

**THE HEALTH WORKSHOP LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 OCTOBER 2019**

The Health Workshop Ltd
Unaudited Financial Statements
For The Year Ended 31 October 2019

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The Health Workshop Ltd
Balance Sheet
As at 31 October 2019

Registered number: 09136449

		2019		2018	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	3		4,251		6,302
			<u>4,251</u>		<u>6,302</u>
CURRENT ASSETS					
Stocks	4	31,778		32,822	
Debtors	5	10,160		5,112	
Cash at bank and in hand		3,451		4,131	
		<u>45,389</u>		<u>42,065</u>	
Creditors: Amounts Falling Due Within One Year	6	(26,396)		(23,794)	
		<u></u>		<u></u>	
NET CURRENT ASSETS (LIABILITIES)			<u>18,993</u>		<u>18,271</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>23,244</u>		<u>24,573</u>
Creditors: Amounts Falling Due After More Than One Year	7		(32,543)		(32,543)
			<u></u>		<u></u>
NET LIABILITIES			<u>(9,299)</u>		<u>(7,970)</u>
CAPITAL AND RESERVES					
Called up share capital	8		100		100
Profit and Loss Account			(9,399)		(8,070)
			<u></u>		<u></u>
SHAREHOLDERS' FUNDS			<u>(9,299)</u>		<u>(7,970)</u>

The Health Workshop Ltd
Balance Sheet (continued)
As at 31 October 2019

For the year ending 31 October 2019 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- 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 and delivered in accordance with the provisions applicable to companies subject to the small companies' regime.
- The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Mrs Alison Lane

Director

30 July 2020

The notes on pages 3 to 5 form part of these financial statements.

The Health Workshop Ltd
Notes to the Financial Statements
For The Year Ended 31 October 2019

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the FRS 102 Section 1A Small Entities - The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

1.2. Going Concern Disclosure

The directors have not identified any material uncertainties related to events or conditions that may cast significant doubt about the company's ability to continue as a going concern. The directors have undertaken to continue to provide financial support to the company for the foreseeable future.

1.3. Turnover

Turnover is measured at the fair value of the consideration received or receivable, net of discounts and value added taxes. Turnover includes revenue earned from the sale of goods and from the rendering of services.

1.4. Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Leasehold	10% on cost
Fixtures & Fittings	20% on cost

1.5. Stocks and Work in Progress

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 stocks.

2. Average Number of Employees

Average number of employees, including directors, during the year was as follows: 5 (2018: 4)

The Health Workshop Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2019

3. Tangible Assets

	Land & Property		
	Leasehold	Fixtures & Fittings	Total
	£	£	£
Cost			
As at 1 November 2018	2,614	10,812	13,426
Additions	125	325	450
As at 31 October 2019	<u>2,739</u>	<u>11,137</u>	<u>13,876</u>
Depreciation			
As at 1 November 2018	1,044	6,080	7,124
Provided during the period	274	2,227	2,501
As at 31 October 2019	<u>1,318</u>	<u>8,307</u>	<u>9,625</u>
Net Book Value			
As at 31 October 2019	<u>1,421</u>	<u>2,830</u>	<u>4,251</u>
As at 1 November 2018	<u>1,570</u>	<u>4,732</u>	<u>6,302</u>

4. Stocks

	2019	2018
	£	£
Stock	31,778	32,822
	<u>31,778</u>	<u>32,822</u>

5. Debtors

	2019	2018
	£	£
Due within one year		
Trade debtors	148	-
Prepayments and accrued income	2,117	2,117
Other debtors	7,895	2,995
	<u>10,160</u>	<u>5,112</u>

The Health Workshop Ltd
Notes to the Financial Statements (continued)
For The Year Ended 31 October 2019

6. Creditors: Amounts Falling Due Within One Year

	2019	2018
	£	£
Trade creditors	10,604	12,404
Other taxes and social security	3,491	1,270
Other creditors	11,704	8,084
Accruals and deferred income	597	2,036
	<u>26,396</u>	<u>23,794</u>

7. Creditors: Amounts Falling Due After More Than One Year

	2019	2018
	£	£
Directors loan account	32,543	32,543
	<u>32,543</u>	<u>32,543</u>

8. Share Capital

	2019	2018
Allotted, Called up and fully paid	100	100
	<u>100</u>	<u>100</u>

9. General Information

The Health Workshop Ltd Registered number 09136449 is a limited by shares company incorporated in England & Wales. The Registered Office is 10 Coton Park, Linton, Swadlincote, Derbyshire, DE12 6RD and the company trades from 4 Rushtons Yard, Ashby-de-la-Zouch, LE65 1AL.

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.