

**Unaudited Financial Statements**  
**for the Period 27 November 2020 to 30 November 2021**  
**for**  
**Health Kick Ltd**

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**for the Period 27 November 2020 to 30 November 2021**

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**Health Kick Ltd**

**Company Information**  
**for the Period 27 November 2020 to 30 November 2021**

**DIRECTORS:**

J P Aspinall  
Ms E K Davies

**REGISTERED OFFICE:**

120 Score Lane  
Liverpool  
Merseyside  
L16 5EF

**REGISTERED NUMBER:**

13048896 (England and Wales)

**ACCOUNTANTS:**

Alexander Myerson & Co Limited  
Alexander House  
61 Rodney Street  
Liverpool  
Merseyside  
L1 9ER

**Health Kick Ltd (Registered number: 13048896)**

**Abridged Balance Sheet**  
**30 November 2021**

	Notes	£	£
<b>FIXED ASSETS</b>			
Tangible assets	4		1,991
<b>CURRENT ASSETS</b>			
Debtors		2,251	
Cash at bank		<u>1,860</u>	
		4,111	
<b>CREDITORS</b>			
Amounts falling due within one year		<u>2,927</u>	
<b>NET CURRENT ASSETS</b>			<u>1,184</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>3,175</u>
<b>CAPITAL AND RESERVES</b>			
Called up share capital			100
Retained earnings			<u>3,075</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>3,175</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 November 2021.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 November 2021 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their 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.

All the members have consented to the preparation of an abridged Income Statement and an abridged Balance Sheet for the period ended 30 November 2021 in accordance with Section 444(2A) of the Companies Act 2006.

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

The financial statements were approved by the Board of Directors and authorised for issue on 27 October 2022 and were signed on its behalf by:

J P Aspinall - Director

The notes form part of these financial statements

**Notes to the Financial Statements**  
**for the Period 27 November 2020 to 30 November 2021**

1. **STATUTORY INFORMATION**

Health Kick 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 is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and machinery etc - 25% on reducing balance

**Taxation**

Taxation for the period 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.

**Deferred tax**

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

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the period end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

**Hire purchase and leasing commitments**

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

3. **EMPLOYEES AND DIRECTORS**

The average number of employees during the period was 2.

**Health Kick Ltd (Registered number: 13048896)**

**Notes to the Financial Statements - continued**  
**for the Period 27 November 2020 to 30 November 2021**

4. **TANGIBLE FIXED ASSETS**

	Totals
	£
<b>COST</b>	
Additions	<u>2,654</u>
At 30 November 2021	<u>2,654</u>
<b>DEPRECIATION</b>	
Charge for period	<u>663</u>
At 30 November 2021	<u>663</u>
<b>NET BOOK VALUE</b>	
At 30 November 2021	<u><u>1,991</u></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.