

## Amended Accounts

These accounts replace the original accounts and are now the statutory accounts. They have been prepared as if they were at the date of the original accounts.

Mindful Action Coaching Ltd.

Annual Report and Unaudited Financial Statements

for the Year Ended 31 December 2016

K E Cross Ltd.  
2 Air Balloon Road  
Bristol  
BS5 8LA

WEDNESDAY



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COMPANIES HOUSE

# **Mindful Action Coaching Ltd.**

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## **Mindful Action Coaching Ltd.**

### **Company Information**

#### **Director**

Dr James Roger Pritchard

#### **Company secretary**

Ms Jacqueline Mangold

#### **Registered office**

60 Rewley Road  
Oxford  
OX1 2RQ

#### **Accountants**

K E Cross Ltd.  
2 Air Balloon Road  
Bristol  
BS5 8LA

**Mindful Action Coaching Ltd.**

**Statement of Comprehensive Income for the Year Ended 31 December 2016**

|                                         | Note | 2016<br>£ | 2015<br>£ |
|-----------------------------------------|------|-----------|-----------|
| Profit/(loss) for the year              |      | 4,939     | (174)     |
| Total comprehensive income for the year |      | 4,939     | (174)     |

**Mindful Action Coaching Ltd.**

**(Registration number: 04589340)**  
**Balance Sheet as at 31 December 2016**

|                                                       | Note | 2016<br>£      | 2015<br>£      |
|-------------------------------------------------------|------|----------------|----------------|
| <b>Fixed assets</b>                                   |      |                |                |
| Tangible assets                                       | 4    | 1,980          | -              |
| <b>Current assets</b>                                 |      |                |                |
| Debtors                                               | 5    | 3,302          | -              |
| Cash at bank and in hand                              |      | -              | 92             |
|                                                       |      | <u>3,302</u>   | <u>92</u>      |
| <b>Creditors: Amounts falling due within one year</b> | 6    | <u>(1,848)</u> | <u>(1,993)</u> |
| <b>Net current assets/(liabilities)</b>               |      | <u>1,454</u>   | <u>(1,901)</u> |
| <b>Total assets less current liabilities</b>          |      | <u>3,434</u>   | <u>(1,901)</u> |
| <b>Provisions for liabilities</b>                     |      | <u>(396)</u>   | <u>-</u>       |
| <b>Net assets/(liabilities)</b>                       |      | <u>3,038</u>   | <u>(1,901)</u> |
| <b>Capital and reserves</b>                           |      |                |                |
| Called up share capital                               |      | 100            | 100            |
| Profit and loss account                               |      | <u>2,938</u>   | <u>(2,001)</u> |
| <b>Total equity</b>                                   |      | <u>3,038</u>   | <u>(1,901)</u> |

For the financial year ending 31 December 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

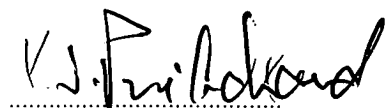
Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

These financial statements have been delivered in accordance with the provisions applicable to companies subject to the small companies regime and the option not to file the Profit and Loss Account has been taken.

Approved and authorised by the director on 18 August 2017



Dr James Roger Pritchard  
Director

**Mindful Action Coaching Ltd.**

**Statement of Changes in Equity for the Year Ended 31 December 2016**

|                            | Share capital<br>£ | Profit and loss<br>account<br>£ | Total<br>£ |
|----------------------------|--------------------|---------------------------------|------------|
| At 1 January 2016          | 100                | (2,001)                         | (1,901)    |
| Profit for the year        | -                  | 4,939                           | 4,939      |
| Total comprehensive income | -                  | 4,939                           | 4,939      |
| At 31 December 2016        | 100                | 2,938                           | 3,038      |
|                            | Share capital<br>£ | Profit and loss<br>account<br>£ | Total<br>£ |
| At 1 January 2015          | 100                | (1,827)                         | (1,727)    |
| Loss for the year          | -                  | (174)                           | (174)      |
| Total comprehensive income | -                  | (174)                           | (174)      |
| At 31 December 2015        | 100                | (2,001)                         | (1,901)    |

The notes on pages 5 to 7 form an integral part of these financial statements.  
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# Mindful Action Coaching Ltd.

## Notes to the Financial Statements for the Year Ended 31 December 2016

### 1 General information

The company is a private company limited by share capital incorporated in Wales.

The address of its registered office is:

60 Rewley Road

Oxford

OX1 2RQ

These financial statements were authorised for issue by the director on 18 August 2017.

