

Company Registration Number : 03707691

**Association of Hypnotherapy and Stress Management Ltd
Company Limited by Guarantee**

Unaudited Financial Statements

31 March 2021

Association of Hypnotherapy and Stress Management Ltd
Company Limited by Guarantee

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Association of Hypnotherapy and Stress Management Ltd
Company Limited by Guarantee

Directors and Other Company Information

Directors	Alex Evison Stephen Thresh Gill Hines Claire Cross - Resigned 14/08/2020
Secretary	Stephen Thresh
Company Number	03707691
Registered Office	'Serehai', Blakes Hill North Littleton Evesham Worcestershire WR11 8QN
Bankers	HSBC Bank plc 25, Islington High Street London N1 9LJ

These accounts have been prepared 'in house' by Alex Evison, Treasurer of the Association of Hypnotherapy and Stress Management.

Association of Hypnotherapy and Stress Management Ltd

Company Limited by Guarantee

Directors' Report

Year Ended 31 March 2021

The Directors present their report and the unaudited financial statements of the company for the year ended 31 March 2021.

Directors

The Directors who served the company during the year were as follows:

Alex Evison

Gill Hines

Stephen Thresh

Claire Cross - Resigned 14/08/2020

Small Company Provisions

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

This report was approved by the board of directors on 13 October 2021 and signed on behalf of the board by:

Alex Evison

Director

Stephen Thresh

Director

Association of Hypnotherapy and Stress Management Ltd

Company Limited by Guarantee

Treasurer's report to the board of directors on the preparation of the unaudited statutory financial statements of the Association of Hypnotherapy and Stress Management Ltd.

Year Ended 31 March 2021

In order to assist the board to fulfil your duties under the Companies Act 2006, I have prepared for your approval the financial statements of the Association of Hypnotherapy and Stress Management Ltd for the year ended 31 March 2021 which comprise the statement of comprehensive income, statement of financial position, statement of changes in equity and related notes from the company's accounting records.

It is the duty of all members of the board to ensure that the Association of Hypnotherapy and Stress Management Ltd has kept adequate accounting records and to prepare statutory financial statements that give a true and fair view of the assets, liabilities, financial position and profit of the Association of Hypnotherapy and Stress Management Ltd. The board considers that the Association of Hypnotherapy and Stress Management Ltd is exempt from the statutory audit requirement for the year.

These financial statements of the Association of Hypnotherapy and Stress Management Ltd are complete and accurate to the best of my ability.

Alex Evison

Director and Treasurer

Association of Hypnotherapy and Stress Management Ltd

Association of Hypnotherapy and Stress Management Ltd
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Statement of Comprehensive Income

Year Ended 31 March 2021

	2021	2020
	£	£
Turnover	958	1,008
Administrative Expenses	(479)	(959)
Operating Profit	479	49
Profit before Taxation	479	49
Tax on Profit	0	0
Profit for the Financial Year and Total Comprehensive Income	479	49

All the activities of the company are from continuing operations.

The notes on pages 8 to 10 form part of these financial statements

Association of Hypnotherapy and Stress Management Ltd

Company Limited by Guarantee

Statement of Financial Position

31 March 2021

	2021	2020
	£	£
Current Assets		
Debtors	0	0
Cash at Bank and in hand	550	288
Total Current Assets	550	288
Creditors: amounts falling due within one year	(384)	(600)
Net Current Liabilities	166	(312)
Total Assets less Current Liabilities	166	(312)
Net Liabilities/Assets	166	(312)
Capital and Reserves		
Profit and Loss Account	166	(312)
Members' deficit/funds	166	(312)

For the year ending 31 March 2021 the company was entitled to exemption from the audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements have been prepared in accordance with the micro-entity provisions and have been delivered in accordance with the provisions applicable to companies subject to the small companies' regime.

The notes on pages 8 to 10 form part of these financial statements.

Association of Hypnotherapy and Stress Management Ltd
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Statement of Financial Position (continued)

Year Ended 31 March 2021

These financial statements were approved by the board of directors and authorised for issue on 13 October 2021 and are signed on behalf of the board by:

Alex Evison

Director

Company registration number: 03707691

Stephen Thresh

Director

The company is a private company limited by guarantee, registered in England & Wales.

The notes on pages 8 to 10 form part of these financial statements.

Association of Hypnotherapy and Stress Management Ltd
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Statement of Changes in Equity

Year Ended 31 March 2021

	Profit and loss account £	Total £
At 1 April 2019	(361)	(361)
Profit for the year	49	49
Total comprehensive income for the year	49	49
At 31 March 2020 and 1 April 2020	(312)	(312)
Profit for the year	479	479
Total Comprehensive Income for the Year	479	479
At 31 March 2021	166	166

Association of Hypnotherapy and Stress Management Ltd

Company Limited by Guarantee

Notes to the Financial Statements

Year Ended 31 March 2021

1. General Information

The company is a private company limited by guarantee, registered in England & Wales. The address of the registered office is 'Serehai', Blakes Hill, North Littleton, Evesham, Worcestershire, WR11 8QN.

