REGISTERED NUMBER: 04589340 (England and Wales)

Unaudited Financial Statements for the Year Ended 31 December 2022

for

Mindful Action Coaching Ltd.

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for the Year Ended 31 December 2022

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Mindful Action Coaching Ltd.

Company Information
for the Year Ended 31 December 2022

DIRECTOR:	Dr J R Pritchard
SECRETARY:	Ms J Mangold
REGISTERED OFFICE:	60 Rewley Road Oxford Oxfordshire OX1 2RQ
REGISTERED NUMBER:	04589340 (England and Wales)
ACCOUNTANTS:	Rachel Rahman Limited Chartered Certified Accountants 178 The Moors Kidlington Oxford OX5 2AD

Balance Sheet
31 December 2022

	Notes	2022 £	£	2021 £	£
FIXED ASSETS					
Tangible assets	4		52,862		414
CURRENT ASSETS					
Debtors	5	-		1,077	
Cash at bank		4,096		2,348	
		4,096		3,425	
CREDITORS					
Amounts falling due within one year	6	41,725		3,646	
NET CURRENT LIABILITIES			(37,629)		(221)
TOTAL ASSETS LESS CURRENT LIABILITIES			15,233		193
PROVISIONS FOR LIABILITIES			10,044		79
NET ASSETS			5,189		114
CAPITAL AND RESERVES					
Called up share capital			100		100
Retained earnings	7		5,089		14
			5,189		114

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his 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 22 September 2023 and were signed by:

Dr J R Pritchard - Director

Notes to the Financial Statements for the Year Ended 31 December 2022

1. STATUTORY INFORMATION

Mindful Action Coaching 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.
Computer equipment - 33% on cost

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.

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 year 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.

3. EMPLOYEES AND DIRECTORS

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

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4. TANGIBLE FIXED ASSETS

	Motor vehicles £	Computer equipment £	Totals £
COST			
At 1 January 2022	-	7,999	7,999
Additions	61,090	5,674	66,764
Disposals	-	(380)	(380)
At 31 December 2022	61,090	13,293	74,383
DEPRECIATION			
At 1 January 2022	-	7,585	7,585
Charge for year	12,218	2,098	14,316
Eliminated on disposal	-	(380)	(380)
At 31 December 2022	12,218	9,303	21,521
NET BOOK VALUE			
At 31 December 2022	48,872	3,990	52,862
At 31 December 2021	-	414	414

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Directors' loan accounts	-	1,077

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2022 £	2021 £
Tax	(2,324)	3,246
Directors' loan accounts	43,487	-
Accrued expenses	562	400
	41,725	3,646

7. RESERVES

	Retained earnings £
At 1 January 2022	14
Profit for the year	7,575
Dividends	(2,500)
At 31 December 2022	5,089

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8. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to a director subsisted during the years ended 31 December 2022 and 31 December 2021:

	2022	2021
	£	£
Dr J R Pritchard		
Balance outstanding at start of year	1,077	-
Amounts advanced	(43,487)	1,077
Amounts repaid	(1,077)	-
Amounts written off	-	-
Amounts waived	-	-
Balance outstanding at end of year	(43,487)	1,077

Chartered Certified Accountants' Report to the Director
on the Unaudited Financial Statements of
Mindful Action Coaching Ltd.

The following reproduces the text of the report prepared for the director in respect of the company's annual unaudited financial statements. In accordance with the Companies Act 2006, the company is only required to file a Balance sheet. Readers are cautioned that the Income statement and certain other primary statements and the Report of the director are not required to be filed with the Registrar of Companies.

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the financial statements of Mindful Action Coaching Ltd. for the year ended 31 December 2022 which comprise the Income statement, Balance sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at http://www.accaglobal.com/rulebook.

This report is made solely to the director of Mindful Action Coaching Ltd. in accordance with our terms of engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Mindful Action Coaching Ltd. and state those matters that we have agreed to state to the director of Mindful Action Coaching Ltd. in this report in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at http://www.accaglobal.com/factsheet163. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and its director for our work or for this report.

It is your duty to ensure that Mindful Action Coaching Ltd. has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of Mindful Action Coaching Ltd.. You consider that Mindful Action Coaching Ltd. is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the financial statements of Mindful Action Coaching Ltd.. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the statutory financial statements.

Rachel Rahman Limited
Chartered Certified Accountants
178 The Moors
Kidlington
Oxford
OX5 2AD

25 September 2023

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.