

Being Mindful Ltd

Abbreviated Accounts

31 July 2015

Being Mindful Ltd

Report to the directors on the preparation of the unaudited abbreviated accounts of Being Mindful Ltd for the year ended 31 July 2015

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the abbreviated accounts of Being Mindful Ltd for the year ended 31 July 2015 which comprise of the balance sheet and the related notes from the company's accounting records and from information and explanations you have given us.

As a member firm of the Institute of Chartered Accountants in Ireland (ICAI), we are subject to its ethical and other professional requirements.

This report is made solely to the Board of Directors of Being Mindful Ltd, as a body, in accordance with the terms of our engagement letter. Our work has been undertaken solely to prepare for your approval the accounts of Being Mindful Ltd and state those matters that we have agreed to state to the Board of Directors of Being Mindful Ltd, as a body, in this report in accordance with AAF 2/10. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Being Mindful Ltd and its Board of Directors as a body for our work or for this report.

It is your duty to ensure that Being Mindful Ltd has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit of Being Mindful Ltd. You consider that Being Mindful Ltd is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of Being Mindful Ltd. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the abbreviated accounts.

Carbon Accountancy Limited T/A Roland Klepzig Carbon Accountancy
Chartered Accountants
80-83 Long Lane
London
EC1A 9ET

6 April 2016

Being Mindful Ltd**Registered number:** 06969104**Abbreviated Balance Sheet****as at 31 July 2015**

	Notes	2015	2014
		£	£
Current assets			
Cash at bank and in hand	8,720	18,376	
Creditors: amounts falling due within one year	(7,437)	(15,267)	
Net current assets		<u>1,283</u>	<u>3,109</u>
Net assets		<u>1,283</u>	<u>3,109</u>
Capital and reserves			
Called up share capital	2	3	3
Profit and loss account		1,280	3,106
Shareholders' funds		<u>1,283</u>	<u>3,109</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476 of the Act.

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

Tessa Watt

Director

Approved by the board on 6 April 2016

Being Mindful Ltd
Notes to the Abbreviated Accounts
for the year ended 31 July 2015

1 Accounting policies

Basis of preparation

The accounts 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 the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

2 Share capital	Nominal value	2015 Number	2015 £	2014 £
Allotted, called up and fully paid:				
A Ordinary shares	£1 each	1	1	1
B Ordinary shares	£1 each	1	1	1
C Ordinary shares	£1 each	1	1	1
			<hr/>	<hr/>
			3	3
			<hr/>	<hr/>