

Registered number
11173801

Essential Health & Wellbeing Limited

Filleted Accounts

31 December 2020

Essential Health & Wellbeing Limited**Registered number: 11173801****Balance Sheet****as at 31 December 2020**

	2020	2019
	£	£
Fixed assets	339	508
Current assets	92	6,993
Creditors: amounts falling due within one year	(786)	(5,798)
Net current (liabilities)/assets	(694)	1,195
Total assets less current liabilities	(355)	1,703
Accruals and deferred income	(250)	(250)
Net (liabilities)/assets	(605)	1,453
Capital and reserves	(605)	1,453
	Number	Number
Average number of employees	1	1

The company is a private company limited by shares and incorporated in England. Its registered office is 235 Barkerhouse Road, Nelson, Lancashire, England, BB9 9NQ.

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

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

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.

The 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.

Sadia Bashir

Director

Approved by the board on 24 September 2021

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.