

JT Holistics & Health Limited

Unaudited Abbreviated Accounts

for the Year Ended 30 November 2016

B Group
1 Pavilion Square
Cricketers Way
Westhoughton
Bolton
BL5 3AJ

JT Holistics & Health Limited
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JT Holistics & Health Limited
(Registration number: 08297493)
Abbreviated Balance Sheet at 30 November 2016

	Note	2016 £	2015 £
Fixed assets			
Tangible fixed assets		-	272
Current assets			
Debtors		16,599	17,484
Cash at bank and in hand		3,500	1,602
		20,099	19,086
Creditors: Amounts falling due within one year		(8,091)	(10,844)
Net current assets		12,008	8,242
Total assets less current liabilities		12,008	8,514
Provisions for liabilities		(51)	(54)
Net assets		11,957	8,460
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		11,956	8,459
Shareholders' funds		11,957	8,460

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 notes on pages 3 to 4 form an integral part of these financial statements.

JT Holistics & Health Limited
(Registration number: 08297493)
Abbreviated Balance Sheet at 30 November 2016
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The director acknowledges her 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 director on 31 August 2017

.....
Mrs Jayne Sell
Director

The notes on pages 3 to 4 form an integral part of these financial statements.
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JT Holistics & Health Limited
Notes to the Abbreviated Accounts for the Year Ended 30 November 2016
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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 amounts chargeable in respect of the sale of goods and services to customers.

Depreciation

Depreciation is provided on tangible fixed assets so as to write off the cost or valuation, less any estimated residual value, over their expected useful economic life as follows:

Asset class	Depreciation method and rate
Equipment	25% straight line

Deferred tax

Deferred tax is recognised, without discounting, in respect of all timing differences between the treatment of certain items for taxation and accounting purposes, which have arisen but not reversed by the balance sheet date, except as required by the FRSSE. Deferred tax is measured at the rates that are expected to apply in the periods when the timing differences are expected to reverse, based on the tax rates and law enacted at the balance sheet date.

Financial instruments

Financial instruments are classified and accounted for, according to the substance of the contractual arrangement, as financial assets, financial liabilities or equity instruments. An equity instrument is any contract that evidences a residual interest in the assets of the company after deducting all of its liabilities. Where shares are issued, any component that creates a financial liability of the company is presented as a liability in the balance sheet. The corresponding dividends relating to the liability component are charged as interest expense in the profit and loss account.

JT Holistics & Health Limited
Notes to the Abbreviated Accounts for the Year Ended 30 November 2016
..... continued

2 Fixed assets

	Tangible assets	Total
	£	£
Cost		
At 1 December 2015	1,088	1,088
At 30 November 2016	1,088	1,088
Depreciation		
At 1 December 2015	816	816
Charge for the year	272	272
At 30 November 2016	1,088	1,088
Net book value		
At 30 November 2016	-	-
At 30 November 2015	272	272

3 Share capital

Allotted, called up and fully paid shares

	2016		2015	
	No.	£	No.	£
Ordinary of £1 each	1	1	1	1

4 Related party transactions

Director's advances and credits

	2016		2016	2015		2015
	Advance/ Credit		Repaid	Advance/ Credit		Repaid
	£		£	£		£
Mrs Jayne Sell						
Amount owed to the company by the director	(16,599)	-	(17,484)	-		

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.