

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

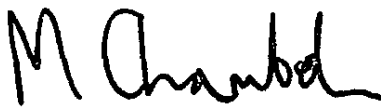
I / We

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 07/11/2014 to 06/11/2015

Signed



Date

17/11/15

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

Ref 10056/SA/DR

THURSDAY



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A4KIS99V


19/11/2015

#383

COMPANIES HOUSE

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

Statement of Affairs		From 07/11/2014 To 06/11/2015
	ASSET REALISATIONS	
552 00	Chattel Assets	570 00
15,000 00	Book Debts	NIL
	Insurance Refund	83 01
	Bank Interest Gross	0 15
		<u>653 16</u>
	COST OF REALISATIONS	
	Specific Bond	100 00
	Irrecoverable VAT	40 44
	Statutory Advertising	202 20
		<u>(342 64)</u>
	PREFERENTIAL CREDITORS	
(800 00)	Employees - Wage Arrears	NIL
(7,402 76)	Employees - Holiday Pay	NIL
		<u>NIL</u>
	UNSECURED CREDITORS	
(2,529 40)	Trade & Expense	NIL
(5,951 56)	Employees - Redundancy	NIL
(7,978 11)	Employees - Pay in Lieu of Notice	NIL
(2,000 00)	Directors	NIL
(13,000 00)	HM Revenue & Customs - PAYE	NIL
(9,421 96)	Employees Arrears of Pay	NIL
(27,000 00)	H M Revenue & Customs - CT	NIL
		<u>NIL</u>
	DISTRIBUTIONS	
(100 00)	Ordinary Shareholders	NIL
		<u>NIL</u>
<u>(60,631.79)</u>		<u><u>310.52</u></u>
	REPRESENTED BY	
	Current A/c	653 16
	Office	(342 64)
		<u>310.52</u>



Michael Chamberlain
Liquidator

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

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

**Chamberlain & Co
13 November 2015**

**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 2015 is attached at Appendix 2

All transactions are shown net of VAT

ASSET REALISATION

Chattel Assets

The director's statement of affairs showed that the Company's chattel assets with a book value of £2,206 were estimated to realise £552 on an ex situ basis by Richard Temple of Eddisons, Leeds, an independent agent and chartered surveyor ("MRICS"). The chattel assets were sold to Meridian Health Management Limited for £570 plus VAT on 8 December 2014 and the proceeds were received on 30 April 2015

In accordance with Statement of Insolvency Practice 13, as the assets of the Company were acquired by a company controlled by a former director, I am required to provide the following information

Date of Transaction	8 December 2014
Assets Involved	Chattel Assets
Consideration	£570.00 plus VAT to be paid upon completion
Counterparty	Meridian Health Management Limited
Counterparty Relationship	Alison Methley is a director of the Company and is also a director of Meridian Health Management Limited
Independent Advice	I am not aware that Meridian Health Management Limited received any independent advice

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 has proved not collectable. The remaining debtor represented a final invoice raised of £17,404.32 to its major customer. I instructed Ceberus who engaged in correspondence with the debtor who raised a number of concerns relating to the invoice and confirmed the invoice was to be disputed in its entirety. I have requested additional information from the Company's director to verify the dispute and she has provided some information to support the Company's claim. This information is currently being reviewed to consider whether any legal action can be taken to recover this debt.

