

Financial Statements for the Year Ended 31 October 2021

for

Mindful Coaching And Consulting Limited

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for the year ended 31 October 2021**

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DIRECTOR: Mrs A J Le Grange

REGISTERED OFFICE: 67 Bramley Avenue
Faversham
United Kingdom
Kent
ME13 8LP

REGISTERED NUMBER: 11615645 (England and Wales)

ACCOUNTANTS: MPH Accountancy and Business Advisors Ltd
99 Canterbury Road
Whitstable
Kent
CT5 4HG

Balance Sheet
31 October 2021

	Notes	2021 £	£	2020 £	£
FIXED ASSETS					
Tangible assets	4		429		-
CURRENT ASSETS					
Debtors	5	4,269		-	
Cash at bank and in hand		<u>1,966</u>		<u>10,262</u>	
		6,235		10,262	
CREDITORS					
Amounts falling due within one year	6	<u>6,564</u>		<u>10,158</u>	
NET CURRENT (LIABILITIES)/ASSETS			<u>(329)</u>		<u>104</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>100</u>		<u>104</u>
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings			<u>-</u>		<u>4</u>
SHAREHOLDERS' FUNDS			<u>100</u>		<u>104</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2021.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 2021 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.

Balance Sheet - continued
31 October 2021

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 21 July 2022 and were signed by:

Mrs A J Le Grange - Director

**Notes to the Financial Statements
for the year ended 31 October 2021**

1. STATUTORY INFORMATION

Mindful Coaching And Consulting 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.

Tangible fixed assets

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

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.

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 1 (2020 - 2) .

Notes to the Financial Statements - continued
for the year ended 31 October 2021

4. **TANGIBLE FIXED ASSETS**

	Plant and machinery etc £
COST	
Additions	<u>504</u>
At 31 October 2021	<u>504</u>
DEPRECIATION	
Charge for year	<u>75</u>
At 31 October 2021	<u>75</u>
NET BOOK VALUE	
At 31 October 2021	<u>429</u>

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

	2021 £	2020 £
Trade debtors	1,243	-
Other debtors	<u>3,026</u>	<u>-</u>
	<u>4,269</u>	<u>-</u>

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

	2021 £	2020 £
Bank loans and overdrafts	2,445	-
Trade creditors	1	-
Taxation and social security	2,776	3,230
Other creditors	<u>1,342</u>	<u>6,928</u>
	<u>6,564</u>	<u>10,158</u>

**Report of the Accountants to the Director of
Mindful Coaching And Consulting 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 October 2021 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.

MPH Accountancy and Business Advisors Ltd
99 Canterbury Road
Whitstable
Kent
CT5 4HG

21 July 2022

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.