2. Statement of Compliance

These financial statements have been prepared in compliance with the provisions of FRS 102, Section 1A, 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'.

3. Accounting Policies

Basis of Preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through profit or loss.

The financial statements are prepared in sterling, which is the functional currency of the entity.

Turnover

Turnover is measured at the fair value of the consideration received or receivable for goods supplied and services rendered, net of discounts and Value Added Tax.

Revenue from the sale of goods is recognised when the significant risks and rewards of ownership have transferred to the buyer, usually on despatch of the goods; the amount of revenue can be measured reliably; it is probable that the associated economic benefits will flow to the entity and the costs incurred or to be incurred in respect of the transactions can be measured reliably.

Taxation

The taxation expense represents the aggregate amount of current and deferred tax recognised in the reporting period. Tax is recognised in the statement of comprehensive income, except to the extent that it relates to items recognised in other comprehensive income or directly in capital and reserves. In this case, tax is recognised in other comprehensive income or directly in capital and reserves, respectively.

Current tax is recognised on taxable profit for the current and past periods. Current tax is measured at the amounts of tax expected to pay or recover using the tax rates and laws that have been enacted or substantively enacted at the reporting date.

Deferred tax is recognised in respect of all timing differences at the reporting date. Unrelieved tax losses and other deferred tax assets are recognised to the extent that it is probable that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred tax is measured using the tax rates and laws that have been enacted or substantively enacted by the reporting date that are expected to apply to the reversal of the timing difference.

Association of Hypnotherapy and Stress Management Ltd

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Notes to the Financial Statement (continued)

Year Ended 31 March 2021

Tangible assets

Tangible assets are initially recorded at cost, and are subsequently stated at cost less any accumulated depreciation and impairment losses.

Any tangible assets carried at revalued amounts are recorded at the fair value at the date of revaluation less any subsequent accumulated depreciation and subsequent accumulated impairment losses.

An increase in the carrying amount of an asset as a result of a revaluation, is recognised in other comprehensive income and accumulated in capital and reserves, except to the extent it reverses a revaluation decrease of the same asset previously recognised in profit or loss. A decrease in the carrying amount of an asset as a result of revaluation is recognised in other comprehensive income to the extent of any previously recognised revaluation increase accumulated in capital and reserves in respect of that asset. Where a revaluation decrease exceeds the accumulated revaluation gains accumulated in capital and reserves in respect of that asset, the excess shall be recognised in profit or loss.

Depreciation

Depreciation is calculated so as to write off the cost or valuation of an asset, less its residual value, over the useful economic life of that asset as follows:

If there is an indication that there has been a significant change in depreciation rate, useful life or residual value of tangible assets, the depreciation is revised prospectively to reflect the new estimates.

4. Limited by guarantee

The Association does not have a share capital and as such the members' liability is limited by guarantee. The maximum liability of each member of the Association is £1.

5. Employee numbers

The average number of persons employed by the company during the year amounted to Nil (2018: Nil).

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Notes to the Financial Statements (continued)

Year Ended 31 March 2021

6. Tangible Assets

The company has no tangible assets during the period of these financial statements.

7. Debtors

	2021	2020
	£	£
Trade debtors	0	0

8. Creditors: amounts falling due within one year

	2021	2020
	£	£
Other Creditors	384	600

**Association of Hypnotherapy and Stress Management Ltd
Company Limited by Guarantee**

The following pages do not form part of the statutory accounts.

Association of Hypnotherapy and Stress Management Ltd

Company Limited by Guarantee

Detailed Income Statement

Year Ended 31 March 2021

	2021	2020
	£	£
Turnover		
Members' Subscriptions	958	1,008
Other Income	0	5
Total	958	1,013
Gross Profit	958	1,013
Gross Profit Percentage	100%	100%
Overheads		
Administrative Expenses		
Secretary fees	0	0
Insurance	(184)	(184)
Printing, Postage and Stationery	(28)	(23)
Telephone	(43)	(47)
Travelling and Entertainment	0	(572)
Video Conferencing	(115)	
Legal and Professional	(48)	(48)
Accountancy Fees	0	0
Bank Charges	0	0
General Expenses	0	0
Website costs	(61)	(90)
Total	(479)	(964)
Operating Profit	479	49
Operating Profit percentage	50.0%	4.8%
Profit before Taxation	479	49