

FORREST WELLNESS FOUNDATION LIMITED

CRO Number: 743744

Abridged Accounts for year ended 30 th June 2025	Page 2
Notes to Abridged Accounts for year ended 30 th June 2025	Pages 3 – 4
Extract from Directors report	Page 5

FORREST WELLNESS FOUNDATION LIMITED

Balance Sheet As At 30th June 2025

	2025		2024	
	€	€	€	€
Fixed Assets		0		0
Current Assets				
Other Debtors	1		1	
	1		1	
Creditors: amounts falling due within one year				
Net Current Assets:		1		1
Nett Assets		1		1
Capital and Reserves				
Called up Share capital		1		1
Profit & Loss Account				
Shareholders' Funds		1		1

We as director's of Forrest Wellness Foundation Limited, state that:

- (a) the company is availing 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 section 358 is complied with.
- (c) no notice under subsection (1) of section 334 has, in accordance with subsection (2) of that section, been served on the company, and
- (d) the directors acknowledge the obligations of the company, under the Companies Act 2014, to:
 - i. 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
 - ii. otherwise comply with the provisions of this Act relating to financial statements so far as they are applicable to the company.
- (e) the company has relied on the specified exemption contained in section 352 Companies Act 2014; 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 section 353 Companies Act 2014.

Martin Forrest
Director

Stephen Forrest
Director

Joanne Forrest
Director

10th November 2025

FORREST WELLNESS FOUNDATION LIMITED

Notes to the abridged balance sheet For
the Year ended 30th June 2025

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.

Basis of preparation

The unaudited accounts have been prepared in accordance with accounting standards generally accepted in Ireland and Irish statute comprising the Companies Acts 2014, Accounting Standards generally accepted in Ireland in preparing financial statements giving a true and fair view are those issued by the Accounting Standards Board.

The unaudited accounts are prepared under the historical cost convention modified to include the revaluation of certain fixed assets and financial instruments, and in accordance with applicable accounting standards.

Cash flow statement

The company meets the size criteria for a small company set by the Companies Act 2014 and therefore, in accordance with FRS1: Cash Flow Statements, it has not prepared a cash flow statement.

Turnover Policy

Turnover represents the total invoice value, excluding value added tax, of sales made during the year. There was none.

Taxation

Taxation is calculated @ 12.5% on assessable profits.

Tangible fixed assets and depreciation

There are no fixed assets.

Depreciation

Depreciation is provided on all tangible fixed assets, at rates calculated to write off the cost less residual value, of each asset systematically over its expected useful life.

FORREST WELLNESS FOUNDATION LIMITED

Stock

Stock is valued at the lower of cost and net realisable value. Stock at the year end was valued at €NIL

Directors' Loans

There were no Director's loans, quasi-loans, credit transactions or guarantees in the period.

Employees

The average number of employees (including Directors), each month, was 0 in the period.

The cost of wages and salaries for the period was Nil.

There were no pension costs in the period.

Debtors

All debtors are receivable within one year.

Creditors

All creditors are payable within one year.

Related Party Transactions

There were no related party transactions or arrangements during the period.

Share Capital

Authorised equity: 100,000 Ordinary Shares of €1 each.

Issued equity 1 Ordinary Share of €1 each

Extract from Directors Report

Directors and their interest

The directors who served the company throughout the year were

as follows:

	30/06/2025	30/06/2024
--	------------	------------

Mr. Martin Forrest	1	1
--------------------	---	---