

**SPORT AND HEALTH UNITE LTD**

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

**Abbreviated (Unaudited) Accounts  
Company limited by guarantee  
(Dormant Accounts)**

**Period of accounts**

**Start date: 01 April 2014**

**End date: 31 March 2015**

# SPORT AND HEALTH UNITE LTD

## Abbreviated Balance sheet

As at 31 March 2015

	<i>Notes</i>	<i>2015</i> £	<i>2014</i> £
<b>Fixed assets</b>			
Intangible assets:		0	0
Tangible assets:	2	550	785
<b>Total fixed assets:</b>		<u>550</u>	<u>785</u>
<b>Current assets</b>			
Stocks:		0	0
Debtors:		0	0
Cash at bank and in hand:		724	724
<b>Total current assets:</b>		<u>724</u>	<u>724</u>
Creditors: amounts falling due within one year:		0	0
<b>Net current assets (liabilities):</b>		<u>724</u>	<u>724</u>
Total assets less current liabilities:		1,274	1,509
Creditors: amounts falling due after more than one year:		( 10,000 )	( 10,000 )
Provision for liabilities:		0	0
<b>Total net assets (liabilities):</b>		<u><u>( 8,726 )</u></u>	<u><u>( 8,491 )</u></u>

The notes form part of these financial statements

# SPORT AND HEALTH UNITE LTD

## Balance sheet continued

As at 31 March 2015

	<i>Notes</i>	<i>2015</i>	<i>2014</i>
		£	£
<b>Reserves</b>			
Revaluation reserve:		0	0
Income and expenditure account:		724	724
<b>Members funds:</b>		<u>724</u>	<u>724</u>

For the year ending 31 March 2015 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 28 December 2015

### 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 2015**

### **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 2015

### 2. Tangible assets

	Total
Cost	£
01 April 2014:	785
Additions:	0
Disposals:	0
Revaluations:	0
Transfers:	0
31 March 2015:	<u>785</u>
<b>Depreciation</b>	
01 April 2014:	0
Charge for year:	235
On disposals:	0
Other adjustments:	0
31 March 2015:	<u>235</u>
<b>Net book value</b>	
31 March 2015:	<u><b>550</b></u>
31 March 2014:	<u><b>785</b></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.