

Company Number: 577345

Head Heart & Hands Limited
Director's Report and Unaudited Financial Statements
for the financial year ended 31 December 2019

Head Heart & Hands Limited

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Head Heart & Hands Limited

DIRECTOR AND OTHER INFORMATION

Director	Arran Towers
Company Secretary	Niamh Geoghegan
Company Number	577345
Registered Office and Business Address	19 Gurrabraher Avenue, Gurrabraher, Cork
Accountants	Daniel J. Coleman & Co Accountants and Associates Wilton House, Wilton Road, Cork Republic of Ireland
Bankers	Ulster Bank Limited Patrick Street Cork

Head Heart & Hands Limited

DIRECTOR'S REPORT

for the financial year ended 31 December 2019

The director presents their report and the unaudited financial statements for the financial year ended 31 December 2019.

There has been no significant change in these activities during the financial year ended 31 December 2019.

Results and Dividends

The profit/(loss) for the financial year amounted to €5,444 (2018 - €(2,559)).

The director does not recommend payment of a dividend.

At the end of the financial year, the company has assets of €19,783 (2018 - €18,565) and liabilities of €22,063 (2018 - €26,289). The net liabilities of the company have decreased by €5,444.

Director and Secretary

The director who served throughout the financial year was as follows:

Arran Towers

The secretary who served throughout the financial year was Niamh Geoghegan.

The director's and the secretary's interests in the shares of the company are as follows:-

Name	Class of Shares	Number Held At 31/12/19	Number Held At 01/01/19
Arran Towers	Ordinary Shares Class 1	<u>100</u>	<u>100</u>

There were no changes in shareholdings between 31 December 2019 and the date of signing the financial statements.

In accordance with the Constitution, the director retire by rotation and, being eligible, offer themselves for re-election.

Future Developments

Despite the impact of COVID 19, the company plans to continue its present activities and current trading levels. Stakeholders are kept as fully informed as practicable about developments within the business.

Post Balance Sheet Events

The board acknowledge that COVID 19 has impacted on the company's activities. The directors are continually reviewing work plans and practices, together with a continuous financial review to ensure that disruption caused by COVID 19 minimally impacts the company.

Taxation Status

The company is a close company within the meaning of the Taxes Consolidation Act, 1997.

Accounting Records

To ensure that adequate accounting records are kept in accordance with sections 281 to 285 of the Companies Act 2014, the directors have established appropriate books to adequately record the transactions of the company. The directors also ensure that the company retains the source documentation for these transactions. The accounting records are maintained at the company's office at 19 Gurrabraher Avenue, Gurrabraher, Cork.

Signed on behalf of the board

Arran Towers
Director

Date: _____

Head Heart & Hands Limited

DIRECTOR'S RESPONSIBILITIES STATEMENT

for the financial year ended 31 December 2019

The director is responsible for preparing the Director's Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the director to prepare financial statements for each financial year. Under the law the director has elected to prepare the financial statements in accordance with the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard, issued by the Financial Reporting Council. Under company law, the director must not approve the financial statements unless they is satisfied that they give a true and fair view of the assets, liabilities and financial position of the company as at the financial year end date and of the profit or loss of the company for the financial year and otherwise comply with the Companies Act 2014.

In preparing these financial statements, the director is required to:

- select suitable accounting policies for the company financial statements and then apply them consistently;
- make judgements and accounting estimates that are reasonable and prudent;
- state whether the financial statements have been prepared in accordance with applicable accounting standards, identify those standards, and note the effect and the reasons for any material departure from those standards; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The director is responsible for ensuring that the company keeps or causes to be kept adequate accounting records which correctly explain and record the transactions of the company, enable at any time the assets, liabilities, financial position and profit or loss of the company to be determined with reasonable accuracy, enable them to ensure that the financial statements and Director's Report comply with the Companies Act 2014. They is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Signed on behalf of the board

Arran Towers
Director

Date: _____

Head Heart & Hands Limited
ACCOUNTANTS' REPORT
to the Director on the unaudited financial statements of Head Heart & Hands Limited for the financial year ended 31 December 2019

In accordance with our engagement letter and in order to assist you to fulfil your duties under the Companies Act 2014, we have prepared for your approval the financial statements of the company for the financial year ended 31 December 2019 which comprise the Profit and Loss Account, the Balance Sheet, the Reconciliation of Shareholders' Funds and the related notes from the company's accounting records and from information and explanations you have given to us.

