Company Registration Number: 05031355 (England and Wales)

Unaudited micro entity accounts for the year ended 05 April 2023

Period of accounts

Start date: 06 April 2022

End date: 05 April 2023

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for the Period Ended 05 April 2023

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Company Information

for the Period Ended 05 April 2023

Director:	Mr Stephen Miles Granger
	Dr Carol Anne Granger
Secretary:	Dr Carol Anne Granger
Registered office:	The Cottage At The Severals Midhurst GU29 9RJ
Company Registration Number:	05031355 (England and Wales)

Directors' Report Period Ended 05 April 2023

The directors present their report with the financial statements of the company for the period ended 05 April 2023

Principal Activities

Health & Nutrition, Occupational Health

Political and charitable donations

None

Company policy on the employment of disabled persons

Company equality and diversity policy - to serve, employ and engage with people and organisations regardless of dis/ability, sex, heritage, religion, or age.

Directors

The directors shown below have held office during the whole of the period from 06 April 2022 to 05 April 2023 Mr Stephen Miles Granger Dr Carol Anne Granger

Secretary

Dr Carol Anne Granger

This report was approved by the board of directors on 2 January 2024 And Signed On Behalf Of The Board By:

Name: Dr Carol Anne Granger

Status: Director

Profit and Loss Account

for the Period Ended 05 April 2023

	2023	2022
	£	£
Turnover	173,856	187,466
Income from coronavirus (COVID-19) business support grants	0	5,049
Other Income	12	0
Cost of Materials	(110,148)	(116,728)
Staff Costs	(48,793)	(52,097)
Depreciation and Writeoffs	(2,597)	(1,393)
Other charges	(25,642)	(26,455)
Profit or (Loss) for Period	(13,312)	(4,158)

Balance sheet

As at 05 April 2023

	2023 £	2022 £
Called up share capital not paid:	0	0
Fixed Assets:	8,978	8,537
Current assets:	17,082	28,778
Prepayments and accrued income:	0	0
Creditors: amounts falling due within one year:	(795)	(3,238)
Net current assets (liabilities):	16,287	25,540
Total assets less current liabilities:	25,265	34,077
Creditors: amounts falling due after more than one year:	(36,740)	(32,240)
Provision for liabilities:	(0)	(0)
Accruals and deferred income:	(0)	(0)
Total net assets (liabilities):	(11,475)	1,837
Capital and reserves:	(11,475)	1,837

Balance sheet continued

For the year ending 5 April 2023 the company was entitled to exemption 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 directors acknowledge their 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 of the small companies regime applicable to micro-entities.

This report was approved by the board of directors on 2 January 2024 And Signed On Behalf Of The Board By:

Name: Dr Carol Anne Granger

Status: Director

The notes form part of these financial statements

Footnotes to the Financial Statements

for the Period Ended 05 April 2023

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Average number of employees: 7

Footnotes to the Financial Statements

for the Period Ended 05 April 2023

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No

This document was delivered using electronic communications and authenticated in accrelating to electronic form, authentication and manner of delivery under section 1072 of	cordance with the registrar's rules the Companies Act 2006.