

**ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 OCTOBER 2013**  
**FOR**  
**HEALTH IDOL LIMITED**

**CONTENTS OF THE ABBREVIATED ACCOUNTS  
FOR THE YEAR ENDED 31 OCTOBER 2013**

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	<b>Page</b>
<b>Company Information</b>	<b>1</b>
<b>Abbreviated Balance Sheet</b>	<b>2</b>
<b>Notes to the Abbreviated Accounts</b>	<b>4</b>

**HEALTH IDOL LIMITED**  
**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 OCTOBER 2013**

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**DIRECTOR:** Miss N L Gant

**SECRETARY:**

**REGISTERED OFFICE:** 59 Longman Court  
Stationers Place  
Hemel Hempstead  
Hertfordshire  
HP3 9RS

**REGISTERED NUMBER:** 06717059 (England and Wales)

**ACCOUNTANTS:** Howard & Stapleton  
1st Floor Offices  
NatWest Bank  
Market Square  
Rochford  
Essex  
SS4 1AJ

**ABBREVIATED BALANCE SHEET**  
**31 OCTOBER**  
**2013**

	Notes	31.10.13 £	£	31.10.12 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		615		-
			<u>615</u>		<u>-</u>
<b>CURRENT ASSETS</b>					
Debtors		38,459		15,873	
Cash at bank		-		2,044	
		<u>38,459</u>		<u>17,917</u>	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>24,506</u>		<u>8,005</u>	
<b>NET CURRENT ASSETS</b>			<u>13,953</u>		<u>9,912</u>
<b>TOTAL ASSETS LESS</b>					
<b>CURRENT</b>			14,568		9,912
<b>LIABILITIES</b>			<u>14,568</u>		<u>9,912</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		1,000		1,000
Profit and loss account			<u>13,568</u>		<u>8,912</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>14,568</u>		<u>9,912</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2013.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 2013 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and
- (a) 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.
- (b)

**ABBREVIATED BALANCE SHEET - continued**  
**31 OCTOBER**  
**2013**

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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 director on 28 July 2014 and were signed by:

Miss N L Gant - Director

**NOTES TO THE ABBREVIATED ACCOUNTS  
FOR THE YEAR ENDED 31 OCTOBER 2013**

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**1. ACCOUNTING POLICIES****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 April 2008).

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax, except in respect of service contracts where turnover is recognised when the company obtains the right to consideration.

**Tangible fixed assets**

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

Computer equipment                      - 25% 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.

**2. TANGIBLE FIXED ASSETS**

Total  
£

**COST**

Additions	820
At 31 October 2013	<u>820</u>

**DEPRECIATION**

Charge for year	205
At 31 October 2013	<u>205</u>

**NET BOOK VALUE**

At 31 October 2013	<u><u>615</u></u>
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**3. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.10.13 £	31.10.12 £
1,000	Ordinary	£1	<u><u>1,000</u></u>	<u><u>1,000</u></u>

**NOTES TO THE ABBREVIATED ACCOUNTS - continued**  
**FOR THE YEAR ENDED 31 OCTOBER 2013**

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**4. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES**

The following advances and credits to a director subsisted during the years ended 31 October 2013 and 31 October 2012:

	31.10.13 £	31.10.12 £
<b>Miss N L Gant</b>		
Balance outstanding at start of year	12,978	9,690
Amounts advanced	27,058	3,288
Amounts repaid	(4,000)	-
Balance outstanding at end of year	<u>36,036</u>	<u>12,978</u>