

VALENTIS HEALTH AND FITNESS LIMITED
UNAUDITED ACCOUNTS
FOR THE PERIOD FROM 1 MAY 2018 TO 31 MARCH 2019

VALENTIS HEALTH AND FITNESS LIMITED
ANNUAL REPORT AND UNAUDITED ACCOUNTS
FOR THE PERIOD FROM 1 MAY 2018 TO 31 MARCH 2019

CONTENTS	PAGE
<u>Company information</u>	<u>3</u>
<u>Accountants' report</u>	<u>4</u>
<u>Statement of financial position</u>	<u>5</u>

VALENTIS HEALTH AND FITNESS LIMITED
COMPANY INFORMATION
FOR THE PERIOD FROM 1 MAY 2018 TO 31 MARCH 2019

Director	Thomas William Colwill
Company Number	08981657 (England and Wales)
Registered Office	CROSSFIT VALENTIS UNIT 3 THREE GATES ROAD COWES ISLE OF WIGHT PO31 7UT ENGLAND
Accountants	Austin Randall Ltd Unit 1 Nicholson Road Ryde Isle of Wight PO33 1BE

VALENTIS HEALTH AND FITNESS LIMITED

ACCOUNTANTS' REPORT

Accountants' report to the director of Valentis Health and Fitness Limited on the preparation of the unaudited statutory accounts for the period from 1 May 2018 to 31 March 2019

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of Valentis Health and Fitness Limited for the period from 1 May 2018 to 31 March 2019 as set out on pages 5 - 5 from the company's accounting records and from information and explanations you have given us.

This report is made solely to the Board of Directors of Valentis Health and Fitness Limited, as a body, in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of Valentis Health and Fitness Limited and state those matters that we have agreed to state to them, as a body, in this report. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Valentis Health and Fitness Limited and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Valentis Health and Fitness Limited has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and loss of Valentis Health and Fitness Limited. You consider that Valentis Health and Fitness Limited is exempt from the statutory audit requirement for the period.

We have not been instructed to carry out an audit or a review of the accounts of Valentis Health and Fitness Limited. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory accounts.

Austin Randall Ltd

Unit 1
Nicholson Road
Ryde
Isle of Wight
PO33 1BE

31 March 2020

VALENTIS HEALTH AND FITNESS LIMITED
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2019

	2019	2018
	£	£
Fixed assets	6,109	8,146
Current assets	7,186	4,816
Creditors: amounts falling due within one year	(38,594)	(29,480)
Net current liabilities	(31,408)	(24,664)
Total assets less current liabilities	(25,299)	(16,518)
Net liabilities	(25,299)	(16,518)
Capital and reserves	(25,299)	(16,518)

NOTES TO THE ACCOUNTS

1 Director's advances, credit and guarantees

At the balance sheet date the company owed its director, Mr T C Colwill, £26,545

2 Average number of employees

During the period the average number of employees was 2 (2018: 2).

For the period ending 31 March 2019 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 director acknowledges his 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 micro-entity provisions of the Companies Act 2006 and FRS 105, The Financial Reporting Standard applicable to the Micro-entities Regime. The accounts have been delivered in accordance with the provisions applicable to companies subject to the small companies regime. The profit and loss account has not been delivered to the Registrar of Companies.

Approved by the board on 31 March 2020

Thomas William Colwill
Director

Company Registration No. 08981657

