

Unaudited Financial Statements for the Year Ended 31 January 2022

for

STRIVE TO THRIVE LIMITED

**Contents of the Financial Statements
for the Year Ended 31 January 2022**

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	4
Report of the Accountants	5

STRIVE TO THRIVE LIMITED

Company Information for the Year Ended 31 January 2022

DIRECTOR:

Dr R Ackroyd

REGISTERED OFFICE:

Oakham
15 Kings Warren
Oxshott
Surrey
KT22 0PE

REGISTERED NUMBER:

11158334 (England and Wales)

ACCOUNTANTS:

Russell & Co
Station House
Station Approach
East Horsley
Leatherhead
Surrey
KT24 6QX

STRIVE TO THRIVE LIMITED (REGISTERED NUMBER: 11158334)**Balance Sheet
31 January 2022**

	Notes	2022 £	2021 £
CURRENT ASSETS			
Debtors	4	1,193	146
Cash at bank		<u>120</u>	<u>2,145</u>
		1,313	2,291
CREDITORS			
Amounts falling due within one year	5	<u>1,157</u>	<u>2,332</u>
NET CURRENT ASSETS/(LIABILITIES)		<u>156</u>	<u>(41)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		156	(41)
CREDITORS			
Amounts falling due after more than one year	6	<u>-</u>	<u>(299)</u>
NET ASSETS		<u>156</u>	<u>258</u>
CAPITAL AND RESERVES			
Called up share capital	7	1	1
Retained earnings		<u>155</u>	<u>257</u>
SHAREHOLDERS' FUNDS		<u>156</u>	<u>258</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2022 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her 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 notes form part of these financial statements

Balance Sheet - continued
31 January 2022

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 director and authorised for issue on 25 October 2022 and were signed by:

Dr R Ackroyd - Director

**Notes to the Financial Statements
for the Year Ended 31 January 2022**

1. STATUTORY INFORMATION

Strive To Thrive Limited 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.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2021 - 1).

4. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Other debtors	<u>1,193</u>	<u>146</u>

5. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022	2021
	£	£
Taxation and social security	797	1,971
Other creditors	<u>360</u>	<u>361</u>
	<u>1,157</u>	<u>2,332</u>

6. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022	2021
	£	£
Other creditors	<u>-</u>	<u>(299)</u>

7. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2022	2021
			£	£
1	Ordinary	1	<u>1</u>	<u>1</u>

STRIVE TO THRIVE LIMITED

**Report of the Accountants to the Director of
Strive To Thrive Limited**

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance Sheet. Readers are cautioned that the Income Statement and certain other primary statements and the Report of the Director are not required to be filed with the Registrar of Companies.

As described on the Balance Sheet you are responsible for the preparation of the financial statements for the year ended 31 January 2022 set out on pages nil to nil and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.

Russell & Co
Station House
Station Approach
East Horsley
Leatherhead
Surrey
KT24 6QX

Date:

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.