

Company Number: 631234

**Best Practice Healthcare Limited**  
**Unaudited Abridged Financial Statements**  
**for the Year ended 31 July 2025**

# Best Practice Healthcare Limited

## CONTENTS

|                                       | <b>Page</b> |
|---------------------------------------|-------------|
| Directors and Other Information       | 3           |
| Directors' Responsibilities Statement | 4           |
| Statement of Financial Position       | 5           |
| Notes to the Financial Statements     | 6 - 10      |

**Best Practice Healthcare Limited**  
**DIRECTORS AND OTHER INFORMATION**

|   |                                  |
|---|----------------------------------|
| <b>Directors</b>                              | Deirdre Kennedy                  |
| <b>Company Secretary</b>                      | Ted O' Shea                      |
| <b>Company Number</b>                         | 631234                           |
| <b>Registered Office and Business Address</b> | 2 Earlswell, Waterfall, Co. Cork |

# Best Practice Healthcare Limited

## DIRECTORS' RESPONSIBILITIES STATEMENT

for the year ended 31 July 2025

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable Irish law and regulations.

Irish company law requires the directors to prepare financial statements for each financial year. Under the law the directors 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", applying Section 1A of that Standard, issued by the Financial Reporting Council. Under company law, the directors 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 directors are 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 directors are 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.

The Company has continued developing online content for continued professional development of healthcare assistants. Specialist courses were launched in May 2020.

**Signed on behalf of the board**

Deirdre Kennedy  
Director



Ted O' Shea  
Company Secretary



Date:

26/01/2026

**Best Practice Healthcare Limited**  
**STATEMENT OF FINANCIAL POSITION**

as at 31 July 2025

|   | Notes | 2025<br>€ | 2024<br>€ |       |
|---|-------|-----------|-----------|-------|
| <b>Non-Current Assets</b>                             |       |           |           |       |
| Property, plant and equipment                         | 5     | 6,444     | 5,783     |       |
| <b>Current Assets</b>                                 |       |           |           |       |
| Debtors   | 6     | 5,040     | 0         |       |
| Cash and cash equivalents                             |       | 1,396     | 648       |       |
|   |       | 6,436     | 648       |       |
| <b>Creditors: Amounts falling due within one year</b> | 7     | 2,419     | 211       |       |
| <b>Net Current Assets</b>                             |       | 4,017     | 437       | 1,796 |
| <b>Creditors: Amounts falling due after one year</b>  | 8     | 1,468     | 1,468     |       |
| <b>Total Assets less Current Liabilities</b>          |       | 8,993     | 4,722     |       |
| <b>Capital and Reserves</b>                           |       |           |           |       |
| Called up share capital presented as equity           |       | 2         | 2         |       |
| Income statement                                      |       | 8,991     | 4,720     |       |
| <b>Equity attributable to owners of the company</b>   |       | 8,993     | 4,722     |       |

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.

We as Directors of Best Practice Healthcare Limited, state that -

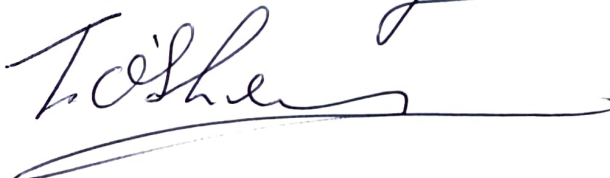
- (a) the company is availing itself of the exemption provided for by Chapter 15 of Part 6 of the Companies Act 2014,
- (b) the company is availing itself of the exemption on the grounds that the conditions specified in section 358 are satisfied,
- (c) the shareholders of the company have not served a notice on the company under section 334(1) in accordance with section 334(2),
- (d) 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 the Companies Act 2014 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. The company 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 and the small companies' regime.

Approved by the board on 26/01/26 and signed on its behalf by:

**Deirdre Kennedy**  
**Director**



**Ted O' Shea**  
**Company Secretary**



# Best Practice Healthcare Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

continued

for the year ended 31 July 2025

### 1. GENERAL INFORMATION

Best Practice Healthcare Limited is a company limited by shares incorporated in the Republic of Ireland. 2 Earlswell, Waterfall Co. 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 Directors' Report. The financial statements have been presented in Euro (€) which is also the functional currency of the company.

### 2. 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 July 2025 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.

