

**HEALTH OPTIMISATION LTD
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023**

Health Optimisation Ltd
Unaudited Financial Statements
For The Year Ended 31 March 2023

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Health Optimisation Ltd
Balance Sheet
As At 31 March 2023

Registered number: 11650708

		2023		2022	
	Notes	£	£	£	£
FIXED ASSETS					
Investments	4		34		185
			34		185
CURRENT ASSETS					
Debtors	5	400		400	
		400		400	
Creditors: Amounts Falling Due Within One Year	6	(34)		(185)	
NET CURRENT ASSETS (LIABILITIES)			366		215
TOTAL ASSETS LESS CURRENT LIABILITIES			400		400
NET ASSETS			400		400
CAPITAL AND RESERVES					
Called up share capital	7		400		400
SHAREHOLDERS' FUNDS			400		400

For the year ending 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The member has 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.

The company has taken advantage of section 444(1) of the Companies Act 2006 and opted not to deliver to the registrar a copy of the company's Profit and Loss Account.

On behalf of the board

Mr Tim Gray

Director

11/12/2023

The notes on page 2 form part of these financial statements.

Health Optimisation Ltd
Notes to the Financial Statements
For The Year Ended 31 March 2023

1. General Information

Health Optimisation Ltd is a private company, limited by shares, incorporated in England & Wales, registered number 11650708 . The registered office is 23 HIGH STREET, BAGSHOT, SURREY, GU19 5AF.

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

The financial statements have been prepared under the historical cost convention and in accordance with Financial Reporting Standard 102 section 1A Small Entities "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

3. Average Number of Employees

Average number of employees, including directors, during the year was: NIL (2022: NIL)

4. Investments

	Subsidiaries	Unlisted	Total
	£	£	£
Cost			
As at 1 April 2022	185	-	185
Disposals	-	(151)	(151)
As at 31 March 2023	185	(151)	34
Provision			
As at 1 April 2022	-	-	-
As at 31 March 2023	-	-	-
Net Book Value			
As at 31 March 2023	185	(151)	34
As at 1 April 2022	185	-	185

5. Debtors

	2023	2022
	£	£
Due within one year		
Other debtors	400	400
	400	400

6. Creditors: Amounts Falling Due Within One Year

	2023	2022
	£	£
Other creditors	34	185
	34	185

7. Share Capital

	2023	2022
	£	£
Allotted, Called up and fully paid	400	400

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.