

**ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM**

**Abridged Unaudited Financial Statements  
for the financial year ended 30 June 2025**

Sign # 2173.

**ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM**

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for the financial year ended 30 June 2025**

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**Contents**

Director's Responsibilities Statement	2
Balance Sheet	3
Notes to the Abridged Financial Statements	4

**ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM**

**DIRECTOR'S RESPONSIBILITIES STATEMENT**

**for the financial year ended 30 June 2025**

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The director is responsible for preparing the Director's Report and the financial statements in accordance with the Companies Act 2014.

Irish company law requires the director to prepare financial statements for each financial year. Under the law the director have 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" issued by the Financial Reporting Council. Under company law, the director must not approve the financial statements unless they are 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 and enable them to ensure that the financial statements and Directors' Report comply with the Companies Act 2014. They are 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.

**DIRECTOR'S DECLARATION ON UNAUDITED FINANCIAL STATEMENTS**

In relation to the financial statements and related notes:

- The director approves these financial statements and confirms that they are responsible for them, including selecting the appropriate accounting policies, applying them consistently and making, on a reasonable and prudent basis, the judgements underlying them. They have been prepared on the going concern basis on the grounds that the Company will continue in business.
- The director confirms that they have made available to Beyond Accounting Ltd, all the Company's accounting records and provided all the information, books, or documents necessary for the compilation of the financial statements.
- The director confirms that to the best of their knowledge and belief, the accounting records reflect all the transactions of the Company for the financial year ended 30/06/2025.

Approved and signed on:



James Parnell  
Director

18 February 2026

ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM

BALANCE SHEET

for the financial year ended 30 June 2025


	Note	2025 €	2024 €
<b>Current assets</b>			
Debtors	4	1,785	16,180
Cash at bank and in hand		69,112	71,740
		<b>70,897</b>	<b>87,920</b>
Creditors: amounts falling due within one year	5	(14,556)	(11,641)
<b>Net current assets</b>		<b>56,341</b>	<b>76,279</b>
<b>Total assets less current liabilities</b>		<b>56,341</b>	<b>76,279</b>
<b>Net assets</b>		<b>56,341</b>	<b>76,279</b>
<b>Capital and reserves</b>			
Called-up share capital	6	1	1
Profit and loss account		56,340	76,278
<b>Total shareholder's funds</b>		<b>56,341</b>	<b>76,279</b>

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with Financial Reporting Standard 102 'The Financial Statement Reporting Standard applicable in the UK and Republic of Ireland' as adapted by Section 1A of FRS 102 and the Companies Act 2014.

I, as director of Ernest Consulting Limited Trading As The Wellbeing Gym state that:

- The Company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014;
- The Company is availing itself of the exemption on the grounds that the conditions specified in s.358 are satisfied;
- The shareholders of the Company have not served a notice on the Company under s.334(1) in accordance with s.334(2);
- We 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 year and to otherwise comply with the provisions of Companies Act 2014 relating to financial statements so far as they are applicable to the Company;
- The Company has relied on the specified exemption contained in s.352 Companies Act 2014; and has done so on the grounds that the Company is entitled to the benefit of that exemption as a small company and the abridged financial statements have been properly prepared in accordance with s.353 Companies Act 2014.

The financial statements of Ernest Consulting Limited Trading As The Wellbeing Gym (registered number: 581970) were approved and authorised for issue by the director on 18 February 2026. They were signed on its behalf by:

  
James Parnell  
Director

## ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM

### NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

for the financial year ended 30 June 2025

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#### **1. Accounting policies**

The principal accounting policies are summarised below. They have all been applied consistently throughout the financial year and to the preceding financial year, unless otherwise stated.

##### **General information and basis of accounting**

Ernest Consulting Limited Trading As The Wellbeing Gym (registered number 581970) (the Company) is a private company, limited by shares, registered in Ireland under the Companies Act 2014. The address of the registered office is 194A Seapark, Malahide, Dublin, Ireland. The nature of the Company's operations and its principal activities are set out in the Director's Report.

The financial statements have been prepared under the historical cost convention, modified to include certain items at fair value, and comply with the financial reporting standards of the Financial Reporting Council including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") as adapted by Section 1A of FRS 102 and the Companies Act 2014.

The functional currency of Ernest Consulting Limited Trading As The Wellbeing Gym is considered to be EUR because that is the currency of the primary economic environment in which the Company operates.

