

**THE HEALTH WORKSHOP LTD  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 OCTOBER  
2020**

**The Health Workshop Ltd**  
**Unaudited Financial Statements**  
**For The Year Ended 31 October 2020**

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**The Health Workshop Ltd**  
**Balance Sheet**  
**As at 31 October 2020**

Registered number: 09136449

		<b>2020</b>		<b>2019</b>	
	<b>Notes</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<b>FIXED ASSETS</b>					
Tangible Assets	<b>3</b>		2,709		4,251
			<u>2,709</u>		<u>4,251</u>
<b>CURRENT ASSETS</b>					
Stocks	<b>4</b>	27,292		31,778	
Debtors	<b>5</b>	10,118		10,160	
Cash at bank and in hand		6,697		3,451	
		<u>44,107</u>		<u>45,389</u>	
<b>Creditors: Amounts Falling Due Within One Year</b>	<b>6</b>	(19,569 )		(26,396 )	
		<u>(19,569 )</u>		<u>(26,396 )</u>	
<b>NET CURRENT ASSETS (LIABILITIES)</b>			<u>24,538</u>		<u>18,993</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>27,247</u>		<u>23,244</u>
<b>Creditors: Amounts Falling Due After More Than One Year</b>	<b>7</b>		(32,543 )		(32,543 )
			<u>(32,543 )</u>		<u>(32,543 )</u>
<b>NET LIABILITIES</b>			<u>(5,296 )</u>		<u>(9,299 )</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	<b>8</b>		100		100
Profit and Loss Account			(5,396 )		(9,399 )
			<u>(5,396 )</u>		<u>(9,399 )</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>(5,296 )</u>		<u>(9,299 )</u>

**The Health Workshop Ltd**  
**Balance Sheet (continued)**  
**As at 31 October 2020**

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For the year ending 31 October 2020 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

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**Mrs Alison Lane**

Director

**23 July 2021**

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 2020**

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**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.

**1.6. Taxation**

Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from profit as reported in the statement of comprehensive income because of items of income or expense that are taxable or deductible in other year and items that are never taxable or deductible. The company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

**2. Average Number of Employees**

The average number of employees, including directors, during the year was as follows: 5 (2019: 5)

**The Health Workshop Ltd**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 31 October 2020**

**3. Tangible Assets**

	<b>Land &amp; Property</b>		
	<b>Leasehold</b>	<b>Fixtures &amp; Fittings</b>	<b>Total</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Cost</b>			
As at 1 November 2019	2,739	11,137	13,876
As at 31 October 2020	<u>2,739</u>	<u>11,137</u>	<u>13,876</u>
<b>Depreciation</b>			
As at 1 November 2019	1,318	8,307	9,625
Provided during the period	274	1,268	1,542
As at 31 October 2020	<u>1,592</u>	<u>9,575</u>	<u>11,167</u>
<b>Net Book Value</b>			
As at 31 October 2020	<u>1,147</u>	<u>1,562</u>	<u>2,709</u>
As at 1 November 2019	<u>1,421</u>	<u>2,830</u>	<u>4,251</u>

**4. Stocks**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Stock	27,292	31,778
	<u>27,292</u>	<u>31,778</u>

**5. Debtors**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
<b>Due within one year</b>		
Trade debtors	106	148
Prepayments and accrued income	2,117	2,117
Other debtors	7,895	7,895
	<u>10,118</u>	<u>10,160</u>

**The Health Workshop Ltd**  
**Notes to the Financial Statements (continued)**  
**For The Year Ended 31 October 2020**

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**6. Creditors: Amounts Falling Due Within One Year**

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Trade creditors	6,509	10,604
Corporation tax	1,291	-
Other taxes and social security	2,026	3,491
Other creditors	9,146	11,704
Accruals and deferred income	597	597
	<u>19,569</u>	<u>26,396</u>

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

	<b>2020</b>	<b>2019</b>
	<b>£</b>	<b>£</b>
Directors loan account	32,543	32,543
	<u>32,543</u>	<u>32,543</u>

**8. Share Capital**

	<b>2020</b>	<b>2019</b>
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.