

Registered Number 07376618

SPORT AND HEALTH UNITE LTD

Abbreviated Accounts

31 March 2014

Abbreviated Balance Sheet as at 31 March 2014

	<i>Notes</i>	<i>2014</i>	<i>2013</i>
		£	£
Called up share capital not paid		-	-
Fixed assets			
Intangible assets		-	-
Tangible assets	2	785	1,121
Investments		-	-
		<u>785</u>	<u>1,121</u>
Current assets			
Stocks		-	-
Debtors		-	-
Investments		-	-
Cash at bank and in hand		724	754
		<u>724</u>	<u>754</u>
Prepayments and accrued income		-	-
Creditors: amounts falling due within one year	3	0	0
Net current assets (liabilities)		<u>724</u>	<u>754</u>
Total assets less current liabilities		<u>1,509</u>	<u>1,875</u>
Creditors: amounts falling due after more than one year	3	(10,000)	(10,000)
Provisions for liabilities		0	0
Accruals and deferred income		0	0
Total net assets (liabilities)		<u>(8,491)</u>	<u>(8,125)</u>
Capital and reserves			
Called up share capital	4	60	1,674
Share premium account		0	0
Revaluation reserve		0	0
Other reserves		0	0
Profit and loss account		(8,551)	(9,799)
Shareholders' funds		<u>(8,491)</u>	<u>(8,125)</u>

- For the year ending 31 March 2014 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 28 December 2014

And signed on their behalf by:

Dr Andrew Williamson, Director

Mrs Melissa Williamson, Director

Notes to the Abbreviated Accounts for the period ended 31 March 2014**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

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

Tangible 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 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.

2 Tangible fixed assets

	£
Cost	
At 1 April 2013	1,121
Additions	0
Disposals	0
Revaluations	0

Transfers	0
At 31 March 2014	<u>1,121</u>
Depreciation	
At 1 April 2013	0
Charge for the year	336
On disposals	0
At 31 March 2014	<u>336</u>
Net book values	
At 31 March 2014	<u>785</u>
At 31 March 2013	<u>1,121</u>

3 Creditors

	<i>2014</i>	<i>2013</i>
	<i>£</i>	<i>£</i>
Non-instalment debts due after 5 years	10,000	10,000

4 Called Up Share Capital

Allotted, called up and fully paid:

	<i>2014</i>	<i>2013</i>
	<i>£</i>	<i>£</i>
60 Ordinary shares of £1 each (1,674 shares for 2013)	60	1,674

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.