

ABLEBODIED LIMITED

**Company Registration Number:
02832857 (England and Wales)**

Abbreviated (Unaudited) Accounts

Period of accounts

Start date: 01st August 2010

End date: 31st July 2011

SUBMITTED

ABLEBODIED LIMITED

Company Information for the Period Ended 31st July 2011

Director:	C M Connelly
Company secretary:	C Connelly
Registered office:	Unit 1 Lupton Road Thame Oxfordshire OX9 3SE
Company Registration Number:	02832857 (England and Wales)

ABLEBODIED LIMITED

Abbreviated Balance sheet As at 31st July 2011

	Notes	2011 £	2010 £
Fixed assets			
Tangible assets:	4	552,233	576,471
Total fixed assets:		<u>552,233</u>	<u>576,471</u>
Current assets			
Stocks:		50,109	52,609
Debtors:	5	292,212	373,043
Cash at bank and in hand:		34,879	8,081
Total current assets:		<u>377,200</u>	<u>433,733</u>
Creditors			
Creditors: amounts falling due within one year	6	417,300	482,901
Net current assets (liabilities):		<u>(40,100)</u>	<u>(49,168)</u>
Total assets less current liabilities:		512,133	527,303
Creditors: amounts falling due after more than one year:	7	141,223	188,265
Total net assets (liabilities):		<u><u>370,910</u></u>	<u><u>339,038</u></u>

The notes form part of these financial statements

ABLEBODIED LIMITED

Abbreviated Balance sheet As at 31st July 2011 continued

	Notes	2011 £	2010 £
Capital and reserves			
Called up share capital:	8	2	2
Revaluation reserve:		115,000	115,000
Profit and Loss account:		255,908	224,036
Total shareholders funds:		<u>370,910</u>	<u>339,038</u>

For the year ending 31 July 2011 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The financial statements were approved by the Board of Directors on 20 February 2012

SIGNED ON BEHALF OF THE BOARD BY:

Name: C M Connelly
Status: Director

The notes form part of these financial statements

ABLEBODIED LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

1. Accounting policies

Basis of measurement and preparation of accounts

Historical cost convention

Turnover policy

The turnover represents the invoiced amount of work done net of value added tax

Tangible fixed assets depreciation policy

Depreciation is provided to write off the cost less estimated residual values of all fixed assets, over their useful lives

ABLEBODIED LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

4. Tangible assets

	Total
Cost	£
At 01st August 2010:	887,727
Additions:	38,731
Disposals:	32,353
At 31st July 2011:	894,105
Depreciation	
At 01st August 2010:	311,256
Charge for year:	51,643
On disposals:	21,027
At 31st July 2011:	341,872
Net book value	
At 31st July 2011:	552,233
At 31st July 2010:	576,471

ABLEBODIED LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

5. Debtors

	2011 £	2010 £
Trade debtors:	223,477	275,404
Other debtors:	67,755	96,659
Prepayments and accrued income:	980	980
Total:	<u>292,212</u>	<u>373,043</u>

ABLEBODIED LIMITED

Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

6. Creditors: amounts falling due within one year

	2011 £	2010 £
Bank loans and overdrafts:	191,170	205,695
Amounts due under finance leases and hire purchase contracts:	25,722	33,163
Trade creditors:	99,175	138,479
Taxation and social security:	55,768	38,371
Accruals and deferred income:	1,600	1,600
Other creditors:	43,865	65,593
Total:	417,300	482,901

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Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

7. Creditors: amounts falling due after more than one year

	2011 £	2010 £
Bank loans and overdrafts:	110,745	135,075
Amounts due under finance leases and hire purchase contracts:	30,478	53,190
Total:	<u>141,223</u>	<u>188,265</u>

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Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

8. Called up share capital

Allotted, called up and paid

Previous period			2010
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	2	1.00	2
Total share capital:			<u>2</u>
Current period			2011
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	2	1.00	2
Total share capital:			<u>2</u>

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Notes to the Abbreviated Accounts for the Period Ended 31st July 2011

11. Related party disclosures

Name of the ultimate controlling party during the
period:

C M Connelly

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.