#### Cash flow statement

The company has availed of the exemption in FRS 102 Section 1A from the requirement to prepare a Statement of Cash Flows because it is classified as a small company.

#### Turnover

Turnover is recognised to the extent that the company obtains the right to consideration in exchange for its performance. Turnover comprises the fair value of consideration received and receivable exclusive of value added tax and after discounts and rebates.

# Best Practice Healthcare Limited

## NOTES TO THE ABRIDGED FINANCIAL STATEMENTS

continued

for the year ended 31 July 2025

### Property, plant and equipment and depreciation

Property, plant and equipment are stated at cost or at valuation, less accumulated depreciation. The charge to depreciation is calculated to write off the original cost or valuation of property, plant and equipment, less their estimated residual value, over their expected useful lives as follows:

|                     |   |                      |
|---------------------|---|----------------------|
| Motor vehicles      | - | 20% Reducing balance |
| Fixtures & fittings | - | 10% Straight line    |
| Plant & equipment   | - | 10% Straight line    |

Assets not carried at fair value are also reviewed for impairment whenever events or changes in circumstances indicate that the carrying amount may not be recoverable. An impairment loss is recognised for the amount by which the asset's carrying amount exceeds its recoverable amount.

The recoverable amount is the higher of an asset's fair value less costs to sell and value in use. Value in use is defined as the present value of the future pre-tax and interest cash flows obtainable as a result of the asset's continued use. The pre-tax and interest cash flows are discounted using a pre-tax discount rate that represents the current market risk free rate and the risks inherent in the asset. For the purposes of assessing impairment, assets are grouped at the lowest levels for which there are separately identifiable cash flows (cash-generating units).

If the recoverable amount of the asset (or asset's cash generating unit) is estimated to be lower than the carrying amount, the carrying amount is reduced to its recoverable amount. An impairment loss is recognised in the profit and loss account, unless the asset has been revalued when the amount is recognised in other comprehensive income to the extent of any previously recognised revaluation. Thereafter any excess is recognised in profit or loss.

If an impairment loss is subsequently reversed, the carrying amount of the asset (or asset's cash generating unit) is increased to the revised estimate of its recoverable amount, but only to the extent that the revised carrying amount does not exceed the carrying amount that would have been determined (net of depreciation) had no impairment loss been recognised in prior periods. A reversal of an impairment loss is recognised in the profit and loss account.

Fully depreciated property, plant & equipment are retained in the cost of property, plant & equipment and related accumulated depreciation until they are removed from service. In the case of disposals, assets and related depreciation are removed from the financial statements and the net amount, less proceeds from disposal, is charged or credited to the profit and loss account.

### Trade and other debtors

Stocks are valued at the lower of cost and net realisable value. Stocks are determined on a first-in first-out basis. Cost comprises expenditure incurred in the normal course of business in bringing stocks to their present location and condition. Full provision is made for obsolete and slow moving items. Net realisable value comprises actual or estimated selling price (net of trade discounts) less all further costs to completion or to be incurred in marketing and selling.

At the end of each reporting period Stocks are assessed for impairment. If an item of stock is impaired, the identified inventory is reduced to its selling price less costs to complete and sell and an impairment charge is recognised in the profit and loss account. Where a reversal of the impairment is recognised the impairment charge is reversed, up to the original impairment loss, and is recognised as a credit in the profit and loss account.

### Cash and cash equivalents

Cash and cash equivalents comprise cash at bank and in hand, demand deposits with banks and other short-term highly liquid investments with original maturities of three months or less and bank overdrafts. In the Statement of Financial Position bank overdrafts are shown within Creditors.

### 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.

**Best Practice Healthcare Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**

continued

for the year ended 31 July 2025

**Employee benefits**

The company provides a range of benefits to employees, including annual bonus arrangements, paid holiday arrangements and defined contribution pension plans.

(i) Short term benefits

Short term benefits, including holiday pay and other similar non-monetary benefits, are recognised as an expense in the period in which the service is received.

(ii) Annual bonus plans

The company recognises a provision and an expense for bonuses where the company has a legal or constructive obligation as a result of past events and a reliable estimate can be made.

**Taxation and deferred taxation**

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

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date where transactions or events have occurred at that date that will result in an obligation to pay more tax in the future, or a right to pay less tax in the future. Timing differences are temporary differences between the company's taxable profits and its results as stated in the financial statements.