A sundry insurance refund has been received of £83.01

Gross interest of £0.15 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, a summary of time costs incurred for the period 7 November 2014 to 6 November 2015 is appended to this report. These costs were approximately £6,491.50 at an average hourly rate of £217. 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

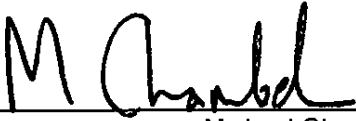
Company Name:	Practical Occupational Health Solutions Limited
Company Number:	05768387
Registered Office:	c/o Chamberlain & Co, Resolution House, 12 Mill Hill, Leeds, LS1 5DQ previously 10 Muncastergate, York, YO31 9JY
Liquidator:	Michael Chamberlain
Liquidator's Address:	Resolution House 12 Mill Hill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

APPENDIX 2

RECEIPTS AND PAYMENTS ACCOUNT

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

Statement of Affairs		From 07/11/2014 To 06/11/2015	From 07/11/2014 To 06/11/2015
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(800 00)	Employees - Wage Arrears	NIL	NIL
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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>310.52</u>	<u>310 52</u>
REPRESENTED BY			
	Current A/c		653 16
	Office		(342 64)
			<u>310.52</u>


 Michael Chamberlain
 Liquidator

Chamberlain & Co**TIME & CHARGEOUT SUMMARIES**

Practical Occupational Health Solutions Pract

07/11/2014 to 06/11/2015

HOURS

Classification Of work Function	Partner	Manager	Other Senior Professional	Assistants & Support Staff	Total Hours	Time Cost £	Average Hourly Rate £
Administration & Planning	1 40	9 25	0 00	0 60	11 25	2,384 50	211 96
Investigations	0 30	3 40	0 00	0 00	3 70	831 50	224 73
Realisation of Assets	0 30	7 50	0 00	0 00	7 80	1,700 00	217 95
Trading	0 00	0 30	0 00	0 00	0 30	73 50	245 00
Creditors	0 40	6 40	0 00	0 00	6 80	1,502 00	220 88
Total Time Cost	774 00	5,690 50	0 00	27 00		6,491 50	
Total Hours	2 40	26 85	0 00	0 60	29 85		
Average Rate	322 50	211 94	0 00	45 00			
Total Fees Claimed						0 00	

Statement of Liquidator's Remuneration Pursuant to Statement of Insolvency Practice No.9

Charging and Disbursement Policy

Liquidator's charging policy for fees

The Insolvency Rules 1986 provide that the Liquidator's remuneration may be fixed on the basis of time properly spent by the Liquidator and his staff in attending to matters arising in the Liquidation

The Liquidator has engaged managers and other staff to work on the Liquidation. The work required is delegated to the most appropriate level of staff taking account of the nature of the work and the individual's experience. Additional assistance is provided by cashiers dealing with the company's bank accounts and statutory compliance diaries, and other support services and filing clerks. Work carried out by all staff is subject to the overall supervision of the Liquidator.

All time spent by staff working directly on case-related matters is charged to a time code established for each case. Each member of staff has a specific hourly rate, which is subject to change over time. The hourly rate for each category of staff over the duration of the liquidation is shown below.

Grade	£ per hour 01/09/14	£ per hour 01/09/15
Directors	275-295	295-3335
Managers	185-245	205-255
Other Senior Professionals	105-170	105-180
Assistants and Support Staff	30-95	30-100

A copy of the R3 (Association of Business Recovery Professionals) creditors' guide to Liquidator's fees may be obtained by contacting David Render at the above address or at www.r3.org.uk

Liquidator's charging policy for disbursements

Statement of Insolvency Practice No 9 divides disbursements into two categories

Category 1 disbursements are defined as specific expenditure relating to the administration of the insolvent's affairs and referable to payment to an independent third party. Such disbursements can be paid from the insolvent's assets without approval from the Creditors' Committee or the general body of creditors. In line with Statement of Insolvency Practice No 9, it is my firm's policy to disclose Category 1 disbursements drawn but not to seek approval for their payment. I am prepared to provide such additional information as may reasonably be required to support the disbursements drawn.

Category 2 disbursements are charges made by the office holder's firm that include elements of shared or overhead costs. Statement of Insolvency Practice No 9 provides that such disbursements are subject to approval as if they were remuneration. It is not my firm's current policy to charge Category 2 disbursements. However were this to change, I would seek approval for Category 2 disbursements before they are drawn in line with the Statement