

Abridged Financial Statements

Vitality Centre Limited

For the Year Ended 31 March 2025

Registered Number 596312

Abridged Financial Statements

Vitality Centre Limited

For the Year Ended 31 March 2025

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VITALITY CENTRE LIMITED

Statement of Director's Responsibilities and Declaration on Unaudited Financial Statements.

General Responsibilities.

The director is responsible for preparing the annual report and the financial statements in accordance with Irish law and generally accepted accounting practice in Ireland including the accounting standards issued by the Accounting Standards Board and issued by the Association of Chartered Certified Accountants.

Company law requires the director to prepare financial statements for each financial period which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for the period.

The director confirms that she has complied with the above requirements in preparing the financial statements.

The director is responsible for keeping proper books of account which disclose with reasonable accuracy at any time the financial position of the company and to enable her to ensure the financial statements are prepared in accordance with accounting standards generally accepted in Ireland and with Irish statute comprising the Companies Act 2014 to 2017. She 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.

Director's declaration on unaudited financial statements ;

In relation to the financial statements;

-The director approves these financial statements and confirms that she is 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 to the best of her knowledge and belief, the accounting records reflect all the transactions of the company for the year ended 31 March 2025.



Frances Flannery

Director

4/2/2026

Vitality Centre Limited

Accountants Report on the Unaudited Abridged Financial Statements to the Director of Vitality Centre Limited.

You consider that the company is exempt from an audit for the year ended 31 March 2025. You have acknowledged, on the balance sheet, your responsibilities for ensuring the company keeps accounting records which comply with Companies Act 2014 to 2017, and for preparing financial statements which give a true and fair view of the state of affairs of the company and its profit and loss for the financial year,

In accordance with your instructions, we have prepared the financial statements from the accounting records of the company and on the basis of information and explanations given by you.

We have not carried out an audit or any review, and consequently we do not express any opinion of these financial statements.


Martin Kent & Co,

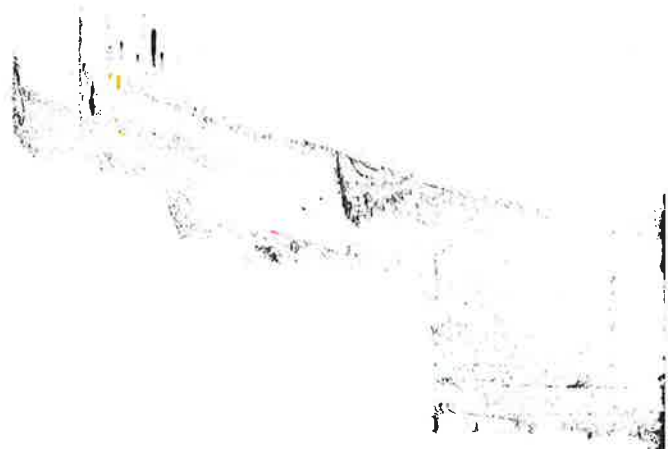
Chartered Certified Accountants,

3 Westbourne Park,

Magazine Road,

Cork.

Date 4/2/2026



Vitality Centre Limited

Balance Sheet at 31 March 2025

	2025	2024
Fixed Assets	59711	59129
Current Assets		
Bank	1956	3288
Cash	100	100
Vat	0	2178
	<u>2056</u>	<u>5566</u>
Current Liabilities		
Creditors	5000	0
Taxation	740	341
	<u>5740</u>	<u>341</u>
Net Curren Assets	-3684	5225
Long Term Loans		
Directors Loan	33313	33965
Net Assets	<u>22714</u>	<u>30389</u>
Represented by		
Caital & Reserves	100	100
Profit & Loss Account	22614	30289
	<u>22714</u>	<u>30389</u>

I, as Director of Vitality Centre Limited, state that ;

- the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Acts 2014 to 2017.
- the company is availing itself of the exemption on the grounds that the conditions specified in sec 358 are satisfied.
- the shareholders of the company have not served a notice on the company under sec 334 (1) in accordance with sec 334 (2).
- 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 year and of its profit or loss for such a year and to otherwise comply with the provis rovisions of the Companies Act 2014 to 2017 so far as they apply to the company.

e) the company has relied on the specified exemption contained in sec 352 Companies Act 2014 to 2017. It 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 prepared in accordance with sec 353 Companies Act 2014 to 2017.



Frances Flannery
Director

Date 04-Feb-26

Vitality Centre Limited

Notes to the Accounts Year Ended 31 March 2024

Statement of 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.

1.1 Basis of preparation. The financial statements are prepared in accordance with generally accepted accounting principles under the historic cost convention and comply with financial reporting standards of the Accounting Standards Board and the Companies Act 2014 to 2017.

1.2 Cash Flow Statement. The company meets the size criteria for a small company set by sec 350 b Companies Act 2014 to 2017 and therefore , in accordance with FRSI Cash Flow Statements, it has not prepared a cash flow statement.

1.3 Turnover Policy. Turnover represents the total invoice value, excluding VAT, of sales made during the year.

2 Tangible Fixed Assets

Tangible fixed assets are stated at cost, less accumulated depreciation.

3 Fixed Assets

	Equipment	Fixtures	Goodwill	Total
Opening Balance at Cost	55926	5924	64783	126633
Additions	10879	0	0	10879
Closing Balance	66805	5924	64783	137512
Depreciation				
Opening Balance	40672	3694	23135	67501
Charge	5227	446	4627	10300
Closing Balance	45899	4140	27762	77801
Net Book Value	20906	1784	37021	59711
			2025	2024
4 Employees				
Directors			1	1

Staff	0	0
5 Directors & their interests		
Frances Flannery. Ord Shares of 1 Euro each	100	100
6 Shareholders Funds		
Opening Balance	30389	36869
Net Loss after Tax	7675	6480
Closing Balance	<u>22714</u>	<u>30389</u>
7 Taxation Creditors		
Paye	138	324
Vat	580	-2178
Corporation Tax	22	17
	<u>740</u>	<u>-1837</u>

8 Post Balance Sheet Events.

The Company plans to cease trading from 28 February 2026.

9 The Accounts were agreed by the Director on 4 February 2026.


 Frances Flannery
 Director