### 2 Accounting policies

#### Summary of significant accounting policies and key accounting estimates

The principal accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all the years presented, unless otherwise stated.

#### Statement of compliance

These financial statements have been prepared in accordance with Financial Reporting Standard 102 Section 1A - 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006.

#### Basis of preparation

These financial statements have been prepared using the historical cost convention except that as disclosed in the accounting policies certain items are shown at fair value.

#### Tangible assets

Tangible assets are stated in the statement of financial position at cost, less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

The cost of tangible assets includes directly attributable incremental costs incurred in their acquisition and installation.

#### Depreciation

Depreciation is charged so as to write off the cost of assets, other than land and properties under construction over their estimated useful lives, as follows:

| Asset class      | Depreciation method and rate |
|------------------|------------------------------|
| Office equipment | 3 year straight line basis   |

#### Cash and cash equivalents

Cash and cash equivalents comprise cash on hand and call deposits, and other short-term highly liquid investments that are readily convertible to a known amount of cash and are subject to an insignificant risk of change in value.

#### Trade debtors

Trade debtors are amounts due from customers for merchandise sold or services performed in the ordinary course of business.

Trade debtors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method, less provision for impairment. A provision for the impairment of trade debtors is established when there is objective evidence that the company will not be able to collect all amounts due according to the original terms of the receivables.

## **Mindful Action Coaching Ltd.**

### **Notes to the Financial Statements for the Year Ended 31 December 2016**

#### **Trade creditors**

Trade creditors are obligations to pay for goods or services that have been acquired in the ordinary course of business from suppliers. Accounts payable are classified as current liabilities if the company does not have an unconditional right, at the end of the reporting period, to defer settlement of the creditor for at least twelve months after the reporting date. If there is an unconditional right to defer settlement for at least twelve months after the reporting date, they are presented as non-current liabilities.

Trade creditors are recognised initially at the transaction price and subsequently measured at amortised cost using the effective interest method.

#### **Borrowings**

Interest-bearing borrowings are initially recorded at fair value, net of transaction costs. Interest-bearing borrowings are subsequently carried at amortised cost, with the difference between the proceeds, net of transaction costs, and the amount due on redemption being recognised as a charge to the Profit and Loss Account over the period of the relevant borrowing.

Interest expense is recognised on the basis of the effective interest method and is included in interest payable and similar charges.

Borrowings are classified as current liabilities unless the company has an unconditional right to defer settlement of the liability for at least twelve months after the reporting date.

#### **Share capital**

Ordinary shares are classified as equity. Equity instruments are measured at the fair value of the cash or other resources received or receivable, net of the direct costs of issuing the equity instruments. If payment is deferred and the time value of money is material, the initial measurement is on a present value basis.

### **3 Staff numbers**

The average number of persons employed by the company (including the director) during the year, was 1 (2015 - 1).

# Mindful Action Coaching Ltd.

## Notes to the Financial Statements for the Year Ended 31 December 2016

### 4 Tangible assets

|                          | Furniture, fittings<br>and equipment<br>£ | Total<br>£ |
|--------------------------|-------------------------------------------|------------|
| <b>Cost or valuation</b> |                                           |            |
| Additions                | 2,970                                     | 2,970      |
| At 31 December 2016      | 2,970                                     | 2,970      |
| <b>Depreciation</b>      |                                           |            |
| Charge for the year      | 990                                       | 990        |
| At 31 December 2016      | 990                                       | 990        |
| <b>Carrying amount</b>   |                                           |            |
| At 31 December 2016      | 1,980                                     | 1,980      |

### 5 Debtors

|                                       | 2016<br>£ | 2015<br>£ |
|---------------------------------------|-----------|-----------|
| Trade debtors                         | 3,302     | -         |
| Total current trade and other debtors | 3,302     | -         |

### 6 Creditors

|                            | Note | 2016<br>£ | 2015<br>£ |
|----------------------------|------|-----------|-----------|
| <b>Due within one year</b> |      |           |           |
| Bank loans and overdrafts  | 7    | 957       | 1,992     |
| Other creditors            |      | 891       | 1         |
|                            |      | 1,848     | 1,993     |

### 7 Loans and borrowings

|                                     | 2016<br>£ | 2015<br>£ |
|-------------------------------------|-----------|-----------|
| <b>Current loans and borrowings</b> |           |           |
| Other borrowings                    | 957       | 1,992     |