REGISTERED NUMBER: SC279970 (Scotland)

Financial Statements For The Year Ended 31 January 2017

for

Holdyourbreath Limited

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For The Year Ended 31 January 2017

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Holdyourbreath Limited

Company Information
For The Year Ended 31 January 2017

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

Holdyourbreath Limited (Registered number: SC279970)

Statement of Financial Position
31 January 2017

	Notes	2017 £	£	2016 £	£
FIXED ASSETS					
Tangible assets	3		**450**		600
CURRENT ASSETS					
Debtors	4	**3,260**		281	
Cash at bank and in hand		**723**		2,301	
		3,983		2,582	
CREDITORS					
Amounts falling due within one year	5	**3,190**		1,940	
NET CURRENT ASSETS			**793**		642
TOTAL ASSETS LESS CURRENT LIABILITIES			**1,243**		1,242
RESERVES					
Income and expenditure account	6		**1,243**		1,242
			1,243		1,242

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2017.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2017 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 financial statements have been prepared and delivered in accordance with the provisions of Part 15 of the Companies Act 2006 relating to small companies.

In accordance with Section 444 of the Companies Act 2006, the Income Statement has not been delivered.

The financial statements were approved by the Board of Directors on 25 October 2017 and were signed on its behalf by:

Ms K Friend - Director

The notes form part of these financial statements

Notes to the Financial Statements
For The Year Ended 31 January 2017

1. STATUTORY INFORMATION

Holdyourbreath Limited is a private company, limited by guarantee , registered in Scotland. The company's registered number and registered office address can be found on the Company Information page.

The presentation currency of the financial statements is the Pound Sterling (£).

2. ACCOUNTING POLICIES

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

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.

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

Taxation
Taxation for the year comprises current and deferred tax. Tax is recognised in the Income Statement, except to the extent that it relates to items recognised in other comprehensive income or directly in equity.

Current or deferred taxation assets and liabilities are not discounted.

Current tax is recognised at the amount of tax payable using the tax rates and laws that have been enacted or substantively enacted by the statement of financial position date.

Deferred tax
Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the statement of financial position date.

Timing differences arise from the inclusion of income and expenses in tax assessments in periods different from those in which they are recognised in financial statements. Deferred tax is measured using tax rates and laws that have been enacted or substantively enacted by the year end and that are expected to apply to the reversal of the timing difference.

Unrelieved tax losses and other deferred tax assets are recognised only to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits.

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3. **TANGIBLE FIXED ASSETS**

	Plant and machinery etc
	£
COST	
At 1 February 2016	**3,535**
Additions	**150**
At 31 January 2017	**3,685**
DEPRECIATION	
At 1 February 2016	**2,935**
Charge for year	**300**
At 31 January 2017	**3,235**
NET BOOK VALUE	
At 31 January 2017	**450**
At 31 January 2016	600

4. **DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2017	2016
	£	£
Trade debtors	**3,223**	-
VAT	**37**	281
	3,260	281

5. **CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	2017	2016
	£	£
Directors' current accounts	**1,490**	1,490
Accrued expenses	**1,700**	450
	3,190	1,940

6. **RESERVES**

	Income and expenditure account
	£
At 1 February 2016	**1,242**
Surplus for the year	**1**
At 31 January 2017	**1,243**

7. **FIRST YEAR ADOPTION**

The company has adopted FRS 102 section 1A for the year ended 31 January 2017. There were no restatements required to comparative figures.

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7. **FIRST YEAR ADOPTION - continued**

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.