

Unaudited Financial Statements for the Year Ended 30 April 2023

for

MINDFUL COACHING LIMITED

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FOR THE YEAR ENDED 30 APRIL 2023**

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MINDFUL COACHING LIMITED

**Company Information
FOR THE YEAR ENDED 30 APRIL 2023**

DIRECTOR: Mrs S E Prentice

REGISTERED OFFICE: 117 Derberth Grange
Kingswells
Aberdeen
AB15 8UD

REGISTERED NUMBER: SC358708 (Scotland)

ACCOUNTANTS: Fyfe Moir & Associates
1st Floor, 5 Abercrombie Crt
Prospect Road,
Westhill
Aberdeenshire
Grampian
AB32 6FE

MINDFUL COACHING LIMITED (REGISTERED NUMBER: SC358708)

Balance Sheet
30 APRIL 2023

	Notes	30.4.23 £	30.4.22 £
CURRENT ASSETS			
Debtors	5	845	698
Cash at bank		<u>9,172</u>	<u>8,897</u>
		10,017	9,595
CREDITORS			
Amounts falling due within one year	6	<u>7,893</u>	<u>7,814</u>
NET CURRENT ASSETS		<u>2,124</u>	<u>1,781</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,124</u>	<u>1,781</u>
CAPITAL AND RESERVES			
Called up share capital		100	100
Retained earnings		<u>2,024</u>	<u>1,681</u>
SHAREHOLDERS' FUNDS		<u>2,124</u>	<u>1,781</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 April 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 April 2023 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her 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 profit or loss 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 applicable to companies subject to the small companies regime.

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

The financial statements were approved by the director and authorised for issue on 28 July 2023 and were signed by:

Mrs S E Prentice - Director

The notes form part of these financial statements

**Notes to the Financial Statements
FOR THE YEAR ENDED 30 APRIL 2023**

1. STATUTORY INFORMATION

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

2. ACCOUNTING POLICIES

Basis of preparing the financial statements

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

Turnover

Turnover is measured at the fair value of the consideration received or receivable, excluding discounts, rebates, value added tax and other sales taxes.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Fixtures and fittings	- 20% on cost
Computer equipment	- 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 balance sheet date.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet 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.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to profit or loss in the period to which they relate.

3. EMPLOYEES AND DIRECTORS

The average number of employees during the year was 1 (2022 - 1) .

Notes to the Financial Statements - continued
FOR THE YEAR ENDED 30 APRIL 2023

4. TANGIBLE FIXED ASSETS

	Fixtures and fittings £	Computer equipment £	Totals £
COST			
At 1 May 2022			
and 30 April 2023	<u>1,663</u>	<u>2,722</u>	<u>4,385</u>
DEPRECIATION			
At 1 May 2022			
and 30 April 2023	<u>1,663</u>	<u>2,722</u>	<u>4,385</u>
NET BOOK VALUE			
At 30 April 2023	<u>-</u>	<u>-</u>	<u>-</u>
At 30 April 2022	<u>-</u>	<u>-</u>	<u>-</u>

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.4.23	30.4.22
	£	£
Trade debtors	<u>845</u>	<u>698</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	30.4.23	30.4.22
	£	£
Trade creditors	1,648	520
Tax	140	1
Other creditors	-	300
Directors' current accounts	5,130	6,018
Accrued expenses	<u>975</u>	<u>975</u>
	<u>7,893</u>	<u>7,814</u>

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.