

**HEALTH ROCKS NUTRITION LTD  
UNAUDITED ACCOUNTS  
FOR THE YEAR ENDED 30 SEPTEMBER 2019**

**HEALTH ROCKS NUTRITION LTD**  
**UNAUDITED ACCOUNTS**  
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**HEALTH ROCKS NUTRITION LTD**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2019**

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<b>Director</b>	Mr J D Hotham
<b>Company Number</b>	10948524 (England and Wales)
<b>Registered Office</b>	11 Grimston Street Hull HU1 3HG
<b>Accountants</b>	Kendall Accountancy Services Limited 2 Exeter Street New Village Road Cottingham East Yorkshire HU16 4LU

**HEALTH ROCKS NUTRITION LTD**  
**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 SEPTEMBER 2019**

	Notes	2019 £	2018 £
<b>Current assets</b>			
Cash at bank and in hand		-	50
<b>Creditors: amounts falling due within one year</b>	4	(875)	(925)
<b>Net current liabilities</b>		(875)	(875)
<b>Net liabilities</b>		(875)	(875)
<b>Capital and reserves</b>			
Called up share capital	5	4	4
Profit and loss account		(879)	(879)
<b>Shareholders' funds</b>		(875)	(875)

For the year ending 30 September 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 and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

Approved by the Board on 4 June 2020.

Mr J D Hotham  
Director

Company Registration No. 10948524

**HEALTH ROCKS NUTRITION LTD**  
**NOTES TO THE ACCOUNTS**  
**FOR THE YEAR ENDED 30 SEPTEMBER 2019**

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**1 Statutory information**

Health Rocks Nutrition Ltd is a private company, limited by shares, registered in England and Wales, registration number 10948524. The registered office is 11 Grimston Street, Hull, HU1 3HG.

**2 Compliance with accounting standards**

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

**3 Accounting policies**

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

***Basis of preparation***

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

***Presentation currency***

The accounts are presented in £ sterling.

**4 Creditors: amounts falling due within one year**

2019	2018
£	£

Amounts owed to group undertakings and other participating interests	-	871
Loans from directors	875	54

875	925
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**5 Share capital**

2019	2018
£	£

Allotted, called up and fully paid:	
4 Ordinary shares of £1 each	4

4
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**6 Average number of employees**

During the year the average number of employees was 1 (2018: 1).

