

LIQ03

Notice of progress report in voluntary winding up



Companies House

For further information, please
refer to our guidance at
www.gov.uk/companieshouse

1 Company details

Company number 07610960

Company name in full Health For Living Limited

→ Filling in this form

Please complete in typescript or in
bold black capitals.

2 Liquidator's name

Full forename(s) Diana

Surname Frangou

3 Liquidator's address

Building name/number RSM Restructuring Advisory LLP

Street St Philips Point

Temple Row

Post town Birmingham

County/Region

Postcode B25AF

Country

4 Liquidator's name ①

Full forename(s) Guy Edward Brooke

Surname Mander

① Other liquidator

Use this section to tell us about
another liquidator.

5 Liquidator's address ②

Building name/number RSM Restructuring Advisory LLP

Street St Philips Point

Temple Row

Post town Birmingham

County/Region

Postcode B25AF


Country

② Other liquidator

Use this section to tell us about
another liquidator.

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6	Period of progress report													
From date	^d	2	^d	0	^m	0	^m	3	^y	2	^y	0	^y	0
To date	^d	1	^d	9	^m	0	^m	3	^y	2	^y	0	^y	2
7	Progress report													
	<input checked="" type="checkbox"/> The progress report is attached													
8	Sign and date													
Liquidator's signature	<div>Signature</div> <div>  </div>													
Signature date	^d	3	^d	0	^m	0	^m	3	^y	2	^y	0	^y	2

**Presenter information**

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name Diana Frangou

Company name RSM Restructuring Advisory LLP

Address St Philips Point

Temple Row

Post town Birmingham

County/Region

Postcode B 2 5 A F

Country

DX

Telephone 0121 214 3100

**Checklist**

We may return forms completed incorrectly or with information missing.

Please make sure you have remembered the following:

- ☐ The company name and number match the information held on the public Register.
- ☐ You have attached the required documents.
- ☐ You have signed the form.

**Important information**

All information on this form will appear on the public record.

**Where to send**

You may return this form to any Companies House address, however for expediency we advise you to return it to the address below:

The Registrar of Companies, Companies House,
Crown Way, Cardiff, Wales, CF14 3UZ.
DX 33050 Cardiff.

**Further information**

For further information please see the guidance notes on the website at www.gov.uk/companieshouse or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.gov.uk/companieshouse

In the matter of

Health For Living Limited In Liquidation
(‘the Company’)

Joint Liquidators' Progress Report

30 March 2021

Diana Frangou and Guy Edward Brooke Mander
Joint Liquidators

RSM Restructuring Advisory LLP
St Philips Point
Temple Row
Birmingham
B2 5AF

Tel: 0121 214 3100

Email: restructuring.birmingham@rsmuk.com

Sections

1. Progress of the liquidation in the previous twelve months
2. Distributions to members
3. Details of what remains to be done and matters preventing closure
4. Receipts and payments summary
5. Joint Liquidators' remuneration, expenses and disbursement
6. Members' right to information and ability to challenge remuneration and expenses

Appendices

- A. Statutory and other information
- B. Summary of receipts and payments
- C. Charging, expenses and disbursements policy statement
- D. Current charge out and category 2 disbursement rates
- E. Statement of expenses incurred in the period from 20 March 2020 to 19 March 2021
- F. Joint Liquidators' time cost analysis for the period 20 March 2020 to 19 March 2021

This report has been prepared in accordance with insolvency legislation to provide members and the Registrar of Companies with information relating to the progress of the liquidation in the period from 20 March 2020 to 19 March 2021.

This report has been prepared solely to comply with the statutory requirements of the relevant legislation. It has not been prepared for use in respect of any other purpose, or to inform any investment decision in relation to any debt or financial interest in the Company.

Neither the Joint Liquidators nor RSM Restructuring Advisory LLP accept any liability whatsoever arising as a result of any decision or action taken or refrained from as a result of information contained in this report.

1 Progress of the liquidation in the previous twelve months

1.1 Payments to creditors

No creditors were disclosed in the directors' Declaration of Solvency ("DoS") and no creditors have submitted a claim in the liquidation to date.

1.2 Realisation of assets

The Joint Liquidators are obliged to realise and get in the Company's property and maximise realisations. Details of the realisations made are set out below, with information relating to dividends, if any, contained within Appendix A.

1.2.1 Cash at bank

The only asset disclosed in the DoS was cash at bank of £527,493, representing the accumulated surplus of the Company. This was paid out to the four members shortly before the liquidation.

