

WAVES MINDFULNESS & WELLBEING LTD
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020

WAVES MINDFULNESS & WELLBEING LTD
UNAUDITED ACCOUNTS
CONTENTS

	Page
<u>Company information</u>	<u>3</u>
<u>Statement of financial position</u>	<u>4</u>
<u>Notes to the accounts</u>	<u>5</u>

WAVES MINDFULNESS & WELLBEING LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 DECEMBER 2020

Director	S Russo
Company Number	10521236 (England and Wales)
Registered Office	4 Croft Road Bromley Kent BR1 4DR
Accountants	AK Tax & Accountancy Ltd Suite 1 Christchurch House Sir Thomas Longley Road Rochester Kent ME24FX

WAVES MINDFULNESS & WELLBEING LTD
STATEMENT OF FINANCIAL POSITION
AS AT 31 DECEMBER 2020

	Notes	2020 £	2019 £
Fixed assets			
Tangible assets	<u>4</u>	250	333
Current assets			
Debtors	5	33,677	(7,251)
Cash at bank and in hand		80,627	28,285
		<u>114,304</u>	<u>21,034</u>
Creditors: amounts falling due within one year	<u>6</u>	(108,749)	(17,635)
Net current assets		<u>5,555</u>	<u>3,399</u>
Net assets		<u>5,805</u>	<u>3,732</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		5,705	3,632
Shareholders' funds		<u>5,805</u>	<u>3,732</u>

For the year ending 31 December 2020 the company was entitled to exemption from audit 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 director acknowledges her 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 and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 5 October 2021 and were signed on its behalf by

S Russo
Director

Company Registration No. 10521236

WAVES MINDFULNESS & WELLBEING LTD
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1 Statutory information

Waves Mindfulness & Wellbeing Ltd is a private company, limited by shares, registered in England and Wales, registration number 10521236. The registered office is 4 Croft Road, Bromley, Kent, BR1 4DR.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Tangible fixed assets and depreciation

Tangible assets are included at cost less depreciation and impairment. Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives:

Computer equipment	25% reducing balance
--------------------	----------------------

4 Tangible fixed assets

	Computer equipment £
Cost or valuation	At cost
At 1 January 2020	566
At 31 December 2020	566
Depreciation	
At 1 January 2020	233
Charge for the year	83
At 31 December 2020	316
Net book value	
At 31 December 2020	250
At 31 December 2019	333

5 Debtors: amounts falling due within one year

	2020 £	2019 £
Trade debtors	13,740	(7,251)
Other debtors	19,937	-
	<u>33,677</u>	<u>(7,251)</u>

WAVES MINDFULNESS & WELLBEING LTD
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2020

6 Creditors: amounts falling due within one year	2020	2019
	£	£
Bank loans and overdrafts	45,000	-
VAT	22,616	4
Trade creditors	3,632	3,165
Taxes and social security	28,518	14,466
Other creditors	8,983	-
	<hr/> 108,749	<hr/> 17,635
	<hr/> <hr/>	<hr/> <hr/>

7 Average number of employees

During the year the average number of employees was 1 (2019: 1).

