

Unaudited Financial Statements for the Year Ended 31 January 2021

for

MINDFUL THERAPY LIMITED

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for the Year Ended 31 January 2021**

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MINDFUL THERAPY LIMITED

**Company Information
for the Year Ended 31 January 2021**

DIRECTOR: Dr S J Sproson

REGISTERED OFFICE: LABS-ATRIUM
Chalk Farm Road
London
NW1 8AH

REGISTERED NUMBER: 11788241 (England and Wales)

ACCOUNTANTS: Alphanumeric Accountants Limited
LABS ATRIUM
Stables Market
Chalk Farm Road
London
NW1 8AH

MINDFUL THERAPY LIMITED (Registered number: 11788241)

**Balance Sheet
31 January 2021**

	Notes	31.1.21 £	31.1.20 £
FIXED ASSETS			
Tangible assets	4	2,071	-
CURRENT ASSETS			
Debtors	5	6,045	-
Cash at bank		<u>21,409</u>	<u>30,782</u>
		27,454	30,782
CREDITORS			
Amounts falling due within one year	6	<u>(12,310)</u>	<u>(13,525)</u>
NET CURRENT ASSETS		<u>15,144</u>	<u>17,257</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>17,215</u>	<u>17,257</u>
CAPITAL AND RESERVES			
Called up share capital		1	1
Retained earnings		<u>17,214</u>	<u>17,256</u>
		<u>17,215</u>	<u>17,257</u>

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

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

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 2021 and were signed by:

Dr S J Sproson - Director

**Notes to the Financial Statements
for the Year Ended 31 January 2021**

1. STATUTORY INFORMATION

MINDFUL THERAPY 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.
Plant and machinery etc - 25% on reducing balance

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.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2020 - 1) .

Notes to the Financial Statements - continued
for the Year Ended 31 January 2021

4. TANGIBLE FIXED ASSETS

	Plant and machinery etc £
COST	
Additions	<u>2,761</u>
At 31 January 2021	<u>2,761</u>
DEPRECIATION	
Charge for year	<u>690</u>
At 31 January 2021	<u>690</u>
NET BOOK VALUE	
At 31 January 2021	<u>2,071</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.21 £	31.1.20 £
Other debtors	<u>6,045</u>	<u>-</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.1.21 £	31.1.20 £
Taxation and social security	10,226	10,837
Other creditors	<u>2,084</u>	<u>2,688</u>
	<u>12,310</u>	<u>13,525</u>

7. RELATED PARTY DISCLOSURES

During the year, total dividends of £45,300 were paid to the director .

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.