This report is made solely to the director of Head Heart & Hands Limited, in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the financial statements of Head Heart & Hands Limited and state those matters that we have agreed to state to the director of Head Heart & Hands Limited, in this report in accordance with the guidance of . To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Head Heart & Hands Limited and its director for our work or for this report.

We have carried out this engagement in accordance with guidance issued by and have complied with the ethical guidance laid down by relating to members undertaking the compilation of financial statements.

It is your duty to ensure that Head Heart & Hands Limited 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 Head Heart & Hands Limited. You consider that Head Heart & Hands Limited is exempt from the statutory audit requirement for the financial year.

We have not been instructed to carry out an audit or a review of the financial statements of Head Heart & Hands Limited. 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 statutory financial statements.

DANIEL J. COLEMAN & CO

Accountants and Associates
Wilton House,
Wilton Road,
Cork
Republic of Ireland

Date: _____

Head Heart & Hands Limited

PROFIT AND LOSS ACCOUNT

for the financial year ended 31 December 2019

	Notes	2019 €	2018 €
Turnover		9,540	8,292
Gross profit		9,540	8,292
Administrative expenses		(27,221)	(27,977)
Other operating income		23,125	17,126
Profit/(loss) before taxation		5,444	(2,559)
Tax on profit/(loss)		-	-
Profit/(loss) for the financial year		5,444	(2,559)
Total comprehensive income		5,444	(2,559)

Approved by the board on _____ and signed on its behalf by:

Arran Towers
Director

Head Heart & Hands Limited

BALANCE SHEET

as at 31 December 2019

	Notes	2019 €	2018 €
Current Assets			
Cash and cash equivalents		19,783	18,565
Creditors: Amounts falling due within one year	4	(22,063)	(26,289)
Net Current Liabilities		(2,280)	(7,724)
Total Assets less Current Liabilities		(2,280)	(7,724)
Capital and Reserves			
Called up share capital presented as equity		100	100
Profit and Loss Account		(2,380)	(7,824)
Equity attributable to owners of the company		(2,280)	(7,724)

The financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland", applying Section 1A of that Standard.

I as Director of Head Heart & Hands Limited, state that -

(a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,

(b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,

(c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),

(d) I acknowledge the company's obligations under the Companies Act 2014, to keep adequate accounting records and prepare financial statements which give a true and fair view of the assets, liabilities and financial position of the company at the end of its financial year and of its profit or loss for such a financial year and to otherwise comply with the provisions of the Companies Act 2014 relating to financial statements so far as they are applicable to the company.

Approved by the board on _____ and signed on its behalf by:

Arran Towers
Director

Head Heart & Hands Limited
RECONCILIATION OF SHAREHOLDERS' FUNDS
as at 31 December 2019

	Share capital	Retained earnings	Total
	€	€	€
At 1 January 2018	100	(5,265)	(5,165)
Loss for the financial year	-	(2,559)	(2,559)
At 31 December 2018	100	(7,824)	(7,724)
Profit for the financial year	-	5,444	5,444
At 31 December 2019	100	(2,380)	(2,280)

Head Heart & Hands Limited

NOTES TO THE FINANCIAL STATEMENTS

for the financial year ended 31 December 2019

1. GENERAL INFORMATION

Head Heart & Hands Limited is a company limited by shares incorporated in the Republic of Ireland. 19 Gurrabraher Avenue,, Gurrabraher,, Cork is the registered office, which is also the principal place of business of the company. . The nature of the company's operations and its principal activities are set out in the Director's Report. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

2. SUMMARY OF SIGNIFICANT ACCOUNTING POLICIES

The following accounting policies have been applied consistently in dealing with items which are considered material in relation to the company's financial statements.

Statement of compliance

The financial statements of the company for the year ended 31 December 2019 have been prepared in accordance with the provisions of FRS 102 Section 1A (Small Entities) and the Companies Act 2014.

