Registered number 07775273

The Helpful Head Ltd

Abbreviated Accounts

30 September 2016

The Helpful Head Ltd

Report to the director on the preparation of the unaudited abbreviated accounts of The Helpful Head Ltd for the year ended 30 September 2016

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the abbreviated accounts of The Helpful Head Ltd for the year ended 30 September 2016 which comprise of the balance sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at http://rulebook.accaglobal.com/

It is your duty to ensure that The Helpful Head Ltd has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of The Helpful Head Ltd. You consider that The Helpful Head Ltd is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of The Helpful Head Ltd. 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 abbreviated accounts.

G C Forest & Co Chartered Certified Accountants 190 Billet Road London E17 5DX

7 October 2016

The Helpful Head Ltd

Registered number: 07775273

Abbreviated Balance Sheet as at 30 September 2016

No	tes		2016		2015
			£		£
Fixed assets					
Tangible assets	2		1,323		1,557
Current assets					
Cash at bank and in hand		11,062		10,369	
Creditors: amounts falling due within one year		(11,543)		(10,019)	
within one year		(11,543)		(10,019)	
Net current (liabilities)/assets			(481)		350
Net assets		_ _	842	-	1,907
Capital and reserves					
Called up share capital	3		2		2
Profit and loss account			840		1,905
Shareholders' funds		_ _	842	-	1,907

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

Members have not required the company to obtain an audit in accordance with section 476 of the Act.

The director acknowledges her responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Fiona Reid

Director

Approved by the board on 7 October 2016

The Helpful Head Ltd **Notes to the Abbreviated Accounts** for the year ended 30 September 2016

Accounting policies

Basis of preparation

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and machinery

15% on written down value

Stocks

Stock is valued at the lower of cost and net realisable value.

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse. No provision was found to be necessary for the period ended 30 September 2016.

2	Tangible fixed assets			£	
	Cost				
	At 1 October 2015			2,730	
	At 30 September 2016			2,730	
	Depreciation				
	At 1 October 2015			1,173	
	Charge for the year			234	
	At 30 September 2016			1,407	
	Net book value				
	At 30 September 2016			1,323	
	At 30 September 2015		_	1,557	
•	0		0040	0040	0047
3	Share capital	Nominal	2016	2016	2015
		value	Number	£	£

Allotted, called up and fully paid:				
Ordinary shares	£1 each	2	2	2

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.