REGISTERED NUMBER: 06852021 (England and Wales)

Abbreviated Unaudited Accounts

for the Year Ended 31st March 2016

for

Shona Heath Limited

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Shona Heath Limited

Company Information
for the Year Ended 31st March 2016

DIRECTOR:	Ms S Heath
REGISTERED OFFICE:	272, Regents Park Road London N3 3HN
REGISTERED NUMBER:	06852021 (England and Wales)
ACCOUNTANTS:	Spencer Hyde Limited 272 Regents Park Road London N3 3HN

Abbreviated Balance Sheet
31st March 2016

	Notes	2016 £	£	2015 £	£
FIXED ASSETS					
Tangible assets	2		**2,580**		5,904
CURRENT ASSETS					
Stocks		**700**		700	
Debtors		**244,429**		89,035	
Cash at bank and in hand		**21,035**		122,811	
		266,164		212,546	
CREDITORS					
Amounts falling due within one year		**128,824**		87,832	
NET CURRENT ASSETS			**137,340**		124,714
TOTAL ASSETS LESS CURRENT LIABILITIES			**139,920**		130,618
CAPITAL AND RESERVES					
Called up share capital	3		**100**		100
Profit and loss account			**139,820**		130,518
SHAREHOLDERS' FUNDS			**139,920**		130,618

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31st March 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31st March 2016 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 abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 25th November 2016 and were signed by:

Ms S Heath - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts for the Year Ended 31st March 2016

1. **ACCOUNTING POLICIES**

Accounting convention
The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

Turnover
Turnover represents net invoiced sales of goods and services, excluding value added tax.

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 - 33% on cost and 25% on cost

Website development costs are capitalised over a five year estimated life and are included within plant and machinery category of tangible fixed assets.

Stocks
Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

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

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits
The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate.

2. **TANGIBLE FIXED ASSETS**

	Total £
COST	
At 1st April 2015 and 31st March 2016	**22,172**
DEPRECIATION	
At 1st April 2015	**16,268**
Charge for year	**3,324**
At 31st March 2016	**19,592**
NET BOOK VALUE	
At 31st March 2016	**2,580**
At 31st March 2015	5,904

continued...

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	**2016**	2015
			£	£
100	Ordinary	1	**100**	100

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.