Abbreviated (Unaudited) Accounts
(Dormant Accounts)**

Period of accounts

Start date: 01 April 2015

End date: 31 March 2016

SPORT AND HEALTH UNITE LTD

Abbreviated Balance sheet

As at 31 March 2016

	<i>Notes</i>	<i>2016</i> £	<i>2015</i> £
Fixed assets			
Intangible assets:		0	0
Tangible assets:	2	315	550
Total fixed assets:		<u>315</u>	<u>550</u>
Current assets			
Stocks:		0	0
Debtors:		0	0
Cash at bank and in hand:		725	725
Total current assets:		<u>725</u>	<u>725</u>
Creditors: amounts falling due within one year:		0	0
Net current assets (liabilities):		<u>725</u>	<u>725</u>
Total assets less current liabilities:		1,040	1,275
Creditors: amounts falling due after more than one year:		(10,000)	(10,000)
Provision for liabilities:		0	0
Total net assets (liabilities):		<u><u>(8,960)</u></u>	<u><u>(8,725)</u></u>

The notes form part of these financial statements

SPORT AND HEALTH UNITE LTD

Balance sheet continued

As at 31 March 2016

	<i>Notes</i>	<i>2016</i> £	<i>2015</i> £
Capital and reserves			
Called up share capital:	3	724	724
Revaluation reserve:		0	0
Profit and loss account:		(9,684)	(9,449)
Shareholders funds:		<u>(8,960)</u>	<u>(8,725)</u>

For the year ending 31 March 2016 the company was entitled to exemption under section 480 of the Companies Act 2006 relating to dormant 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.

The financial statements were approved by the Board of Directors on 31 December 2016

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 31 March 2016

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 2008.

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 usual 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 31 March 2016

2. Tangible assets

	Total
Cost	£
01 April 2015:	550
Additions:	0
Disposals:	0
Revaluations:	0
Transfers:	0
31 March 2016:	<u>550</u>
Depreciation	
01 April 2015:	0
Charge for year:	235
On disposals:	0
Other adjustments:	0
31 March 2016:	<u>235</u>
Net book value	
31 March 2016:	<u>315</u>
31 March 2015:	<u>550</u>

SPORT AND HEALTH UNITE LTD

Notes to the Abbreviated Accounts

for the Period Ended 31 March 2016

3. Called up share capital

Allotted, called up and paid

Previous period

			2015
Class	Number of shares	Nominal value per share (£)	Total (£)
Ordinary shares:	1	724.00	724
Preference shares:			0
Total share capital (£):			<u><u>724</u></u>

Current period

			2016
Class	Number of shares	Nominal value per share (£)	Total (£)
Ordinary shares:	1	724.00	724
Preference shares:			0
Total share capital (£):			<u><u>724</u></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.