

REGISTERED NUMBER: 09892290 (England and Wales)

UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 NOVEMBER 2023
FOR
LIFE-WORK PSYCHOTHERAPY LTD

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 NOVEMBER 2023**

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	3

LIFE-WORK PSYCHOTHERAPY LTD

**COMPANY INFORMATION
FOR THE YEAR ENDED 30 NOVEMBER 2023**

DIRECTORS:

P S Conway
A Ginkel

REGISTERED OFFICE:

Hides Farm
Stonestile Lane
Westfield
Hastings
East Sussex
TN35 4PH

REGISTERED NUMBER:

09892290 (England and Wales)

ACCOUNTANTS:

Williams Giles Professional Services Ltd
12 Conqueror Court
Sittingbourne
Kent
ME10 5BH

LIFE-WORK PSYCHOTHERAPY LTD (REGISTERED NUMBER: 09892290)**BALANCE SHEET
30 NOVEMBER 2023**

	Notes	2023 £	£	2022 £	£
FIXED ASSETS					
Tangible assets	4		5,105		7,462
CURRENT ASSETS					
Debtors	5	10,770		11,927	
Cash at bank		<u>1,879</u>		<u>3,329</u>	
		12,649		15,256	
CREDITORS					
Amounts falling due within one year	6	<u>12,442</u>		<u>16,300</u>	
NET CURRENT ASSETS/(LIABILITIES)			<u>207</u>		<u>(1,044)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>5,312</u>		<u>6,418</u>
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			<u>5,212</u>		<u>6,318</u>
			<u>5,312</u>		<u>6,418</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 November 2023 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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 profit or loss 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.

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 21 March 2024 and were signed on its behalf by:

P S Conway - Director

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 NOVEMBER 2023**

1. STATUTORY INFORMATION

Life-Work Psychotherapy Ltd is a private company, limited by shares, registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

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.

Revenue in respect of counselling services is recognised when the company obtains the right to consideration. Services not billed at the balance sheet date are included in Debtors as Accrued Income.

Tangible fixed assets

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

Improvements to property	- 20% on reducing balance
Fixtures and fittings	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

Financial instruments

Financial assets - trade and other debtors are basic financial instruments and debt instruments measured at fair value through the Income Statement and are measured subsequently at amortised cost. Prepayments are not financial instruments.

Cash comprises cash at bank, in hand and short term deposits with an original maturity date of three months or less. Cash at bank is measured at face value.

Financial liabilities - trade creditors and other creditors are measured initially at fair value through the Income Statement and are measured subsequently at amortised 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.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 30 NOVEMBER 2023

2. ACCOUNTING POLICIES - continued

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to profit or loss on a straight line basis over the period of the lease.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 2 (2022 - 2) .

4. TANGIBLE FIXED ASSETS

	Improvements to property £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 December 2022 and 30 November 2023	<u>27,215</u>	<u>7,187</u>	<u>1,872</u>	<u>36,274</u>
DEPRECIATION				
At 1 December 2022	21,655	5,890	1,267	28,812
Charge for year	<u>1,882</u>	<u>324</u>	<u>151</u>	<u>2,357</u>
At 30 November 2023	<u>23,537</u>	<u>6,214</u>	<u>1,418</u>	<u>31,169</u>
NET BOOK VALUE				
At 30 November 2023	<u>3,678</u>	<u>973</u>	<u>454</u>	<u>5,105</u>
At 30 November 2022	<u>5,560</u>	<u>1,297</u>	<u>605</u>	<u>7,462</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Trade debtors	9,809	10,874
Other debtors	<u>961</u>	<u>1,053</u>
	<u>10,770</u>	<u>11,927</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023 £	2022 £
Taxation and social security	9,897	13,189
Other creditors	<u>2,545</u>	<u>3,111</u>
	<u>12,442</u>	<u>16,300</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.