

HEALTH = HAPPINESS LTD.

**Company Registration Number:
11136712 (England and Wales)**

Unaudited micro entity accounts for the year ended 31 January 2022

Period of accounts

Start date: 01 February 2021

End date: 31 January 2022

HEALTH = HAPPINESS LTD.

Contents of the Financial Statements

for the Period Ended 31 January 2022

Company Information - 3

Balance sheet - 4

Footnotes to the Balance Sheet - 6

HEALTH = HAPPINESS LTD.

Company Information

for the Period Ended 31 January 2022

Registered office:

5
Purlicu Way
Theydon Bois
Epping
GBR
CM16 7ED

Company Registration Number:

11136712 (England and Wales)

HEALTH = HAPPINESS LTD.

Balance sheet

As at 31 January 2022

	<i>2022</i> <i>£</i>	<i>2021</i> <i>£</i>
Fixed Assets:	154	205
Current assets:	480	1,183
Creditors: amounts falling due within one year:	(6,053)	(5,981)
Net current assets (liabilities):	(5,573)	(4,798)
Total assets less current liabilities:	(5,419)	(4,593)
Total net assets (liabilities):	(5,419)	(4,593)
Capital and reserves:	(5,419)	(4,593)

HEALTH = HAPPINESS LTD.

Balance sheet continued

For the year ending 31 January 2022 the company was entitled to exemption 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 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 of the small companies regime applicable to micro-entities.

This report was approved by the board of directors on 17 October 2022

And Signed On Behalf Of The Board By:

Name: Alison Dawkes

Status: Director

The notes form part of these financial statements

HEALTH = HAPPINESS LTD.

Footnotes to the Financial Statements

for the Period Ended 31 January 2022

1. Employee Information

Average number of employees: 2

HEALTH = HAPPINESS LTD.

Footnotes to the Financial Statements

for the Period Ended 31 January 2022

2. Off balance sheet disclosure

No

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.