1.2.2 Refund from HM Revenue & Customs ('HMRC')

During the period, the Joint Liquidators spent time attempting to receive clearance from HMRC in order to close the liquidation. HMRC advised that certain PAYE returns were outstanding. Following their submission and HMRC's subsequent confirmation that all returns were submitted and they had no objection to the closure of the liquidation, they advised that a repayment of c£19.5k was due to the Company as a result of previous overpayments.

This repayment was advised at the start of March 2021 and in order to receive funds the Liquidators have opened a bank account. It is expected that the funds will be received shortly.

1.3 Case specific matters

During the period, time has been spent liaising with the directors in relation to various matters following the appointment of Joint Liquidators. This was necessary in order to ensure that the Joint Liquidators provided the correct information to HMRC and have conducted their statutory obligations.

1.4 Administration and planning

Certain aspects of the work that the Joint Liquidators undertake are derived from the underlying legal and regulatory framework for cases of this nature. This work, which does not usually result in any direct financial return to shareholders, is a necessary aspect of ensuring that the Joint Liquidators are complying with both of their legislative and best practice responsibilities, and ensuring that the case is managed efficiently and effectively. It includes matters such as:

Statutory requirements

- statutory filing, advertising and appointment notifications to prescribed parties;
- taxation matters including liaising with the directors in respect of outstanding taxation matters and seeking clearance from HMRC in order to close the liquidation; and
- pension scheme matters, including notifying the Pension Protection Fund, Pensions Regulator and Nest pension of the appointment of Liquidators.

Case management matters

- periodic case reviews, ongoing case planning and statutory, liaising with joint office holders;
- maintaining and updating computerised case management records;
- dealing with routine correspondence not attributable to other categories of work;
- maintenance of cashing records, bank accounts, receipts and payments, billing; and
- initial and ongoing consideration of ethical, conflict & anti money laundering checks.

2 Distributions to members

No cash or in specie distributions have been made to the members during the period. However, once funds have been received from HMRC, the Joint Liquidators will make a first and final distribution of the balance of funds.

3 Details of what remains to be done and matters preventing closure

3.1 Assets remaining to be realised

As advised above, the only asset remaining to be realised is the repayment due from HMRC. This is expected to be received in the coming months and therefore details of the realisation will be included in our final account.

3.2 Other outstanding matters

The following matters remain outstanding prior to closing the liquidation:

- Receive the funds due to Company from HMRC;
- Distribute the remaining funds to the members of the Company; and
- Issue the proposed final account to the members.

4 Receipts and payments summary

We attach at Appendix B a summary of our receipts and payments for the period from 20 March 2020 to 19 March 2021. There have been no transactions during the period, however this is included for completeness.

5 Joint Liquidators' remuneration, expenses and disbursements

5.1 Authority for remuneration

The Joint Liquidators' remuneration was approved on a time cost basis by the shareholders. We have incurred time costs of £6,667 since the date of our appointment. Of this, a total of £4,000 (plus VAT) was paid prior to the Company entering liquidation, and the balance is outstanding.

Approval was also given to the drawing of disbursements, including category 2 disbursements. Details of the current rates are attached at Appendix D.

5.2 Remuneration and disbursements incurred in the period from 20 March 2020 to 19 March 2021

An analysis of time incurred in the period is attached at Appendix F. No sums were drawn in respect of remuneration in the period.

No category 2 disbursements were incurred in the period.

5.3 Expenses and disbursements

A statement of the expenses incurred during the period is attached at Appendix E. This includes all expenses incurred by the Joint Liquidators in the period of the report irrespective of whether they have been paid or not and may include estimated amounts where actual invoices have not been received.

5.4 Pre-appointment fees and expenses

At a Board meeting held prior to the liquidation the Directors approved the payment of pre-appointment fees in the sum of £3,500 plus VAT to be paid to RSM Restructuring Advisory LLP. These fees were paid by the Company prior to the liquidation.

6 Members' right to information and ability to challenge remuneration and expenses

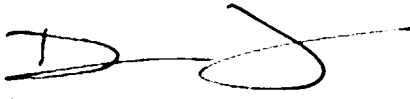
In accordance with the provisions of the relevant legislation members have a right to request further information about remuneration or expenses and to challenge such remuneration or expenses.

A request for further information must be made in writing within 21 days of receipt of this report.

