

Liquidator's Progress Report

S.192

Pursuant to Sections 92A and 104A and 192
of the Insolvency Act 1986

To the Registrar of Companies

Company Number

05768387

Name of Company

Practical Occupational Health Solutions Limited

I / We

Michael Chamberlain, Resolution House, 12 Mill Hill, Leeds, LS1 5DQ

the liquidator(s) of the company attach a copy of my/our Progress Report
under section 192 of the Insolvency Act 1986

The Progress Report covers the period from 07/11/2015 to 06/11/2016

Signed

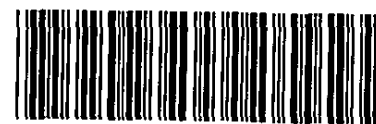


Date

22/12/16

Chamberlain & Co
Resolution House
12 Mill Hill
Leeds
LS1 5DQ

Ref 10056/SA/DR



A18 23/12/2016 #85
COMPANIES HOUSE

**Practical Occupational Health Solutions Limited
(In Liquidation)
Liquidator's Abstract of Receipts & Payments**

Statement of Affairs		From 07/11/2015 To 06/11/2016	From 07/11/2014 To 06/11/2016
	ASSET REALISATIONS		
552 00	Chattel Assets	NIL	570 00
15,000 00	Book Debts	NIL	NIL
	Insurance Refund	NIL	83 01
	Bank Interest Gross	0 28	0 43
		<u>0 28</u>	<u>653 44</u>
	COST OF REALISATIONS		
	Specific Bond	NIL	100 00
	Irrecoverable VAT	NIL	40 44
	Statutory Advertising	NIL	202 20
		<u>NIL</u>	<u>(342 64)</u>
	PREFERENTIAL CREDITORS		
(800 00)	Employees - Wage Arrears	NIL	NIL
(7,402 76)	Employees - Holiday Pay	NIL	NIL
		<u>NIL</u>	<u>NIL</u>
	UNSECURED CREDITORS		
(2,529 40)	Trade & Expense	NIL	NIL
(5,951 56)	Employees - Redundancy	NIL	NIL
(7,978 11)	Employees - Pay in Lieu of Notice	NIL	NIL
(2,000 00)	Directors	NIL	NIL
(13,000 00)	HM Revenue & Customs - PAYE	NIL	NIL
(9,421 96)	Employees Arrears of Pay	NIL	NIL
(27,000 00)	H M Revenue & Customs - CT	NIL	NIL
		<u>NIL</u>	<u>NIL</u>
	DISTRIBUTIONS		
(100 00)	Ordinary Shareholders	NIL	NIL
		<u>NIL</u>	<u>NIL</u>
(60,631.79)		<u>0.28</u>	<u>310.80</u>

REPRESENTED BY

Current A/c
Office

653 44
(342 64)

310.80



Michael Chamberlain
Liquidator

**PRACTICAL OCCUPATIONAL HEALTH SOLUTIONS LIMITED
(IN LIQUIDATION)**

**Progress Report
pursuant to Section 104A of the Insolvency Act 1986**

**Chamberlain & Co
21 December 2016**

**PRACTICAL OCCUPATIONAL HEALTH SOLUTIONS LIMITED IN
LIQUIDATION
PROGRESS REPORT ON THE OUTCOME OF THE LIQUIDATION**

INTRODUCTION

Michael Chamberlain was appointed Liquidator of Practical Occupational Health Solutions Limited ("the Company") on 7 November 2014 by the Company's members and creditors pursuant to Section 100 of the Insolvency Act 1986 ("The Act")

Michael Chamberlain is authorised to act as an Insolvency Practitioner by the Institute of Chartered Accountants in England and Wales

The EC Regulation on Insolvency Proceedings 2000 will apply in this matter and these proceedings will be the main proceedings as defined by Article 3 of the EC Regulation. The Company's registered office and centre of main interests are in the United Kingdom.

In accordance with Rule 4.49C of the Insolvency Rules 1986 ("The Rules"), I now set out my progress report on the conduct of the Liquidation.

