

Registered Number: 10956165  
England and Wales

# HEALTH SQUARED LTD.

Unaudited Financial Statements

## **Period of accounts**

**Start date:** 01 October 2020

**End date:** 30 September 2021

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**Director** Benjamin James Edward Fox

**Registered Number** 10956165

**Registered Office** Clarendon Business Centre  
Sandford Gate  
Sandy Lane West  
Oxford  
OX4 6LB

**Accountants** Cypher  
Monkswell  
Little Baldon  
Oxford  
OX44 9PU

**HEALTH SQUARED LTD.**  
**Director's Report**  
**For the year ended 30 September 2021**

**Director's report and financial statements**

The directors present their annual report and the financial statements for the year ended 30 September 2021.

**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

On behalf of the board.

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Benjamin James Edward Fox  
Director

Date approved: 21 June 2022

HEALTH SQUARED LTD.  
Statement of Financial Position  
As at 30 September 2021

	Notes	2021 £	2020 £
<b>Fixed assets</b>			
Tangible fixed assets	3	44,948	20,227
		<u>44,948</u>	<u>20,227</u>
<b>Current assets</b>			
Debtors	4	5,478	750
Cash at bank and in hand		46,099	49,460
		<u>51,577</u>	<u>50,210</u>
<b>Creditors: amount falling due within one year</b>	5	(58,567)	(32,768)
<b>Net current liabilities</b>		<u>(6,990)</u>	<u>17,442</u>
<b>Total assets less current liabilities</b>		37,958	37,669
<b>Creditors: amount falling due after more than one year</b>	6	(21,000)	(21,000)
<b>Net assets</b>		<u>16,958</u>	<u>16,669</u>
<b>Capital and reserves</b>			
Called up share capital	7	1	1
Profit and loss account		16,957	16,668
<b>Shareholder's funds</b>		<u>16,958</u>	<u>16,669</u>

For the year ended 30 September 2021 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 financial statements 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 21 June 2022 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 2021**

**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

The presentation currency is £ sterling.

**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.

**Taxation**

Taxation represents the sum of tax currently payable and deferred tax. Tax is recognised in the statement of income, except to the extent that it relates to items recognised in other comprehensive income or directly in capital and reserves. The company's liability for current tax is calculated using the tax rates and laws that have been enacted or substantively enacted at the reporting date. Current and deferred tax assets and liabilities are not discounted





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

	2021	2020
	£	£
Other Debtors	750	750
VAT	4,728	0
	<u>5,478</u>	<u>750</u>

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

	2021	2020
	£	£
Trade Creditors	16	42
Corporation Tax	706	1,393
Directors' Current Accounts	57,845	31,333
	<u>58,567</u>	<u>32,768</u>

#### 6. Creditors: amount falling due after more than one year

	2021	2020
	£	£
Bank Loans & Overdrafts	21,000	21,000
	<u>21,000</u>	<u>21,000</u>

#### 7. Share Capital

Allotted, called up and fully paid	2021	2020
	£	£
1,000 Class A shares of £0.001 each	1	1
	<u>1</u>	<u>1</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.