

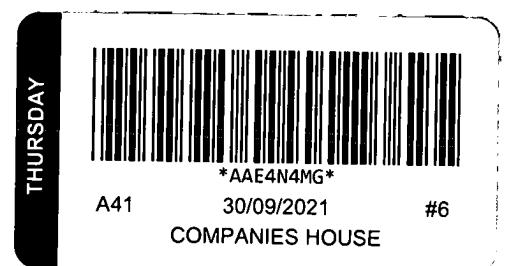
Registered number: 03712276

Body and Mind Limited

Unaudited

Financial Statements

For the year ended 31 December 2020



Body and Mind Limited

Company Information

Directors	T Newman C Blackwell-Frost
Company secretary	T Newman
Registered number	03712276
Registered office	Epsom Gateway Ashley Avenue Epsom Surrey KT18 5AL

Body and Mind Limited

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Body and Mind Limited

**Directors' report
For the year ended 31 December 2020**

The directors present their report and the financial statements for the year ended 31 December 2020.

Principal activity

The Company has been dormant as defined in s1169 of the Companies Act 2006 throughout the year and preceding financial period. The directors have no plans for the Company to trade in the future.

Directors

The directors who served during the year were:

T Newman
C Blackwell-Frost

No director had any interest in the share capital of the Company or any other group company.

Small companies note

In preparing this report, the directors have taken advantage of the small companies exemptions provided by section 415A of the Companies Act 2006.

This report was approved by the board on 24 September 2021 and signed on its behalf.



C Blackwell-Frost
Director

Body and Mind Limited

Directors' responsibilities statement For the year ended 31 December 2020

The directors are responsible for preparing the Annual Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law), including FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'. Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of the profit or loss of the Company for that period.

In preparing these financial statements, the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Body and Mind Limited

Income statement
For the year ended 31 December 2020

The Company has not traded during the year or the preceding financial year. During these periods, the Company received no income and incurred no expenditure and therefore made neither profit nor loss.

The notes on pages 5 to 6 form part of these financial statements.

Body and Mind Limited
Registered number:03712276

Statement of financial position
As at 31 December 2020

	Note	2020 £	2019 £
Current assets			
Debtors: amounts falling due within one year	3	300	300
		<u>300</u>	<u>300</u>
Total assets less current liabilities		<u>300</u>	<u>300</u>
Net assets		<u>300</u>	<u>300</u>
Capital and reserves			
Called up share capital	4	300	300
		<u>300</u>	<u>300</u>

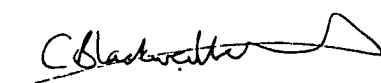
For the year ended 31 December 2020 the Company was entitled to exemption from audit under section 480 of the Companies Act 2006.

Members have not required the Company to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The Company's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved and authorised for issue by the board and were signed on its behalf on 24 September 2021.


C Blackwell-Frost
Director

The notes on pages 5 to 6 form part of these financial statements.

Body and Mind Limited

Notes to the financial statements For the year ended 31 December 2020

1. General information

Body & Mind Limited is a private company limited by shares, incorporated in the United Kingdom under the Companies Act 2006 and is registered in England and Wales. The registered address of the Company is Epsom Gateway, 2 Ashley Avenue, Epsom, Surrey, KT18 5AL, United Kingdom. The Company is dormant.

2. Accounting policies

2.1 Basis of preparation of financial statements

The financial statements have been prepared under the historical cost convention in GBP and in accordance with FRS 102, the Financial Reporting Standard applicable in the United Kingdom and the Republic of Ireland and the Companies Act 2006. The preparation of financial statements in compliance with FRS 102 requires management to exercise judgement in applying the Company's accounting policies. There have been no significant judgements or estimations made in these accounts.

The Company's presentation currency is Pounds Sterling. All financial information has been rounded to the nearest pound in these financial statements.

These financial statements have been prepared on a going concern basis.

3. Debtors

	2020 £	2019 £
Amounts owed by group undertakings	300	300
	<u>300</u>	<u>300</u>

The amounts owed by group undertakings are unsecured, interest free and repayable on demand.

4. Share capital

	2020 £	2019 £
Authorised, allotted, called up and fully paid		
100 (2019 - 100) A ordinary shares of £1.00 each	100	100
200 (2019 - 200) B ordinary shares of £1.00 each	200	200
	<u>300</u>	<u>300</u>

Body and Mind Limited

Notes to the financial statements For the year ended 31 December 2020

5. Ultimate parent undertaking and controlling party

The Company's immediate parent undertaking is Bladerunner Limited, a company registered in England and Wales. The Company's ultimate parent undertaking is Nuffield Health, a company incorporated in England and Wales and limited by guarantee and a registered charity number 205533.

The largest and smallest group of undertakings for which group financial statements are drawn up is that headed by Nuffield Health.

The financial statements for Nuffield Health can be obtained from the company secretary, Nuffield Health, Epsom Gateway, Ashley Avenue, Epsom, Surrey, KT18 5AL.