Deferred tax is measured on an undiscounted basis at the tax rates that are anticipated to apply in the periods in which the timing differences are expected to reverse, based on tax rates and laws that have been enacted or substantively enacted by the balance sheet date.

**Foreign currencies**

Monetary assets and liabilities denominated in foreign currencies are translated at the rates of exchange ruling at the Statement of Financial Position date. Non-monetary items that are measured in terms of historical cost in a foreign currency are translated at the rates of exchange ruling at the date of the transaction. Non-monetary items that are measured at fair value in a foreign currency are translated using the exchange rates at the date when the fair value was determined. The resulting exchange differences are dealt with in the Income Statement.

**Share capital of the company**

**Ordinary share capital**

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

|  |              |             |
|--|--------------|-------------|
| <b>3. OPERATING PROFIT/(LOSS)</b>                        | <b>2025</b>  | <b>2024</b> |
|  | €            | €           |
| <b>Operating profit/(loss) is stated after charging:</b> |              |             |
| Depreciation of property, plant and equipment            | <b>1,648</b> | 899         |
|  | <hr/>        | <hr/>       |

**4. EMPLOYEES**

The average monthly number of employees, including directors, during the year was 1.

**Best Practice Healthcare Limited**  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the year ended 31 July 2025

continued

**5. PROPERTY, PLANT AND EQUIPMENT**

|  | <b>Fixtures &amp;<br/>Equipment</b> | <b>Total</b>        |
|--|-------------------------------------|---------------------|
|  | €                                   | €                   |
| <b>Cost</b>                                |                                     |                     |
| At 1 August 2025                           | 8,457                               | 8,457               |
| Additions                                  | 2,339                               | 2,339               |
| At 31 July 2025                            | <u>10,796</u>                       | <u>10,796</u>       |
| <b>Depreciation</b>                        |                                     |                     |
| At 1 August 2024                           | 2,704                               | 2,704               |
| Charge for the year                        | 1,648                               | 1,648               |
| At 31 July 2025                            | <u>4,352</u>                        | <u>4,352</u>        |
| <b>Net book value</b>                      |                                     |                     |
| At 31 July 2025                            | <u><u>6,444</u></u>                 | <u><u>6,444</u></u> |
| At 31 July 2024                            | <u><u>5,753</u></u>                 | <u><u>5,753</u></u> |
| <b>6. Debtors</b>                          | <b>2025</b>                         | <b>2024</b>         |
|  | €                                   | €                   |
| Debtors                                    | <u>5,040</u>                        | <u>0</u>            |
|  | <u><u>5,040</u></u>                 | <u><u>0</u></u>     |
| <b>7. CREDITORS</b>                        | <b>2025</b>                         | <b>2024</b>         |
| <b>Amounts falling due within one year</b> | <b>€</b>                            | <b>€</b>            |
| Taxation                                   | 632                                 | 211                 |
| Other creditors                            | <u>1,786</u>                        | <u>0</u>            |
|  | <u><u>2,418</u></u>                 | <u><u>211</u></u>   |
| <b>8. CREDITORS</b>                        | <b>2025</b>                         | <b>2024</b>         |
| <b>Amounts falling due after one year</b>  | <b>€</b>                            | <b>€</b>            |
| Directors' current accounts (Note 10)      | <u>1,468</u>                        | <u>1,468</u>        |
|  | <u><u>1,468</u></u>                 | <u><u>1,468</u></u> |

**9. CAPITAL COMMITMENTS**

There were no capital commitments at the year ended 31 July 2025.

Best Practice Healthcare Limited  
**NOTES TO THE ABRIDGED FINANCIAL STATEMENTS**  
for the year ended 31 July 2025

continued

The following amounts are repayable to the directors:

|                 | <b>2025</b>  | <b>2024</b>  |
|-----------------|--------------|--------------|
|                 | €            | €            |
| Deirdre Kennedy | <u>1,468</u> | <u>1,468</u> |
|                 | <u>1,468</u> | <u>1,468</u> |

The loans are interest free and repayable on demand.

**10. CONTROLLING INTEREST**

The Directors consider Deirdre Kennedy, by virtue of her shareholding in the company, the ultimate controlling party.

**11. EVENTS AFTER END OF REPORTING PERIOD**

There are no events requiring comment.

**12. APPROVAL OF FINANCIAL STATEMENTS**

The financial statements were approved and authorised for issue by the board of directors on 26/01/2026