

Abbreviated Unaudited Accounts for the Year Ended 31 July 2014

for

Self Holistic Health Limited

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for the Year Ended 31 July 2014

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Self Holistic Health Limited
Company Information
for the Year Ended 31 July 2014

DIRECTOR: C O'Hare

REGISTERED OFFICE: 28 Viaduct Road
Chelmsford
Essex
CM1 1TS

REGISTERED NUMBER: 08136135 (England and Wales)

ACCOUNTANTS: NSO Associates LLP
75 Springfield Road
Chelmsford
Essex
CM2 6JB

Self Holistic Health Limited (Registered number: 08136135)

Abbreviated Balance Sheet
31 July 2014

31.7.13				31.7.14
£	£		Notes	£
		FIXED ASSETS		
33,530		Tangible assets	2	24,797
		CURRENT ASSETS		
	5,739	Debtors		2,978
		CREDITORS		
	33,460	Amounts falling due within one year		22,461
<u>(27,721)</u>		NET CURRENT LIABILITIES		<u>(19,483)</u>
5,809		TOTAL ASSETS LESS CURRENT LIABILITIES		5,314
		CREDITORS		
22,370		Amounts falling due after more than one year		37,473
<u>(16,561)</u>		NET LIABILITIES		<u>(32,159)</u>
		CAPITAL AND RESERVES		
100		Called up share capital	3	100
<u>(16,661)</u>		Profit and loss account		<u>(32,259)</u>
<u>(16,561)</u>		SHAREHOLDERS' FUNDS		<u>(32,159)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2014.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2014 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 16 April 2015 and were signed by:

C O'Hare - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Year Ended 31 July 2014

1. **ACCOUNTING POLICIES**

Accounting convention

The financial statements 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 net invoiced sales of goods, excluding value added tax.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on cost, 15% on reducing balance and over the lease term

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. **TANGIBLE FIXED ASSETS**

	Total £
COST	
At 1 August 2013 and 31 July 2014	<u>38,649</u>
DEPRECIATION	
At 1 August 2013	5,119
Charge for year	<u>8,733</u>
At 31 July 2014	<u>13,852</u>
NET BOOK VALUE	
At 31 July 2014	<u>24,797</u>
At 31 July 2013	<u>33,530</u>

3. **CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.7.14 £	31.7.13 £
100	Ordinary	£1	<u>100</u>	<u>100</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.