These financial statements are separate financial statements.

##### **Going concern**

The director has assessed the Balance Sheet and likely future cash flows at the date of approving these financial statements. The director has a reasonable expectation that the Company has adequate resources to continue in operational existence and to meet its financial obligations as they fall due for at least 12 months from the date of signing these financial statements. Accordingly, they continue to adopt the going concern basis in preparing the financial statements.

##### **Turnover**

Turnover is recognised at the fair value of the consideration received or receivable for goods and services provided in the normal course of business, and is shown net of VAT and other sales related taxes. The fair value of consideration takes into account trade discounts, settlement discounts and volume rebates.

Turnover is recognised when the significant risks and rewards are considered to have been transferred to the customer.

##### **Employee benefits**

###### ***Short term benefits***

The cost of any unused holiday entitlement is recognised in the period in which the employee's services are received.

Termination benefits are recognised as an expense when the Company is demonstrably committed to terminate the employment of an employee or to provide termination benefits.

ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS (continued)

for the financial year ended 30 June 2025

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**Taxation**

**Current tax**

Current tax, including Irish corporation tax and foreign tax, is provided at amounts expected to be paid (or recovered) using the tax rates and laws that have been enacted or substantively enacted by the Balance Sheet date.

A provision is recognised for those matters for which the tax determination is uncertain but it is considered probable that there will be a future outflow of funds to a tax authority. The provisions are measured at the best estimate of the amount expected to become payable. The assessment is based on the judgement of tax professionals within the Company supported by previous experience in respect of such activities and in certain cases based on specialist independent tax advice.

Where items recognised in other comprehensive income or equity are chargeable to or deductible for tax purposes, the resulting current or deferred tax expense or income is recognised in the same component of comprehensive income or equity as the transaction or other event that resulted in the tax expense or income.

Current tax assets and liabilities are offset only when there is a legally enforceable right to set off the amounts and the Company intends either to settle on a net basis or to realise the asset and settle the liability simultaneously.

**Trade and other debtors**

Trade and other debtors are initially recognised at fair value and thereafter stated at amortised cost using the effective interest method less impairment losses for bad and doubtful debts, except where the effect of discounting would be immaterial. In such cases the receivables are stated at cost less impairment losses for bad and doubtful debts.

**Cash and cash equivalents**

Cash and cash equivalents are basic financial assets and include cash in hand, deposits held at call with banks, other short-term liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within borrowings in creditors: amounts falling due within one year.

**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.

**Ordinary share capital**

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

**ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM**

**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS (continued)**

**for the financial year ended 30 June 2025**

**2. Employees**

	<b>2025</b>	<b>2024</b>
	<b>Number</b>	<b>Number</b>
Monthly average number of persons employed by the Company during the year, including the director	2	2

**3. Director's remuneration**

	<b>2025</b>	<b>2024</b>
	<b>€</b>	<b>€</b>
Aggregate emoluments paid to or receivable by directors in respect of qualifying services	77,900	98,500

**4. Debtors**

	<b>2025</b>	<b>2024</b>
	<b>€</b>	<b>€</b>
Trade debtors	0	16,180
Amounts owed by director (note 7)	1,785	0
	<b>1,785</b>	<b>16,180</b>

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

	<b>2025</b>	<b>2024</b>
	<b>€</b>	<b>€</b>
Amounts owed to director (note 7)	0	1,544
Taxation and social security	14,368	7,554
Other creditors	188	2,543
	<b>14,556</b>	<b>11,641</b>

**6. Called-up share capital**

	<b>2025</b>	<b>2024</b>
	<b>€</b>	<b>€</b>
<b>Allotted, called-up and fully-paid</b>		
1 Ordinary share of €1.00	1	1

ERNEST CONSULTING LIMITED TRADING AS THE WELLBEING GYM

NOTES TO THE ABRIDGED FINANCIAL STATEMENTS (continued)

for the financial year ended 30 June 2025

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**7. Related party transactions**

Transactions with the entity's director (or members of its governing body)

*Amounts owed by director*

	2025	2024
	€	€
James Parnell	1,785	0

*Amounts owed to director*

	2025	2024
	€	€
James Parnell	0	1,544

**8. Events after the Balance Sheet date**

There have been no significant events affecting the Company since the year end.