Basis of preparation

The financial statements have been prepared on the going concern basis and in accordance with the historical cost convention except for certain properties and financial instruments that are measured at revalued amounts or fair values, as explained in the accounting policies below. Historical cost is generally based on the fair value of the consideration given in exchange for assets. The financial reporting framework that has been applied in their preparation is the Companies Act 2014 and FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" Section 1A, issued by the Financial Reporting Council.

The company qualifies as a small company as defined by section 280A of the Companies Act 2014 in respect of the financial year, and has applied the rules of the 'Small Companies Regime' in accordance with section 280C of the Companies Act 2014 and Section 1A of FRS 102.

Turnover

Turnover comprises the invoice value of goods supplied by the company, exclusive of trade discounts and value added tax.

Trade and other creditors

Trade and other creditors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest rate method, unless the effect of discounting would be immaterial, in which case they are stated at cost.

Taxation

Current tax represents the amount expected to be paid or recovered in respect of taxable profits for the financial year and is calculated using the tax rates and laws that have been enacted or substantially enacted at the Balance Sheet date.

Government grants

Capital grants received and receivable are treated as deferred income and amortised to the Profit and Loss Account annually over the useful economic life of the asset to which it relates. Revenue grants are credited to the Profit and Loss Account when received.

Ordinary share capital

The ordinary share capital of the company is presented as equity.

Head Heart & Hands Limited
NOTES TO THE FINANCIAL STATEMENTS

continued

for the financial year ended 31 December 2019

3. EMPLOYEES

The average monthly number of employees, including director, during the financial year was 2019, (2018 - 2).

	2019	2018
	Number	Number
Company director	1	1
Company administrator	1	1
	<u>2</u>	<u>2</u>

4. CREDITORS

Amounts falling due within one year

	2019	2018
	€	€
Taxation	-	489
Director's current account (Note 6)	-	2,365
Accruals	1,533	1,200
Deferred Income	20,530	22,235
	<u>22,063</u>	<u>26,289</u>

5. CAPITAL COMMITMENTS

The company had no material capital commitments at the financial year-ended 31 December 2019.

6. DIRECTOR'S REMUNERATION AND TRANSACTIONS

	2019	2018
	€	€
Remuneration	-	8,268
	<u>-</u>	<u>8,268</u>

The following amounts are repayable to the director:

	2019	2018
	€	€
Arran Towers	-	2,365
	<u>-</u>	<u>2,365</u>

7. POST-BALANCE SHEET EVENTS

The board acknowledge that COVID 19 has impacted on the company's activities. The directors are continually reviewing work plans and practices, together with a continuous financial review to ensure that disruption caused by COVID 19 minimally impacts the company.

8. APPROVAL OF FINANCIAL STATEMENTS

The financial statements were approved and authorised for issue by the board on _____.

HEAD HEART & HANDS LIMITED

SUPPLEMENTARY INFORMATION

RELATING TO THE FINANCIAL STATEMENTS

FOR THE FINANCIAL YEAR ENDED 31 DECEMBER 2019

Head Heart & Hands Limited
SUPPLEMENTARY INFORMATION RELATING TO THE FINANCIAL STATEMENTS
TRADING STATEMENT
for the financial year ended 31 December 2019

	2019 €	2018 €
Sales		
Sales	9,540	8,292
	<u>9,540</u>	<u>8,292</u>
Gross profit Percentage	100.0%	100.0%
	<u>100.0%</u>	<u>100.0%</u>
Administrative expenses		
Wages and salaries (including director's remuneration)	1,206	14,898
Social welfare costs	105	570
Performance fees	11,160	3,588
Production expenses	5,582	2,502
Insurance	1,395	1,347
Printing, postage and stationery	10	38
Telephone	1,224	473
Motor& Travelling expenses	3,924	2,817
Accountancy	2,525	1,725
Bank charges	90	19
	<u>27,221</u>	<u>27,977</u>
Miscellaneous income		
Irish Aid - WWGS 2017/2018	-	2,116
Irish Aid - WWGS 2018/2019	9,355	2,320
Irish Aid - WWGS 2019/2020	2,480	-
Irish Aid	11,290	12,690
	<u>23,125</u>	<u>17,126</u>
Net profit/(loss)	5,444	(2,559)
	<u><u>5,444</u></u>	<u><u>(2,559)</u></u>