

**Company Registration Number : 03707691**

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

**Unaudited Financial Statements**

**31 March 2023**

**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**

<b>Directors</b>	Alex Evison Stephen Thresh Gill Hines
<b>Secretary</b>	Stephen Thresh
<b>Company Number</b>	03707691
<b>Registered Office</b>	'Serehai', Blakes Hill North Littleton Evesham Worcestershire WR11 8QN
<b>Bankers</b>	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 2023**

The Directors present their report and the unaudited financial statements of the company for the year ended 31 March 2023.

**Directors**

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

Alex Evison

Gill Hines

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 4 October 2023 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 2023**

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 2023 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 2023**

	<b>2023</b>	2022
	£	£
<b>Turnover</b>	<b>672</b>	<b>777</b>
Administrative Expenses	<b>(427)</b>	(460)
<b>Operating Profit</b>	<b>245</b>	317
<b>Profit before Taxation</b>	<b>245</b>	317
Tax on Profit	<b>0</b>	0
Donations Received	0	26
Interest From Bank	2	
Bank Charges	(60)	(20)
<b>Profit for the Financial Year and Total Comprehensive Income</b>	<b>187</b>	323

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 2023**

		<b>2023</b>	2022
		£	£
<b>Current Assets</b>			
Debtors	Note 7	<b>0</b>	0
Cash at Bank and in hand		<b>676</b>	489
<b>Total Current Assets</b>		<b>676</b>	489
<b>Creditors: amounts falling due within one year</b>	<b>Note 8</b>	<b>0</b>	(0)
<b>Net Current Liabilities</b>		<b>0</b>	(0)
<b>Total Assets less Current Liabilities</b>		<b>676</b>	489
<b>Net Liabilities/Assets</b>		<b>676</b>	489
<b>Capital and Reserves</b>			
Historical Capital at year start		489	166
Profit and Loss Account		<b>187</b>	323
<b>Members' deficit/funds</b>		<b>676</b>	489

For the year ending 31 March 2023 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 2023**

These financial statements were approved by the board of directors and authorised for issue on 4 October 2023 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**  
**Company Limited by Guarantee**

**Statement of Changes in Equity**  
**Year Ended 31 March 2023**

	Profit and loss account	Capital Account
Equity at 31 March 2021		£166
Net profit for the year 2021 - 2022	£323	
Equity at 31 March 2022		£489
Net profit for the year 2022 - 2023	£187	
Equity at 31 March 2023		£676

# Association of Hypnotherapy and Stress Management Ltd

## Company Limited by Guarantee

### Notes to the Financial Statements

Year Ended 31 March 2023

#### 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**

## **Company Limited by Guarantee**

### **Notes to the Financial Statement (continued)**

**Year Ended 31 March 2023**

#### **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.

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

**Notes to the Financial Statements (continued)**

**Year Ended 31 March 2023**

**6. Tangible Assets**

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

**7. Debtors**

	2023	2022
	£	£
Trade debtors	0	0

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

	2023	2022
	£	£
Other Creditors	0	0

**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 2023**

	2023	2022
	£	£
<b>Turnover</b>		
Members' Subscriptions	672	777
Other Income	0	26
<b>Total</b>	672	803
<b>Gross Profit</b>	672	777
Gross Profit Percentage	100%	96.8%
<b>Overheads</b>		
<b>Administrative Expenses</b>		
Insurance	(184)	(184)
Printing, Postage and Stationery	(8)	(15)
Telephone	(43)	(43)
Video Conferencing	(144)	(144)
Legal and Professional	(48)	(48)
Bank Charges	(60)	(20)
Website costs	0	(26)
<b>Total</b>	(487)	(480)
Bank Interest received	2	
Operating Profit	187	297
Operating Profit percentage	27.8%	38.2%
Profit before Taxation	187	297