

REGISTERED NUMBER: 11253890 (England and Wales)

UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

FOR

HEALTH IN THOUGHT THERAPIES LTD

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

	Page
Company Information	1
Balance Sheet	2
Notes to the Financial Statements	4

HEALTH IN THOUGHT THERAPIES LTD

**COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2022**

DIRECTOR:	Ms K Kurilova
REGISTERED OFFICE:	1 Harley Street London W1G 9QD
REGISTERED NUMBER:	11253890 (England and Wales)
ACCOUNTANTS:	Bayar Hughes & Co Chartered Certified Accountants 4 Green Lane Business Park 238 Green lane New Eltham London SE9 3TL

HEALTH IN THOUGHT THERAPIES LTD (REGISTERED NUMBER: 11253890)

**BALANCE SHEET
31 MARCH 2022**

	Notes	2022 £	£	2021 £	£
FIXED ASSETS					
Intangible assets	4		2,550		2,975
Tangible assets	5		<u>356</u>		<u>475</u>
			2,906		3,450
CURRENT ASSETS					
Debtors	6	45		45	
Cash at bank		<u>521</u>		<u>3,120</u>	
		566		3,165	
CREDITORS					
Amounts falling due within one year	7	<u>14,320</u>		<u>12,403</u>	
NET CURRENT LIABILITIES			<u>(13,754)</u>		<u>(9,238)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(10,848)</u>		<u>(5,788)</u>
CAPITAL AND RESERVES					
Called up share capital	8		1		1
Retained earnings	9		<u>(10,849)</u>		<u>(5,789)</u>
SHAREHOLDERS' FUNDS			<u>(10,848)</u>		<u>(5,788)</u>

The notes form part of these financial statements

**BALANCE SHEET - continued
31 MARCH 2022**

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 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 financial statements have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies regime.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the director and authorised for issue on 25 November 2022 and were signed by:

Ms K Kurilova - Director

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. STATUTORY INFORMATION

Health In Thought Therapies Ltd is a private company, limited by shares , registered in England and Wales. The company's registered number and registered office address can be found on the Company Information page.

2. ACCOUNTING POLICIES**Basis of preparing the financial statements**

These financial statements have been prepared in accordance with Financial Reporting Standard 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" including the provisions of Section 1A "Small Entities" and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Turnover

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

Goodwill

Goodwill, being the amount paid in connection with the acquisition of a business in 2018, is being amortised evenly over its estimated useful life of ten years.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.
Office Equipment - 25% on reducing balance.

Taxation

Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2021 - 1) .

4. INTANGIBLE FIXED ASSETS

	Goodwill
	£
COST	
At 1 April 2021	
and 31 March 2022	<u>4,250</u>
AMORTISATION	
At 1 April 2021	1,275
Amortisation for year	<u>425</u>
At 31 March 2022	<u>1,700</u>
NET BOOK VALUE	
At 31 March 2022	<u>2,550</u>
At 31 March 2021	<u>2,975</u>

NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 MARCH 2022

5. TANGIBLE FIXED ASSETS

	Office Equipment £
COST	
At 1 April 2021 and 31 March 2022	<u>1,129</u>
DEPRECIATION	
At 1 April 2021	654
Charge for year	<u>119</u>
At 31 March 2022	<u>773</u>
NET BOOK VALUE	
At 31 March 2022	<u>356</u>
At 31 March 2021	<u>475</u>

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Other Debtors & Prepayments	<u>45</u>	<u>45</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Director's Loan Account	11,316	11,623
Other Creditors & Accruals	<u>3,004</u>	<u>780</u>
	<u>14,320</u>	<u>12,403</u>

8. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:			2022	2021
Number:	Class:	Nominal value:	£	£
1	Ordinary	£1	<u>1</u>	<u>1</u>

9. RESERVES

	Retained earnings £
At 1 April 2021	(5,789)
Deficit for the year	<u>(5,060)</u>
At 31 March 2022	<u>(10,849)</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.