

THE MINDFUL PROFESSIONAL LTD

Registered Number
SC597904
(Scotland)

Unaudited Financial Statements for the Year ended
31 May 2023

THE MINDFUL PROFESSIONAL LTD

Company Information for the year from 1 June 2022 to 31 May 2023

Director MARTIN, Louise Grace

Registered Address 75 Stanley Street
Aberdeen
AB10 6UT

Registered Number SC597904 (Scotland)

THE MINDFUL PROFESSIONAL LTD

Balance Sheet as at 31 May 2023

	Notes	2023		2022	
		£	£	£	£
Called up share capital not paid			1		1
Current assets					
Debtors		4,573		1,327	
Cash at bank and on hand		2,421		5,954	
		<u>6,994</u>		<u>7,281</u>	
Creditors amounts falling due within one year	3	(732)		(1,068)	
		<u></u>		<u></u>	
Net current assets (liabilities)			6,263		6,214
Total assets less current liabilities			<u>6,263</u>		<u>6,214</u>
Net assets			<u>6,263</u>		<u>6,214</u>
Capital and reserves					
Called up share capital			1		1
Profit and loss account			<u>6,262</u>		<u>6,213</u>
Shareholders' funds			<u>6,263</u>		<u>6,214</u>

The company was entitled to exemption from audit for this reporting period 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 Director acknowledges their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime. The directors have chosen to not file a copy of the company's profit and loss account.

The financial statements were approved and authorised for issue by the Director on 27 February 2024, and are signed on its behalf by:

MARTIN, Louise Grace

Director

Registered Company No. SC597904

THE MINDFUL PROFESSIONAL LTD

Notes to the Financial Statements for the year ended 31 May 2023

1. Accounting policies

Statutory information

The company is a private company limited by shares and registered in Scotland. The company's registered number and registered office address can be found on the Company Information page.

Statement of compliance

The financial statements have been prepared in accordance with the Companies Act 2006 and FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland including Section 1A Small Entities.

Revenue from sale of goods

Revenue from the sale of goods is recognised when the company has transferred to the buyer the significant risks and rewards of ownership of the goods, usually when goods are delivered and legal title has passed. Providing the amount of revenue can be measured reliably, it is probable that the economic benefits associated with the transaction will flow to the company and the costs incurred or to be incurred in respect of the transition can be measured reliably.

Foreign currency translation

Transactions in foreign currencies are initially recognised at the rate of exchange ruling at the date of the transaction. At the end of each reporting period foreign currency monetary items are translated at the closing rate of exchange. Non-monetary items that are measured at historical cost are translated at the rate ruling at the date of the transaction. All differences are charged to profit or loss.

2. Average number of employees

	2023	2022
Average number of employees during the year	0	0

3. Creditors: amounts due within one year

	2023	2022
	£	£
Taxation and social security	12	708
Accrued liabilities and deferred income	720	360
Total	<u>732</u>	<u>1,068</u>

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.