Members of the Company with at least 10% of the total voting rights of all members having the right to vote at general meetings of the Company, or any members with the permission of the court, may apply to court that the remuneration charged, the basis fixed or expenses incurred by the liquidator are in all the circumstances excessive.

Any such challenge must be made no later than eight weeks after receipt of the report which first discloses the charging of remuneration or incurring of the expenses in question.

If you would like a copy of A Shareholders Guide to Liquidator's Fees, please let me know.
Should you have any further queries please contact Daniel Evans of my office.



Diana Frangou
RSM Restructuring Advisory LLP
Joint Liquidator

Diana Frangou and Guy Mander are licensed to act as Insolvency Practitioners in the UK by the Institute of Chartered Accountants in
England and Wales

Insolvency Practitioners are bound by the Insolvency Code of Ethics when carrying out all professional work relating to an insolvency
appointment

Appendix A

Statutory and other information

Company information	
Company name:	Health For Living Limited
Company number:	07610960
Date of incorporation:	20 April 2011
Trading name:	Health For Living
Trading address:	134 High Street, Rowley Regis, West Midlands, B65 0EE
Principal activity:	Human health activities
Registered office:	c/o RSM Restructuring Advisory LLP, St Philips Point, Temple Row, Birmingham, B2 5AF

Liquidation information		
Joint Liquidators:	Diana Frangou and Guy Edward Brooke Mander	
Date of appointment:	20 March 2020	
Functions:	<p>The Joint Liquidators' appointment specified that they would have power to act jointly and severally.</p> <p>The Joint Liquidators' have exercised, and will continue to exercise, all of their functions jointly and severally as stated in the notice of appointment.</p>	
Correspondence address & contact details of case manager:	<p>Samantha Rogers</p> <p>0121 214 3100</p> <p>RSM Restructuring Advisory LLP, St Philips Point, Temple Row, Birmingham, B2 5AF</p>	
Name, address & contact details of Joint Liquidator:	<p>Primary Office Holder</p> <p>Diana Frangou</p> <p>RSM Restructuring Advisory LLP</p> <p>St Philips Point</p> <p>Temple Row</p> <p>Birmingham, B2 5AF</p> <p>0121 214 3100</p> <p>IP Number: 9559</p>	<p>Joint Office Holder:</p> <p>Guy Edward Brooke Mander</p> <p>RSM Restructuring Advisory LLP</p> <p>St Philips Point</p> <p>Temple Row</p> <p>Birmingham, B2 5AF</p> <p>0121 214 3100</p> <p>IP Number: 8845</p>

Appendix B

Summary of receipts and payments

**Health For Living Limited
In Liquidation
Joint Liquidators' Summary of Receipts & Payments**

Declaration of Solvency £		From 20/03/2020 To 19/03/2021 £	From 20/03/2020 To 19/03/2021 £
<hr/>			
527 493 00	ASSET REALISATIONS		
	Cash at Bank	<hr/> NIL	<hr/> NIL
		<hr/> NIL	<hr/> NIL
<hr/> 527,493.00		<hr/> NIL	<hr/> NIL
	REPRESENTED BY	<hr/> <hr/>	<hr/> <hr/>
			<hr/> <hr/> NIL

Appendix C

RSM Restructuring Advisory LLP Charging, expenses and disbursements policy

Charging policy

- Partners, directors, managers, administrators, cashiers, secretarial and support staff are allocated an hourly charge out rate which is reviewed from time to time.
- Work undertaken by cashiers, secretarial and support staff will be or has been charged for separately and such work will not or has not also been charged for as part of the hourly rates charged by partners, directors, managers and administrators.
- Time spent by partners and all staff in relation to the insolvency estate is charged to the estate.
- Time is recorded in 6-minute units at the rates prevailing at the time the work is done.
- The current charge rates for RSM Restructuring Advisory LLP Central are attached.
- Time billed is subject to Value Added Tax at the applicable rate, where appropriate.
- It is the office holder's policy to ensure that work undertaken is carried out by the appropriate grade of staff required for each task, having regard to its complexity and the skill and experience actually required to perform it.
- RSM Restructuring Advisory LLP's charge out rates are reviewed periodically.

