

Company Registration Number : 03707691

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

Unaudited Financial Statements

31 March 2020

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
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 2020

The Directors present their report and the unaudited financial statements of the company for the year ended 31 March 2020.

Directors

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

Alex Evison
Gill Hines
Claire Cross
Stephen Thresh

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 7 October 2020 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 2020

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 2020 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
Company Limited by Guarantee

Statement of Comprehensive Income
Year Ended 31 March 2020

	2020	2019
	£	£
Turnover	1,008	2,345
Administrative Expenses	(959)	(1,474)
Operating Profit	49	871
Profit before Taxation	49	871
Tax on Profit	0	0
Profit for the Financial Year and Total Comprehensive Income	49	871

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 2020

		2020	2019
		£	£
Current Assets			
Debtors	Note 7	0	13
Cash at Bank and in hand		288	866
Total Current Assets		288	879
Creditors: amounts falling due within one year	Note 8	(600)	(1240)
Net Current Liabilities		(312)	(361)
Total Assets less Current Liabilities		(312)	(361)
Net Liabilities		(312)	(361)
Capital and Reserves			
Profit and Loss Account		(312)	(361)
Members' deficit		(312)	(361)

For the year ending 31 March 2020 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
Company Limited by Guarantee

Statement of Financial Position (continued)

Year Ended 31 March 2020

These financial statements were approved by the board of directors and authorised for issue on 7 October 2020 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 2020

	Profit and loss account £	Total £
At 1 April 2018	(1,232)	(1,232)
Profit for the year	871	871
Total comprehensive income for the year	871	871
At 31 March 2019 and 1 April 2019	(361)	(361)
Profit for the year	49	49
Total Comprehensive Income for the Year	49	49
At 31 March 2020	(312)	(312)

Association of Hypnotherapy and Stress Management Ltd

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Notes to the Financial Statements

Year Ended 31 March 2020

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 2020

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).

Association of Hypnotherapy and Stress Management Ltd
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Notes to the Financial Statements (continued)

Year Ended 31 March 2020

6. Tangible Assets

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

7. Debtors

	2020	2019
	£	£
Trade debtors	0	13

8. Creditors: amounts falling due within one year

	2020	2019
	£	£
Other Creditors	600	1,240

**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 2020

	2020	2019
	£	£
Turnover		
Members' Subscriptions	1,008	2,325
Other Income	5	20
Total	1,013	2,345
Gross Profit	1,013	2,345
Gross Profit Percentage	100%	100%
Overheads		
Administrative Expenses		
Secretary fees	0	(720)
Insurance	(184)	(184)
Printing, Postage and Stationery	(23)	0
Telephone	(47)	(87)
Travelling and Entertainment	(572)	(100)
Legal and Professional	(48)	(48)
Accountancy Fees	0	(420)
Bank Charges	0	100
General Expenses	0	(15)
Website costs	(90)	0
Total	(964)	(1,474)
Operating Profit	49	871
Operating Profit percentage	4.8%	37.1%
Profit before Taxation	49	871