

# **AUTONOMY WELLBEING LTD**

**Company Registration Number:  
06425694 (England and Wales)**

## **Abbreviated (Unaudited) Accounts**

### **Period of accounts**

**Start date: 01st December 2013**

**End date: 30th November 2014**

SUBMITTED

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# **AUTONOMY WELLBEING LTD**

## **Company Information for the Period Ended 30th November 2014**

<b>Director:</b>	Mrs Janet Cole
<b>Company secretary:</b>	Mr John Cole
<b>Registered office:</b>	81 Princess Drive Seaford East Sussex BN25 2QT
<b>Company Registration Number:</b>	06425694 (England and Wales)

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# AUTONOMY WELLBEING LTD

## Abbreviated Balance sheet As at 30th November 2014

	Notes	2014 £	2013 £
<b>Fixed assets</b>			
Tangible assets:	5	<b>12,517</b>	12,694
<b>Total fixed assets:</b>		<b>12,517</b>	12,694
<b>Current assets</b>			
Stocks:		<b>2,795</b>	3,995
Debtors:	7	<b>624</b>	0
Cash at bank and in hand:		<b>4,213</b>	2,533
<b>Total current assets:</b>		<b>7,632</b>	6,528
<b>Creditors</b>			
Creditors: amounts falling due within one year	8	<b>23,609</b>	23,584
<b>Net current assets (liabilities):</b>		<b>( 15,977 )</b>	( 17,056 )
<b>Total assets less current liabilities:</b>		<b>( 3,460 )</b>	( 4,362 )
Creditors: amounts falling due after more than one year:	9	<b>65,395</b>	69,827
<b>Provision for liabilities:</b>	10	<b>1,987</b>	1,987
<b>Total net assets (liabilities):</b>		<b>( 70,842 )</b>	( 76,176 )

The notes form part of these financial statements

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# AUTONOMY WELLBEING LTD

## Abbreviated Balance sheet As at 30th November 2014 continued

	Notes	2014 £	2013 £
<b>Capital and reserves</b>			
Called up share capital:	11	1	1
Profit and Loss account:		( 70,843 )	( 76,177 )
<b>Total shareholders funds:</b>		<u>( 70,842 )</u>	<u>( 76,176 )</u>

For the year ending 30 November 2014 the company was entitled to exemption 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 directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 27 August 2015

### SIGNED ON BEHALF OF THE BOARD BY:

Name: Mrs Janet Cole  
Status: Director

The notes form part of these financial statements

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# **AUTONOMY WELLBEING LTD**

## **Notes to the Abbreviated Accounts for the Period Ended 30th November 2014**

### **1. Accounting policies**

#### **Basis of measurement and preparation of accounts**

The financial statements have been prepared under the historical cost convention in accordance with the Financial Reporting Standard for Smaller entities (effective April 2008)

#### **Turnover policy**

The turnover shown in the profit and loss account represents revenue recognised by the company in respect of goods and service supplied during the period.

#### **Tangible fixed assets depreciation policy**

Depreciation is provided, at the following rates in order to write off each assets over its estimated useful life. Plant and Machinery - 25% reducing balance, Fixtures and Fittings - 25% reducing balance and computer equipment straight line over 3 years

#### **Other accounting policies**

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease. Deferred taxation is provided in full in respect of taxation deferred by timing differences between treatment of certain items for taxation and accounting purposes. Deferred taxation is calculated at the rates of tax that are expected to apply in periods when the timing differences will reverse and has not been discounted.

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# **AUTONOMY WELLBEING LTD**

## **Notes to the Abbreviated Accounts for the Period Ended 30th November 2014**

### **5. Tangible assets**

	<b>Total</b>
<b>Cost</b>	<b>£</b>
At 01st December 2013:	47,370
Additions:	5,483
At 30th November 2014:	52,853
<b>Depreciation</b>	
At 01st December 2013:	34,676
Charge for year:	5,661
At 30th November 2014:	40,337
<b>Net book value</b>	
At 30th November 2014:	12,517
At 30th November 2013:	12,694

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# AUTONOMY WELLBEING LTD

## Notes to the Abbreviated Accounts for the Period Ended 30th November 2014

### 7. Debtors

	2014 £	2013 £
Prepayments and accrued income:	624	0
<b>Total:</b>	<b><u>624</u></b>	<b><u>0</u></b>

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# AUTONOMY WELLBEING LTD

## Notes to the Abbreviated Accounts for the Period Ended 30th November 2014

### 8. Creditors: amounts falling due within one year

	2014 £	2013 £
Taxation and social security:	9	9
Accruals and deferred income:	600	575
Other creditors:	23,000	23,000
<b>Total:</b>	<b><u>23,609</u></b>	<b><u>23,584</u></b>

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# AUTONOMY WELLBEING LTD

## Notes to the Abbreviated Accounts for the Period Ended 30th November 2014

### 9. Creditors: amounts falling due after more than one year

	2014 £	2013 £
Other creditors:	65,395	69,827
<b>Total:</b>	<b><u>65,395</u></b>	<b><u>69,827</u></b>

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# AUTONOMY WELLBEING LTD

## Notes to the Abbreviated Accounts for the Period Ended 30th November 2014

### 11. Called up share capital

Allotted, called up and paid

Previous period			2013
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	1	1.00	1
Total share capital:			<u>1</u>
Current period			2014
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	1	1.00	1
Total share capital:			<u>1</u>

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# **AUTONOMY WELLBEING LTD**

## **Notes to the Abbreviated Accounts for the Period Ended 30th November 2014**

### **13 . Transactions with directors**

Name of director receiving advance or credit:	Mrs Janet Cole	
Description of the transaction:	Loan	
Balance at 01st December 2013:		69,827
Advances or credits repaid:		4,432
Balance at 30th November 2014:		<u>65,395</u>

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