

Registered number: 9077112

The Healthy Retreat Company Ltd

ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30/06/2016

Prepared By:
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ABBREVIATED ACCOUNTS
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The company's registered number is 9077112	

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BALANCE SHEET AT 30/06/2016

	Notes	2016 £	2015 £
FIXED ASSETS			
Tangible assets	2	632	-
CURRENT ASSETS			
Debtors (amounts falling due within one year)	3	1,069	482
Cash at bank and in hand		<u>44,661</u>	<u>13,769</u>
		45,730	14,251
CREDITORS: Amounts falling due within one year		<u>16,415</u>	<u>900</u>
NET CURRENT ASSETS		<u>29,315</u>	<u>13,351</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>29,947</u>	<u>13,351</u>
CAPITAL AND RESERVES			
Called up share capital	4	100	100
Profit and loss account		<u>29,847</u>	<u>13,251</u>
SHAREHOLDERS' FUNDS		<u>29,947</u>	<u>13,351</u>

For the year ending 30/06/2016 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 08/11/2016 and signed on their behalf by

Ms K Duncan
Director

NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 30/06/2016

1. ACCOUNTING POLICIES

1a. Basis Of Accounting

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1b. Cash Flow Statement

The Company is exempt from including a statement of cash flows in its accounts in accordance with Financial Reporting Standard for Smaller Entities (effective January 2015).

1c. Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Equipment	%
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1d. Taxation

Corporation tax payable is provided on taxable profits at the current rates.

Provision is made for deferred taxation in so far as a liability or asset has arisen as a result of transactions that had occurred by the balance sheet date and have given rise to an obligation to pay more tax in the future, or the right to pay less tax in the future. An asset has not been recognised to the extent that the transfer of economic benefits in the future is uncertain. Deferred tax assets and liabilities recognised have not been discounted.

1e. Turnover

Turnover represents the invoiced value of goods and services supplied by the company, net of value added tax and trade discounts.

2. TANGIBLE FIXED ASSETS

	Equipment £	Total £
Cost		
Additions	789	789
At 30/06/2016	<u>789</u>	<u>789</u>
Depreciation		
For the year	157	157
At 30/06/2016	<u>157</u>	<u>157</u>
Net Book Amounts		
At 30/06/2016	<u>632</u>	<u>632</u>

3. DEBTORS

	2016 £	2015 £
Amounts falling due within one year:		
Trade debtors	-	482
Other debtors	<u>1,069</u>	<u>-</u>
	<u>1,069</u>	<u>482</u>

4. SHARE CAPITAL

	2016 £	2015 £
Allotted, issued and fully paid:		
100 Ordinary shares of £1 each	<u>100</u>	<u>100</u>
	<u>100</u>	<u>100</u>

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