

Mindful Action Coaching Ltd.

Annual Report and Unaudited Financial Statements
for the Year Ended 31 December 2017

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

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 2017

	Note	2017 £	2016 £
Profit for the year		<u>12,002</u>	<u>4,939</u>
Total comprehensive income for the year		<u><u>12,002</u></u>	<u><u>4,939</u></u>

The notes on pages 5 to 7 form an integral part of these financial statements.

Mindful Action Coaching Ltd.

(Registration number: 04589340)

Balance Sheet as at 31 December 2017

	Note	2017 £	2016 £
Fixed assets			
Tangible assets	<u>4</u>	1,380	1,980
Current assets			
Debtors	<u>5</u>	544	3,302
Cash at bank and in hand		<u>1,990</u>	<u>-</u>
		2,534	3,302
Creditors: Amounts falling due within one year	<u>6</u>	<u>(3,512)</u>	<u>(1,848)</u>
Net current (liabilities)/assets		<u>(978)</u>	<u>1,454</u>
Total assets less current liabilities		402	3,434
Provisions for liabilities		<u>(262)</u>	<u>(396)</u>
Net assets		<u>140</u>	<u>3,038</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		<u>40</u>	<u>2,938</u>
Total equity		<u>140</u>	<u>3,038</u>

For the financial year ending 31 December 2017 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 10 August 2018

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Dr James Roger Pritchard

Director

Mindful Action Coaching Ltd.

Statement of Changes in Equity for the Year Ended 31 December 2017

	Share capital £	Profit and loss account £	Total £
At 1 January 2017	100	2,938	3,038
Profit for the year	-	12,002	12,002
Total comprehensive income	-	12,002	12,002
Dividends	-	(14,900)	(14,900)
At 31 December 2017	100	40	140
	Share capital £	Profit and loss account £	Total £
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

The notes on pages 5 to 7 form an integral part of these financial statements.

Mindful Action Coaching Ltd.

Notes to the Financial Statements for the Year Ended 31 December 2017

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 10 August 2018.

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 2017

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.

Dividends

Dividend distribution to the company's shareholders is recognised as a liability in the financial statements in the reporting period in which the dividends are declared.

3 Staff numbers

The average number of persons employed by the company (including the director) during the year, was 1 (2016 - 1).

Mindful Action Coaching Ltd.

Notes to the Financial Statements for the Year Ended 31 December 2017

4 Tangible assets

	Furniture, fittings and equipment £	Total £
Cost or valuation		
At 1 January 2017	2,970	2,970
Additions	585	585
At 31 December 2017	3,555	3,555
Depreciation		
At 1 January 2017	990	990
Charge for the year	1,185	1,185
At 31 December 2017	2,175	2,175
Carrying amount		
At 31 December 2017	1,380	1,380
At 31 December 2016	1,980	1,980

5 Debtors

	2017 £	2016 £
Trade debtors	544	3,302
Total current trade and other debtors	544	3,302

6 Creditors

	Note	2017 £	2016 £
Due within one year			
Other creditors		3,512	1,848

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.