Health On Purpose Ltd Filleted Accounts Cover

Health On Purpose Ltd

Company No. 13645010

Information for Filing with The Registrar

31 August 2022

Health On Purpose Ltd Directors
Report Registrar
The Director presents his report and the accounts for the period ended 31 August 2022.

Principal activities

The principal activity of the company during the period under review was a fitness coach application.

Incorporation
The Company incorporated on 27 September 2021 when the Director, M. Foley, was appointed. The Company

Director

The Director who served at any time during the period was as follows:

M. Foley

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006.

Signed on behalf of the board

M. Foley
Director
20 October 2022

Health On Purpose Ltd Balance Sheet Registrar
at 31 August 2022

Company No. 13645010	**Notes**	**2022**
		£
Fixed assets		
Intangible assets	4	85,883
Tangible assets	5	168
		86,051
Current assets		
Debtors	6	31,172
Cash at bank and in hand		25,923
		57,095
Creditors: Amount falling due within one year	7	(76,759)
Net current liabilities		(19,664)
Total assets less current liabilities		66,387
Net assets		66,387
Capital and reserves		
Called up share capital		91
Share premium account	8	91,824
Profit and loss account	8	(25,528)
Total equity		66,387

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime of the Companies Act 2006.

For the period ended 31 August 2022 the company was entitled to exemption from audit 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 Companies Act 2006 with respect to accounting records and the preparation of accounts.

As permitted by section 444 (5A)of the Companies Act 2006 the directors have not delivered to the Registrar a copy of the company's profit and loss account.

Approved by the board on 20 October 2022
And signed on its behalf by:

M. Foley
Director
20 October 2022

Health On Purpose Ltd Notes to the Accounts Registrar for the period ended 31 August 2022

1 General information

Its registered number is: 13645010
Its registered office is:
86-90 Paul Street,
London
England
EC2A 4NE

The functional and presentational currency of the company is Sterling. The accounts are rounded to the nearest pound.

The accounts have been prepared in accordance with FRS 102 Section 1A - The Financial Reporting Standard applicable in the UK and Republic of Ireland (March 2018) and the Companies Act 2006.

2 Accounting policies

Turnover

Revenue is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and sales taxes.

Revenue from the rendering of services is recognised by reference to the stage of completion at the balance sheet date; the amount of revenue can be measured reliably, it is probable that the associated economic benefits will flow to the entity, and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Intangible fixed assets

Intangible fixed assets are carried at cost less accumulated amortisation and impairment losses. Amortisation is provided at 4% Straight Line on Intellectual property.

Tangible fixed assets and depreciation

Tangible fixed assets held for the company's own use are stated at cost less accumulated depreciation and accumulated impairment losses.

At each balance sheet date, the company reviews the carrying amount of its tangible fixed assets to determine whether there is any indication that any items have suffered an impairment loss. If any such indication exists, the recoverable amount of an asset is estimated in order to determine the extent of the impairment loss.

Depreciation is provided at the following annual rates in order to write off the cost or valuation less the estimated residual value of each asset over its estimated useful life:

Furniture, fittings and equipment 20%% Straight Line

Taxation
Income tax expense represents the sum of the tax currently payable and deferred tax.

The tax currently payable is based on taxable profit for the year. Taxable profit differs from profit as reported in the profit and loss account because of items of income or expense that are taxable or deductible in other years and items that are never taxable or deductible. The Company's liability for current tax is calculated using tax rates that have been enacted or substantively enacted by the end of the reporting period.

Deferred tax is recognised on timing differences between the carrying amounts of assets and liabilities in the financial statements and the corresponding tax bases used in the computation of taxable profit. Deferred tax liabilities are generally recognised for all taxable temporary differences. Deferred tax assets are generally recognised for all deductible timing differences to the extent that it is probable that taxable profits will be available against which those deductible temporary differences can be utilised. The carrying amount of deferred tax assets is reviewed at the end of each reporting period and reduced to the extent that it is no longer probable that sufficient taxable profits will be available to allow all or part of the asset to be recovered.

Deferred tax assets and liabilities are measured at the tax rates that are expected to apply in the period in which the liability is settled or the asset realised, based on tax rates (and tax laws) that have been enacted or substantively enacted by the end of the reporting period.

Current or deferred tax for the year is recognised in profit or loss, except when they relate to items that are recognised in other comprehensive income or directly in equity, in which case, the current and deferred tax is also recognised in other comprehensive income or directly in equity respectively.

Trade and other debtors
Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method, less impairment losses for bad and doubtful debts.

Trade and other creditors
Short term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

Foreign currencies
The functional and presentational currency of the company is Sterling. The accounts are rounded to the nearest pound.
Transactions in currencies, other than the functional currency of the Company, are recorded at the rate of exchange on the date the transaction occurred. Monetary items denominated in other currencies are translated at the rate prevailing at the end of the reporting period. all differences are taken to the profit and loss account. Non-monetary items that are measured at historic cost in a foreign currency are not retranslated.

Defined contribution pensions
The Company operates a defined contribution plan for its employees. A defined contribution plan is a pension plan under which the company pays fixed contributions into a separate entity. Once the contributions have been paid the company has no further payments obligations.

The contributions are recognised as expenses when they fall due. Amounts not paid are shown in accruals in the balance sheet. The assets of the plan are held separately from the company in independently administered funds.

3 Employees

	2022 Number
The average monthly number of employees (including directors) during the period:	2

4 Intangible fixed assets

	Intellectual property £	Total £
Cost		
Additions	88,528	88,528
At 31 August 2022	88,528	88,528
Amortisation and impairment		
Charge for the year	2,645	2,645
At 31 August 2022	2,645	2,645
Net book values		
At 31 August 2022	85,883	85,883

5 Tangible fixed assets

	Fixtures, fittings and equipment £	Total £
Cost or revaluation		
Additions	174	174
At 31 August 2022	174	174
Depreciation		
Charge for the year	6	6
At 31 August 2022	6	6
Net book values		
At 31 August 2022	168	168

6 Debtors

	2022 £
Loans to directors	1
Other debtors	31,171
	31,172

7 **Creditors:**

amounts falling due within one year

	2022
	£
Trade creditors	38,587
Other taxes and social security	895
Other creditors	37,119
Accruals and deferred income	158
	76,759

8 **Reserves**

Share premium account - includes any premiums received on issue of share capital. Any transaction costs associated with the issuing of shares are deducted from share premium.

Profit and loss account - includes all current retained losses.