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REGISTERED NUMBER: 05523019 (England and Wales)

AMENDED

ABBREVIATED UNAUDITED ACCOUNTS FOR THE YEAR ENDED 31 JULY 2016

FOR

WORDS OF LIFE AND HEALTH LIMITED

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WORDS OF LIFE AND HEALTH LIMITED
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FOR THE YEAR ENDED 31 JULY 2016

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WORDS OF LIFE AND HEALTH LIMITED

**COMPANY INFORMATION
FOR THE YEAR ENDED 31 JULY 2016**

DIRECTOR: Mrs V Belmar

SECRETARY: Mrs V Belmar

REGISTERED OFFICE: 60 Mree Court
Pine Street
Aylesbury
Buckinghamshire
HP19 7HX

REGISTERED NUMBER: 05523019 (England and Wales)

ACCOUNTANTS: C & H Associates
T/A Mobile Accountants
Chartered Management Accountants
206 Turners Hill
cheshunt
Hertfordshire
EN8 9DE

WORDS OF LIFE AND HEALTH LIMITED
REPORT OF THE ACCOUNTANTS TO THE DIRECTOR OF
WORDS OF LIFE AND HEALTH LIMITED

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages three to four) have been prepared.

Respective Responsibilities of the Directors and Reporting Accountants

As described in the directors report, the director is responsible for the preparation of the financial statements in accordance with applicable law and United Kingdom Accounting Standards. They consider the company is exempt from audit. Our responsibilities are to prepare the financial statements on behalf of the director, based on the company's accounting records and instruction from the directors.

Basis Of Opinion

We prepared the financial statements in accordance with best practice. We compared the financial statements with the accounting records maintained by the company and made such limited enquiries of the company, as we considered necessary for the preparation of these financial statements.

We have not carried out an audit in accordance with Auditing Standards. Accordingly, we do not express an audit opinion on the financial statement. The financial statements are free from material misstatement whether by error, fraud or any other irregularities.

Opinion

In our opinion:

- (a) the financial statements are in agreement with accounting standards maintained by the companies act 2006 under part 15 as well as information provided by the directors.
- (b) having regards only to, and on the basis of the information contained in those accounting records and instructions from the directors, the financial statements have been drawn up in a manner consistent with the requirements on the Companies Act 2006 and generally accepted accounting principles.

C & H Associates
T/A Mobile Accountants
Chartered Management Accountants
206 Turners Hill
cheshunt
Hertfordshire
EN8 9DE

Date:

ABBREVIATED BALANCE SHEET
31 JULY 2016

	Notes	31.7.16 £	£	31.7.15 £	£
FIXED ASSETS					
Tangible assets	2		464		618
CURRENT ASSETS					
Stocks		379		379	
Debtors		631		486	
Cash at bank and in hand		126		5	
		<u>1,136</u>		<u>870</u>	
CREDITORS					
Amounts falling due within one year		<u>121,735</u>		<u>114,310</u>	
NET CURRENT LIABILITIES			<u>(120,599)</u>		<u>(113,440)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(120,135)</u>		<u>(112,822)</u>
CREDITORS					
Amounts falling due after more than one year			<u>3,871</u>		<u>7,967</u>
NET LIABILITIES			<u>(124,006)</u>		<u>(120,789)</u>
CAPITAL AND RESERVES					
Called up share capital	3		1		1
Profit and loss account			<u>(124,007)</u>		<u>(120,790)</u>
SHAREHOLDERS' FUNDS			<u>(124,006)</u>		<u>(120,789)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 July 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) 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.

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 25 May 2017 and were signed by:



Mrs V Belmar - Director

WORDS OF LIFE AND HEALTH LIMITED

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 JULY 2016**

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 January 2015).

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.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Deferred tax

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

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 August 2015 and 31 July 2016	2,697
DEPRECIATION	
At 1 August 2015	2,079
Charge for year	154
At 31 July 2016	2,233
NET BOOK VALUE	
At 31 July 2016	464
At 31 July 2015	618

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.7.16 £	31.7.15 £
1	ordinary	1	1	1