

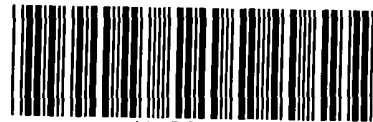
Registration number 08306708

EXPERT SELF CARE LTD

Abbreviated accounts

for the year ended 30 November 2016

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EXPERT SELF CARE LTD

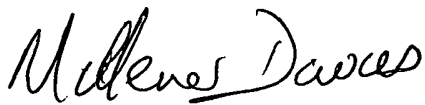
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EXPERT SELF CARE LTD

**Accountants' report on the unaudited financial statements to the director of
EXPERT SELF CARE LTD**

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 30 November 2016 set out on pages 2 to 5 and you consider that the company is exempt from an audit. In accordance with your instructions we have compiled these unaudited financial statements, in order to assist you to fulfil your statutory responsibilities, from the accounting records and information supplied to us.



**Millener Davies
Chartered Accountants
Southfield House
2 Southfield Road
Westbury-on-Trym
Bristol
BS9 3BH**

Date: 4 August 2017

EXPERT SELF CARE LTD

**Abbreviated balance sheet
as at 30 November 2016**

		2016		2015	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	2		1,142		708
Current assets					
Debtors		1,082		1,056	
Cash at bank and in hand		1,089		915	
		<u>2,171</u>		<u>1,971</u>	
Creditors: amounts falling due within one year		<u>(35,410)</u>		<u>(21,957)</u>	
Net current liabilities			<u>(33,239)</u>		<u>(19,986)</u>
Total assets less current liabilities			(32,097)		(19,278)
Deficiency of assets			<u>(32,097)</u>		<u>(19,278)</u>
Capital and reserves					
Called up share capital	3		1		1
Profit and loss account			<u>(32,098)</u>		<u>(19,279)</u>
Shareholders' funds			<u>(32,097)</u>		<u>(19,278)</u>

The director's statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 4 to 5 form an integral part of these financial statements.

EXPERT SELF CARE LTD

Abbreviated balance sheet (continued)

**Director's statements required by Sections 475(2) and (3)
for the year ended 30 November 2016**

For the year ended 30 November 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 abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies .

These accounts were approved by the director on 4 August 2017, and are signed on his behalf by:



Dr Knut Schroeder
Director

Registration number 08306708

The notes on pages 4 to 5 form an integral part of these financial statements.

EXPERT SELF CARE LTD

Notes to the abbreviated financial statements for the year ended 30 November 2016

1. Accounting policies

1.1. Accounting convention

The accounts are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

1.2. Turnover

Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods falling within the company's ordinary activities.

1.3. Tangible fixed assets and depreciation

Depreciation is provided at rates calculated to write off the cost less residual value of each asset over its expected useful life, as follows:

Fixtures, fittings
and equipment - 25% straight line

2. Fixed assets

	Tangible fixed assets £
Cost	
At 1 December 2015	1,908
Additions	1,215
At 30 November 2016	<u>3,123</u>
Depreciation	
At 1 December 2015	1,200
Charge for year	781
At 30 November 2016	<u>1,981</u>
Net book values	
At 30 November 2016	<u>1,142</u>
At 30 November 2015	<u>708</u>

EXPERT SELF CARE LTD

**Notes to the abbreviated financial statements
for the year ended 30 November 2016**

..... continued

3. Share capital	2016 £	2015 £
Authorised		
1 Ordinary shares of £1 each	<u>1</u>	<u>1</u>
Allotted, called up and fully paid		
1 Ordinary shares of £1 each	<u>1</u>	<u>1</u>
Equity Shares		
1 Ordinary shares of £1 each	<u>1</u>	<u>1</u>