Calm HR Limited FILLETED
ACCOUNTS COVER

Calm HR Limited

Company No. 10029021

Information for Filing with The Registrar

28 February 2018

Calm HR Limited DIRECTORS
REPORT REGISTRAR
The Director presents her report and the accounts for the year ended 28 February 2018.

Principal activities

The principal activity of the company during the year under review was .

Director

The Director who served at any time during the year was as follows:

A. Warsop

The above report has been prepared in accordance with the provisions applicable to companies subject to the small companies regime as set out in Part 15 of the Companies Act 2006.

Signed on behalf of the board

A. Warsop
Director
28 February 2018

Calm HR Limited BALANCE SHEET
REGISTRAR
at 28 February 2018

Company No. 10029021	**Notes**	**2018**	**2017**
		£	**£**
Fixed assets			
Tangible assets	2	343	676
		343	676
Current assets			
Cash at bank and in hand		2,323	1,030
		2,323	1,030
Creditors: Amount falling due within one year	3	(2,769)	(998)
Net current (liabilities)/assets		(446)	32
Total assets less current liabilities		(103)	708
Net (liabilities)/assets		(103)	708
Capital and reserves			
Called up share capital		100	100
Profit and loss account	4	(203)	608
Total equity		(103)	708

These accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime of the Companies Act 2006.
For the year ended 28 February 2018 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

As permitted by section 444 (5A)of the Companies Act 2006 the directors have not delivered to the Registrar a copy of the company's profit and loss account.

Approved by the board on 28 February 2018
And signed on its behalf by:
A. Warsop
Director

Calm HR Limited NOTES TO THE ACCOUNTS REGISTRAR for the year ended 28 February 2018

1 **Accounting policies**

Basis of preparation

The accounts have been prepared in accordance with FRS 102 - The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard) and the Companies Act 2006 . There were no material departures from that standard.
The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets and in accordance with the accounting policies set out below.

Turnover

Turnover is measured at the fair value of the consideration received or receivable. Turnover is reduced for estimated customer returns, rebates and other similar allowances.
Revenue from the sale of goods is recognised when all the following conditions are satisfied:
• the Company has transferred to the buyer the significant risks and rewards of ownership of the goods;
• the Company retains neither continuing managerial involvement to the degree usually associated with ownership nor effective control over the goods sold;
• the amount of revenue can be measured reliably;
• it is probable that the economic benefits associated with the transaction will flow to the Company; and
• the costs incurred or to be incurred in respect of the transaction can be measured reliably.

Specifically, revenue from the sale of goods is recognised when goods are delivered and legal title is passed.

Trade and other debtors

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method, less impairment losses for bad and doubtful debts.

Trade and other creditors

Short term creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured initially at fair value, net of transaction costs, and are measured subsequently at amortised cost using the effective interest method.

2 **Tangible fixed assets**

	Fixtures, fittings and equipment £	Total £
Cost or revaluation		
At 1 March 2017	1,009	1,009
At 28 February 2018	1,009	1,009
Depreciation		
At 1 March 2017	333	333
Charge for the year	333	333
At 28 February 2018	666	666
Net book values		
At 28 February 2018	343	343
At 28 February 2017	676	676

3 **Creditors:**

amounts falling due within one year

	2018 £	2017 £
Corporation tax	2,521	3,321
Loans from directors	(1,462)	(2,323)
Accruals and deferred income	1,710	-
	2,769	998

4 **Reserves**

Profit and loss account - includes all current and prior period retained profits and losses.

5 **Dividends**

	2018 £	2017 £
Dividends for the period:		
Dividends paid in the period	-	13,350
	-	13,350
Dividends by type:		
Equity dividends	-	13,350
	-	13,350

6 **Additional information**

Its registered number is:
10029021
Its registered office is:
1 Hopyard Lane
Redditch
Worchester
England
B98 0JH

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.