REGISTERED NUMBER: SC279970 (Scotland)

Abbreviated Accounts For The Year Ended 31 January 2016

for

Holdyourbreath Limited

Contents of the Abbreviated Accounts
For The Year Ended 31 January 2016

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	3

Holdyourbreath Limited

Company Information
For The Year Ended 31 January 2016

DIRECTORS:	Ms K Friend R A Marini S Tripp
SECRETARY:	Ms K Friend
REGISTERED OFFICE:	46 Fortrose Street Glasgow G11 5LP
REGISTERED NUMBER:	SC279970 (Scotland)
ACCOUNTANTS:	Robb Ferguson Chartered Accountants Regent Court 70 West Regent Street Glasgow G2 2QZ

Abbreviated Balance Sheet
31 January 2016

	Notes	2016 £	£	2015 £	£
FIXED ASSETS					
Tangible assets	2		**600**		583
CURRENT ASSETS					
Debtors		**281**		151	
Cash at bank and in hand		**2,301**		10,737	
		2,582		10,888	
CREDITORS					
Amounts falling due within one year		**1,940**		10,775	
NET CURRENT ASSETS			**642**		113
TOTAL ASSETS LESS CURRENT LIABILITIES			**1,242**		696
RESERVES					
Income and expenditure account			**1,242**		696
			1,242		696

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

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2016 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their 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 surplus or deficit 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 Board of Directors on 25 October 2016 and were signed on its behalf by:

Ms K Friend - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
For The Year Ended 31 January 2016

1. **ACCOUNTING POLICIES**

Basis of preparing the financial statements
In accordance with their responsibilities as directors, the directors have considered the appropriateness of the going concern basis for the preparation of the financial statements.

The company meets its day to day working capital requirements through bank facilities and loans provided by the directors. The directors will not seek repayment of the loans until the company is in a position to do so. On this basis, the directors consider it appropriate to prepare the financial statements on a going concern basis.

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, excluding value added tax, funding support and contributions received. Where payments are received from customers in advance of services provided, the amounts are recorded as Deferred Income and included as part of Creditors due within one year.

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

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events that result in an obligation to pay more tax in the future, or a right to pay less tax in the future, have occurred at the balance sheet date. Timing differences are differences between the Company's taxable profits and its results as stated in the financial statements that arise from the inclusion of gains or losses in tax assessments in periods different from those in which they are recognised in the financial statements. Deferred tax assets are recognised to the extent they are recoverable and where future taxable profits are anticipated.

Deferred tax is measured at the average tax rates that are expected to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantially enacted by the balance sheet date. Deferred tax is measured on a non-discounted basis.

2. **TANGIBLE FIXED ASSETS**

	Total £
COST	
At 1 February 2015	**2,635**
Additions	**900**
At 31 January 2016	**3,535**
DEPRECIATION	
At 1 February 2015	**2,052**
Charge for year	**883**
At 31 January 2016	**2,935**
NET BOOK VALUE	
At 31 January 2016	**600**
At 31 January 2015	583

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.