

**HEALTH OPTIMISATION LTD
UNAUDITED ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022**

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UNAUDITED ACCOUNTS
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HEALTH OPTIMISATION LTD
COMPANY INFORMATION
FOR THE YEAR ENDED 31 MARCH 2022

Director	Tim Gray
Company Number	11650708 (England and Wales)
Registered Office	23 HIGH STREET BAGSHOT SURREY GU19 5AF UNITED KINGDOM
Accountants	Martin & Co Accountants Ltd Alverstton House 23 High Street Bagshot Surrey GU19 5AF

HEALTH OPTIMISATION LTD
STATEMENT OF FINANCIAL POSITION
AS AT 31 MARCH 2022

	Notes	2022 £	2021 £
Fixed assets			
Investments	<u>4</u>	185	185
Current assets			
Cash at bank and in hand		400	400
Creditors: amounts falling due within one year	<u>5</u>	(185)	(185)
Net current assets		<u>215</u>	<u>215</u>
Net assets		<u>400</u>	<u>400</u>
Capital and reserves			
Called up share capital		<u>400</u>	<u>400</u>
Shareholders' funds		<u>400</u>	<u>400</u>

For the year ending 31 March 2022 the company was entitled to exemption from audit 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 director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared and delivered in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the provisions of FRS 102 Section 1A - Small Entities. The profit and loss account has not been delivered to the Registrar of Companies.

The financial statements were approved by the Board and authorised for issue on 19 December 2022 and were signed on its behalf by

Tim Gray
Director

Company Registration No. 11650708

HEALTH OPTIMISATION LTD
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2022

1 Statutory information

HEALTH OPTIMISATION LTD is a private company, limited by shares, registered in England and Wales, registration number 11650708. The registered office is 23 HIGH STREET, BAGSHOT, SURREY, GU19 5AF, UNITED KINGDOM.

2 Compliance with accounting standards

The accounts have been prepared in accordance with the provisions of FRS 102 Section 1A Small Entities. There were no material departures from that standard.

3 Accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below and have remained unchanged from the previous year, and also have been consistently applied within the same accounts.

Basis of preparation

The accounts have been prepared under the historical cost convention as modified by the revaluation of certain fixed assets.

Presentation currency

The accounts are presented in £ sterling.

Investments in subsidiaries

Investments in subsidiary undertakings are recognised at cost

4 Investments

	Subsidiary undertakings
	£
Valuation at 1 April 2021	185
Valuation at 31 March 2022	185

5 Creditors: amounts falling due within one year

	2022	2021
	£	£
Other creditors	185	185

6 Average number of employees

During the year the average number of employees was 0 (2021: 0).