RECEIPTS AND PAYMENTS ACCOUNT

An abstract of the Liquidator's receipts and payments for the period 7 November 2014 to 6 November 2016 is attached at Appendix 2.

All transactions are shown net of VAT.

ASSET REALISATION

Book Debts

The director's statement of affairs indicated that the Company's book debts with a book value of £18,300 were estimated to realise £15,000. One debtor with a book value of £3,000 was placed into liquidation with no return to creditors achieved. One debtor with a book value of £300 proved not collectable. The remaining debtor represented a final invoice to the Company's major customer of £17,404.32. I instructed Cerberus Receivables Management ("Cerberus") to assist with the collection of this debt, as they provide specialist advice and solutions in the recovery and realisation of distressed assets and debt. On my behalf, Cerberus engaged in correspondence with the debtor who raised a number of concerns relating to the invoice and confirmed that the invoice was disputed in its entirety. I requested additional information from the Company's director to support the debt which was duly provided and reviewed by Cerberus. They concluded that this information would not progress the matter further and that, in order to pursue the outstanding balance, the matter would require the services of a solicitor. They also advised that any claim would be heavily defended by the customer and that to proceed with a defended claim to a court hearing could cost approximately £3,000 to £4,000. There are insufficient funds within the liquidation to allow for the payment of such costs and given that the information available in support of the claim is not considered by my advisors to be sufficient to settle any dispute and the probability that any claim would be heavily defended, I do not consider that pursuing the debt further would result in any realisations for the benefit of creditors. I, therefore, do not intend to take any further action in this respect.

Gross interest of £0.43 has been earned on funds held on deposit during the period of my administration.

INVESTIGATIONS

I can confirm that I have complied with my obligations in relation to my investigations into the affairs of the Company and have submitted my report in accordance with the requirements of the Company Directors Disqualification Act 1986. The contents of this report are confidential.

My investigations did not identify any further potential assets that may have been capable of realisation for the benefit of creditors

REMUNERATION

It was agreed at the meeting of creditors held on 7 November 2014 that a fee of £5,000 plus VAT be drawn for assisting the director in preparing the statement of affairs and convening the meetings of members and creditors necessary to place the company into liquidation. I have drawn no amounts on account of the statement of affairs fee.

It was proposed and agreed at a meeting of creditors held on 7 November 2014 that the Liquidator would be remunerated on a time cost basis in accordance with Rule 4.127 (2) (B) of the Insolvency Rules 1986.

In accordance with the revised Statement of Insolvency Practice 9 which came into force on 1 November 2011, summaries of time costs incurred for the period 7 November 2014 to 6 November 2016 is appended to this report and for the period 7 November 2015 to 6 November 2016, the period since the last report. These costs were approximately £8,530.00 and £1,941.00 at an average hourly rate of £217 and £213 respectively. In common with all professional firms, our scale rates increase from time to time over the period of administration of each insolvency case. I have drawn no amounts on account of my remuneration. A schedule of my firm's chargeout rates and charging policy is attached at Appendix 3.

My disbursements total £302.20 and comprise the following:

Disbursement	Payee	Amount (£)
Specific Bond	Marsh Limited	100.00
Statutory Advertising – London Gazette	TMP (UK) Limited	202.20

All disbursements have been recharged to the liquidation at cost.

I should advise you that in accordance with Rule 4.131 of The Rules, creditors have the right to request that the liquidator provides further information about his remuneration and expenses incurred during the administration of the liquidation. The request must be made in writing, within 21 days of receipt of this report, and can be made by a secured creditor or an unsecured creditor with the concurrence of at least 10% in value of unsecured creditors or with the permission of the court. Furthermore, creditors have the right to challenge the liquidator's remuneration and expenses by application to the court within 8 weeks of receiving this report.

OTHER PAYMENTS

All other payments have been made in accordance with the rules and regulations generally as to the payment of costs and expenses of winding up.

PRESCRIBED PART

The prescribed part is a proportion of floating charge assets set aside for unsecured creditors pursuant to Section 176A of The Act. The prescribed part applies to floating charges created on or after 15 September 2003.

