

Unaudited Financial Statements for the Year Ended 31 December 2019

for

London Mindfulness Centre Limited

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for the Year Ended 31 December 2019

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London Mindfulness Centre Limited

Company Information
for the Year Ended 31 December 2019

DIRECTORS:

W Koole
Ms A Frey
Miss A Totton
Ms K Abernethy

REGISTERED OFFICE:

39 Long Acre
London
WC2E 9LG

REGISTERED NUMBER:

09849982 (England and Wales)

ACCOUNTANTS:

We'll Mind Your Own Business LTD
39 Long Acre
London
WC2E 9LG

Balance Sheet
31 December 2019

	Notes	31.12.19 £	£	31.12.18 £	£
FIXED ASSETS					
Tangible assets	4		1,734		3,179
CURRENT ASSETS					
Debtors	5	31,540		42,915	
Cash at bank		<u>43,605</u>		<u>19,811</u>	
		75,145		62,726	
CREDITORS					
Amounts falling due within one year	6	<u>147,877</u>		<u>106,384</u>	
NET CURRENT LIABILITIES			<u>(72,732)</u>		<u>(43,658)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(70,998)</u>		<u>(40,479)</u>
RESERVES					
Income and expenditure account			<u>(70,998)</u>		<u>(40,479)</u>
			<u>(70,998)</u>		<u>(40,479)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2019.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2019 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

Balance Sheet - continued
31 December 2019

The financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors and authorised for issue on 2 February 2021 and were signed on its behalf by:

Miss A Totton - Director

Notes to the Financial Statements
for the Year Ended 31 December 2019

1. STATUTORY INFORMATION

London Mindfulness Centre Limited is a private company, limited by guarantee, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

The presentation currency of the financial statements is the Pound Sterling (£).

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Leasehold improvements	- 33% on cost
Fixtures and fittings	- 33% on cost
Office equipment	- 33% on cost

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

Creditors

Short term creditors are measured at transaction price.

Loans and other financial liabilities are initially recognised at transaction price net of any transaction costs and subsequently measured at amortised cost determined using the effective interest method. Where amounts are repayable on demand or within one year, they are measured at an undiscounted value.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 3 (2018 - 3) .

Notes to the Financial Statements - continued
for the Year Ended 31 December 2019

4. **TANGIBLE FIXED ASSETS**

	Leasehold improvements £	Fixtures and fittings £	Office equipment £	Totals £
COST				
At 1 January 2019	2,740	934	1,245	4,919
Additions	-	95	134	229
At 31 December 2019	<u>2,740</u>	<u>1,029</u>	<u>1,379</u>	<u>5,148</u>
DEPRECIATION				
At 1 January 2019	880	303	557	1,740
Charge for year	904	318	452	1,674
At 31 December 2019	<u>1,784</u>	<u>621</u>	<u>1,009</u>	<u>3,414</u>
NET BOOK VALUE				
At 31 December 2019	<u>956</u>	<u>408</u>	<u>370</u>	<u>1,734</u>
At 31 December 2018	<u>1,860</u>	<u>631</u>	<u>688</u>	<u>3,179</u>

5. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.12.19 £	31.12.18 £
Trade debtors	25,100	37,685
Other debtors	2,005	2,006
Prepayments	4,435	3,224
	<u>31,540</u>	<u>42,915</u>

6. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	31.12.19 £	31.12.18 £
Trade creditors	689	390
Social security and other taxes	1,930	-
Other creditors	118,246	68,053
Accruals and deferred income	<u>27,012</u>	<u>37,941</u>
	<u>147,877</u>	<u>106,384</u>

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.