Expenses and disbursements policy

- Only expenses and disbursements properly incurred in relation to an insolvency estate are re-charged to the insolvency estate.
- Expenses and disbursements which comprise external supplies of incidental services specifically identifiable to the insolvency estate require disclosure to the relevant approving party, but do not require approval of the relevant approving party prior to being drawn from the insolvency estate. These are known as 'category 1' disbursements.
- Expenses and disbursements which are not capable of precise identification and calculation (for example any which include an element of shared or allocated costs) or payments to outside parties that the firm or any associate has an interest, require the approval of the relevant approving party prior to being drawn from the insolvency estate. These are known as 'category 2' disbursements.
- A decision regarding the approval of category 2 disbursements at the rates prevailing at the time the cost is incurred to RSM Restructuring Advisory LLP Central will be sought from the relevant approving party in accordance with the legislative requirements.
- General office overheads are not re-charged to the insolvency estate as a disbursement.
- Any payments to outside parties in which the office holder or his firm or any associate has an interest will only be made with the approval of the relevant approving party.
- Expenses and disbursements re-charged to or incurred directly by an insolvency estate are subject to VAT at the applicable rate, where appropriate.

Appendix D

RSM Restructuring Advisory LLP Central current charge out and category 2 disbursement rates

Hourly charge out rates		
	Rates at commencement £	Current rates £
Partner	525	525
Directors / Associate Directors	345 – 460	345 – 460
Manager	260 – 300	175 – 300
Assistant Managers	175 – 205	175 – 205
Administrators	110 – 175	110 – 175
Support staff	100	100

Category 2 disbursement rates	
Internal room hire	£25/80 per room
Subsistence	£25 per night
Travel (car)	42.5p per mile
'Tracker' searches	£10 per case

Appendix E

Statement of expenses incurred in the period from 20 March 2020 to 19 March 2021

		£	
Expenses (excluding category 2 disbursements)	Incurred to date	Paid to date	Unpaid
Type and purpose			
Statutory advertising	283.50	283.50	-
Postage	0.69	0.69	-
Sub Total	284.19	284.19*	Nil
Category 2 disbursements			
Recipient, type and purpose			
Sub Total	Nil	Nil	Nil
Total	284.19	284.19	Nil

*these expenses were paid by the Company prior to the liquidation

Appendix F

Joint Liquidators' time cost analysis for the period from 20 March 2020 to 19 March 2021

Statutory Requirements									
Appointment & SoA	0.6	0.2	1.1	0.0	2.5	0.0	4.4	£ 1,117.50	253.98
Case Management	0.0	0.0	0.0	0.0	0.2	0.0	0.2	£ 35.00	175.00
Creditors/shareholders decisions, meetings & reports	0.0	0.0	0.3	0.0	1.0	0.0	1.3	£ 253.00	194.62
Taxation	0.0	0.5	0.4	0.0	6.4	0.0	7.3	£ 1,371.50	187.88
Total	0.6	0.7	1.8	0.0	10.1	0.0	13.2	£ 2,777.00	210.38
Case Specific Matters									
Director(s)/Debtor/Bankrupt	0.0	0.5	1.3	0.0	0.0	0.0	1.8	£ 535.50	297.50
Total	0.0	0.5	1.3	0.0	0.0	0.0	1.8	£ 535.50	297.50
Administration and Planning									
Appointment & SoA	0.0	0.0	0.0	0.0	0.3	0.0	0.3	£ 52.50	175.00
Case Management	0.7	0.5	4.0	0.0	10.8	0.7	16.7	£ 3,127.00	187.25
Cashiering	0.0	0.0	0.4	0.3	0.3	0.0	1.0	£ 175.00	175.00
Total	0.7	0.5	4.4	0.3	11.4	0.7	18.0	£ 3,354.50	186.36
Total Hours	1.3	1.7	7.5	0.3	21.5	0.7	33.0	£ 6,667.00	202.03
Total Time Cost	£ 682.50	£ 671.50	£ 1,899.00	£ 52.50	£ 3,291.50	£ 70.00	£ 6,667.00		
Total Hours	1.3	1.7	7.5	0.3	21.5	0.7	33.0	£ 6,667.00	202.03
Total Time Cost	£ 682.50	£ 671.50	£ 1,899.00	£ 52.50	£ 3,291.50	£ 70.00	£ 6,667.00		
Average Rates	525.00	395.00	253.20	175.00	153.09	100.00	202.03		

Please note that we have re-designed our SIP9 analysis table to provide a more detailed breakdown of the work carried out. This change does not alter the value of time costs recorded, purely the row within the table to which that time, and cost, has been allocated.