As there is no floating charge holder of this Company, the prescribed part does not apply.

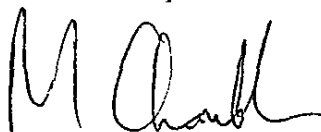
CREDITORS' CLAIMS

Since my appointment I have been made aware of a claim from the Redundancy Payments Office in respect of employees' claims for outstanding wages and holiday pay in the sum of £3,550.43.

I have received claims from three non-preferential creditors amounting to £45,236.31. Claims from non-preferential creditors have not been admitted to rank for dividend purposes as there are insufficient funds within the liquidation to declare a dividend to any class of creditor.

OTHER MATTERS

I shall report to you further once I am in a position to conclude my administration of this liquidation, or if earlier, the next anniversary. If in the meantime you require any further information please do not hesitate to contact me.



M Chamberlain
Liquidator

APPENDIX 1

The liquidator appends below the following additional information required under Rule 4.49C of the Insolvency Rules 1986

Statutory Information


Company Name:	Practical Occupational Health Solutions Limited
Company Number:	05768387
Registered Office:	c/o Chamberlain & Co. Resolution House. 12 Mill Hill, Leeds, LS1 5DQ previously 10 Muncastergate, York, YO31 9JY
Liquidator:	Michael Chamberlain
Liquidator's Address:	Resolution House 12 Mill Hill Leeds LS1 5DQ
Date of Appointment:	7 November 2014

APPENDIX 2

RECEIPTS AND PAYMENTS ACCOUNT

**Practical Occupational Health Solutions Limited
(In Liquidation)
Liquidator's Summary of Receipts & Payments**

Statement of Affairs £		From 07/11/2015 To 06/11/2016 £	From 07/11/2014 To 06/11/2016 £
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		NIL	NIL
	DISTRIBUTIONS		
(100 00)	Ordinary Shareholders	NIL	NIL
		NIL	NIL
(60,631 79)		0.28	310 80
	REPRESENTED BY		
	Current A/c		653 44
	Office		(342 64)
			310 80


Michael Chamberlain
Liquidator

Chamberlain & Co**TIME & CHARGEOUT SUMMARIES**

Practical Occupational Health Solutions Pract

07/11/2014 to 06/11/2016

HOURS							
Classification Of work Function	Partner	Manager	Other Senior Professional	Assistants & Support Staff	Total Hours	Time Cost £	Average Hourly Rate £
Administration & Planning	1 50	14 85	0 00	1 70	18 05	3,819 00	211 58
Investigations	0 30	3 40	0 00	0 00	3 70	831 50	224 73
Realisation of Assets	0 50	7 80	0 00	0 00	8 30	1,832 50	220 78
Trading	0 00	0 30	0 00	0 00	0 30	73 50	245 00
Creditors	0 40	8 50	0 00	0 00	8 90	1,973 50	221 74
Total Time Cost	871 50	7,574 50	0 00	84 00		8,530 00	
Total Hours	2 70	34 85	0 00	1 70	39 25		
Average Rate	322 78	217 35	0 00	49 41			
Total Fees Claimed						0 00	

Chamberlain & Co**TIME & CHARGEOUT SUMMARIES**

Practical Occupational Health Solutions Pract

07/11/2015 to 06/11/2016

HOURS							
Classification Of work Function	Partner	Manager	Other Senior Professional	Assistants & Support Staff	Total Hours	Time Cost £	Average Hourly Rate £
Administration & Planning	0 00	5 60	0 00	1 10	6 70	1,402 00	209 25
Realisation of Assets	0 00	0 30	0 00	0 00	0 30	67 50	225 00
Creditors	0 00	2 10	0 00	0 00	2 10	471 50	224 52
Investigations	0 00	0 00	0 00	0 00	0 00	0 00	0 00
Trading	0 00	0 00	0 00	0 00	0 00	0 00	0 00
Total Time Cost	0 00	1,884 00	0 00	57 00		1,941 00	
Total Hours	0 00	8 00	0 00	1 10	9 10		
Average Rate	0 00	235 50	0 00	51 82			
Total Fees Claimed						0 00	