

**Financial Statements for the Year Ended 31 October 2022**

**for**

**Mindful Coaching And Consulting Limited**

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for the year ended 31 October 2022**

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**Mindful Coaching And Consulting Limited**

**Company Information**  
**for the year ended 31 October 2022**

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**DIRECTOR:** Mrs A J Le Grange

**REGISTERED OFFICE:** 5a Union Street  
Faversham  
Kent  
ME13 8PJ

**REGISTERED NUMBER:** 11615645 (England and Wales)

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

**Balance Sheet**  
**31 October 2022**

	Notes	2022 £	£	2021 £	£
<b>FIXED ASSETS</b>					
Tangible assets	4		365		429
<b>CURRENT ASSETS</b>					
Debtors	5	5,840		4,269	
Cash at bank and in hand		<u>2,628</u>		<u>1,966</u>	
		8,468		6,235	
<b>CREDITORS</b>					
Amounts falling due within one year	6	<u>20,601</u>		<u>6,564</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(12,133)</u>		<u>(329)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>(11,768)</u>		<u>100</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital			100		100
Retained earnings			<u>(11,868)</u>		<u>-</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>(11,768)</u>		<u>100</u>

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 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 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 31 October 2023 and were signed by:

Mrs A J Le Grange - Director

**Notes to the Financial Statements  
for the year ended 31 October 2022**

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**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 (2021 - 1) .

Notes to the Financial Statements - continued  
for the year ended 31 October 2022

4. **TANGIBLE FIXED ASSETS**

	<b>Plant and machinery etc £</b>
<b>COST</b>	
At 1 November 2021 and 31 October 2022	<u>504</u>
<b>DEPRECIATION</b>	
At 1 November 2021	75
Charge for year	<u>64</u>
At 31 October 2022	<u>139</u>
<b>NET BOOK VALUE</b>	
At 31 October 2022	<u>365</u>
At 31 October 2021	<u>429</u>

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

	<b>2022 £</b>	<b>2021 £</b>
Trade debtors	2,225	1,243
Other debtors	742	742
Directors' current accounts	-	2,284
Tax	2,769	-
Prepayments and accrued income	<u>104</u>	<u>-</u>
	<u>5,840</u>	<u>4,269</u>

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

	<b>2022 £</b>	<b>2021 £</b>
Bank loans and overdrafts	8,832	2,445
Trade creditors	-	1
Tax	2,776	2,776
Other Creditors	742	742
Directors' current accounts	7,531	-
Accrued expenses	<u>720</u>	<u>600</u>
	<u>20,601</u>	<u>6,564</u>

**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 2022 set out on page 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

31 October 2023

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.