

**VITALSTAKE LIMITED**  
**UNAUDITED ABBREVIATED ACCOUNTS**  
**FOR THE YEAR ENDED 30 NOVEMBER 2016**

**Vitalstake Limited**  
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**Vitalstake Limited**  
**(Registration number: 07864967)**  
**Abbreviated Balance Sheet at 30 November 2016**

	<b>Note</b>	<b>2016 £</b>	<b>2015 £</b>
<b>Fixed assets</b>			
Tangible fixed assets		-	219,691
<b>Current assets</b>			
Debtors		-	1
Cash at bank and in hand		7,616	1,520
		7,616	1,521
Creditors: Amounts falling due within one year		(7,615)	(294,229)
Net current assets/(liabilities)		1	(292,708)
Net assets/(liabilities)		1	(73,017)
<b>Capital and reserves</b>			
Called up share capital	3	1	1
Profit and loss account		-	(73,018)
Shareholders' funds/(deficit)		1	(73,017)

For the year ending 30 November 2016 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 29 August 2017 and signed on its behalf by:

D H Griffin  
Director

**Vitalstake Limited**  
**Notes to the Abbreviated Accounts**  
**For the Year Ended 30 November 2016**

**1 Accounting policies**

**Basis of preparation**

The full financial statements, from which these abbreviated accounts have been extracted, have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (Effective January 2015).

**Turnover**

Turnover represents rent receivable, net of VAT.

**Investment properties**

Certain of the company's properties are held for long-term investment. Investment properties are accounted for in accordance with the FRSSE, as follows: No depreciation is provided in respect of investment properties and they are revalued annually. The surplus or deficit on revaluation is transferred to the revaluation reserve unless a deficit below original cost, or its reversal, on an individual investment property is expected to be permanent, in which case it is recognised in the profit and loss account for the year. This treatment as regards the company's investment properties may be a departure from the requirements of the Companies Act concerning the depreciation of fixed assets. However, these properties are not held for consumption but for investment and the directors consider that systematic annual depreciation would be inappropriate. The accounting policy adopted is therefore necessary for the financial statements to give a true and fair view. Depreciation or amortisation is only one of many factors reflected in the annual valuation and the amount which might otherwise have been shown cannot be separately identified or quantified.

**Vitalstake Limited**  
**Notes to the Abbreviated Accounts**  
**For the Year Ended 30 November 2016**

**2 Fixed assets**

	<b>Tangible assets £</b>	<b>Total £</b>
<b>Cost</b>		
At 1 December 2015	219,691	219,691
Additions	6,332	6,332
Disposals	(226,023)	(226,023)
At 30 November 2016	-	-
<b>Depreciation</b>		
At 1 December 2015	-	-
At 30 November 2016	-	-
<b>Net book value</b>		
At 30 November 2016	-	-
At 30 November 2015	219,691	219,691

**3 Share capital**

**Allotted, called up and fully paid shares**

	<b>2016</b>		<b>2015</b>	
	<b>No.</b>	<b>£</b>	<b>No.</b>	<b>£</b>
Ordinary shares of £1 each	1	1	1	1

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