

# HEALTH SQUARED LTD.

Unaudited Financial Statements

## **Period of accounts**

**Start date:** 01 October 2018

**End date:** 30 September 2019

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**Company Information**  
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<b>Director</b>	Benjamin James Edward Fox
<b>Registered Number</b>	10956165
<b>Registered Office</b>	Clarendon Business Centre Sandford Gate Sandy Lane West Oxford OX4 6LB
<b>Accountants</b>	Cypher Oxford House, John Smith Drive Oxford Business Park South Oxford OX4 2JY

**HEALTH SQUARED LTD.**  
**Director's Report**  
**For the year ended 30 September 2019**

The directors present their annual report and the financial statements for the year ended 30 September 2019.

**Principal activities**

Principal activity of the company during the financial year was of personal training.

**Director**

The director who served the company throughout the year was as follows:

Benjamin James Edward Fox

## **Statement of director's responsibilities**

The directors are responsible for preparing the directors' report and the financial statements in accordance with applicable law and regulations and in accordance with United Kingdom Generally Accepted Accounting Practice.

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 (Financial Reporting Standard 102). 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 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
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements 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.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom, governing the preparation and dissemination of financial statements, may differ from legislation in other jurisdictions

Each director who held office at the date of approval of this report confirms that: so far as the director is aware, there is no relevant audit information needed by the company's auditor in connection with preparing their report of which the company's auditor is unaware; and the director has taken all the steps that they ought to have taken as a director in order to be aware of any relevant audit information and to establish that the company's auditor is aware of that information .

On behalf of the board.

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Benjamin James Edward Fox  
Director

Date approved: 30 June 2020

HEALTH SQUARED LTD.  
Statement of Financial Position  
As at 30 September 2019

	Notes	2019 £	2018 £
<b>Fixed assets</b>			
Tangible fixed assets	2	7,470	0
		<u>7,470</u>	<u>0</u>
<b>Current assets</b>			
Debtors	3	750	0
Cash at bank and in hand		16,066	1
		<u>16,816</u>	<u>1</u>
<b>Creditors: amount falling due within one year</b>	4	(15,207)	0
		<u>1,609</u>	<u>1</u>
<b>Net current assets</b>		<u>1,609</u>	<u>1</u>
<b>Total assets less current liabilities</b>		<u>9,079</u>	<u>1</u>
<b>Net assets</b>		<u><u>9,079</u></u>	<u><u>1</u></u>
<b>Capital and reserves</b>			
Called up share capital	5	1	1
Profit and loss account		9,078	0
<b>Shareholders funds</b>		<u><u>9,079</u></u>	<u><u>1</u></u>

For the year ended 30 September 2019 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

1. The members have not required the company to obtain an audit of its accounts for the year in question in accordance with Section 476
2. 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

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the provisions of Part 15 of the Companies Act 2006. In accordance with Section 444 of the Companies Act 2006, the income statement has not been delivered to the Registrar of Companies.

The financial statements were approved by the director on 30 June 2020 and were signed by:

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Benjamin James Edward Fox  
Director



**HEALTH SQUARED LTD.**  
**Notes to the Financial Statements**  
**For the year ended 30 September 2019**

**General Information**

Health Squared Ltd. is a private company, limited by shares, registered in England and Wales, registration number 10956165, registration address Clarendon Business Centre , Sandford Gate , Sandy Lane West, Oxford, OX4 6LB.

**1. Accounting policies**

**Significant accounting policies**

**Statement of compliance**

These financial statements have been prepared in compliance with FRS 102 – The Financial Reporting Standard applicable in the UK and Republic of Ireland and the Companies Act 2006.

**Basis of preparation**

The financial statements have been prepared on the going concern basis and under the historical cost convention as modified by the revaluation of land and buildings and certain financial instruments measured at fair value in accordance with the accounting policies.

The financial statements are prepared in sterling which is the functional currency of the company.

**Turnover**

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

**Tangible fixed assets**

Tangible fixed assets, other than freehold land, are stated at cost or valuation less depreciation and any provision for impairment. Depreciation is provided at rates calculated to write off the cost or valuation of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Plant and Machinery	5 year Straight Line
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## 2. Tangible fixed assets

<b>Cost</b>	<b>Plant and Machinery</b>	<b>Total</b>
	<b>£</b>	<b>£</b>
At 01 October 2018	-	-
Additions	9,338	9,338
Disposals	-	-
At 30 September 2019	<b>9,338</b>	<b>9,338</b>
<b>Depreciation</b>		
At 01 October 2018	-	-
Charge for year	1,868	1,868
On disposals	-	-
At 30 September 2019	<b>1,868</b>	<b>1,868</b>
<b>Net book values</b>		
Closing balance as at 30 September 2019	<b>7,470</b>	<b>7,470</b>
Opening balance as at 01 October 2018	-	-

## 3. Debtors: amounts falling due within one year

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Other Debtors	750	0
	<b>750</b>	<b>0</b>

#### 4. Creditors: amount falling due within one year

	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
Trade Creditors	1,024	0
Corporation Tax	994	0
PAYE & Social Security	135	0
Directors' Current Accounts	13,054	0
	<u><b>15,207</b></u>	<u><b>0</b></u>

#### 5. Share Capital

<b>Allotted</b>	<b>2019</b>	<b>2018</b>
	<b>£</b>	<b>£</b>
1,000 Class A shares of £0.001 each	1	1
	<u><b>1</b></u>	<u><b>1</b></u>

#### 6. Average No of Employees

The average number of employees for the period was 1

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