

**ABLEBODIED LIMITED**

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

**Abbreviated (Unaudited) Accounts**

**Period of accounts**

**Start date: 01st August 2012**

**End date: 31st July 2013**

**SUBMITTED**

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# **ABLEBODIED LIMITED**

## **Company Information for the Period Ended 31st July 2013**

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

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# ABLEBODIED LIMITED

## Abbreviated Balance sheet As at 31st July 2013

	Notes	2013 £	2012 £
<b>Fixed assets</b>			
Tangible assets:	2	<b>551,539</b>	542,900
<b>Total fixed assets:</b>		<b>551,539</b>	542,900
<b>Current assets</b>			
Stocks:		<b>49,546</b>	51,561
Debtors:	3	<b>250,514</b>	314,919
Cash at bank and in hand:		<b>4,210</b>	-
<b>Total current assets:</b>		<b>304,270</b>	366,480
<b>Creditors</b>			
Creditors: amounts falling due within one year	4	<b>340,352</b>	401,014
<b>Net current assets (liabilities):</b>		<b>( 36,082 )</b>	( 34,534 )
<b>Total assets less current liabilities:</b>		<b>515,457</b>	508,366
Creditors: amounts falling due after more than one year:	5	<b>82,861</b>	112,519
<b>Total net assets (liabilities):</b>		<b>432,596</b>	395,847

The notes form part of these financial statements

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# ABLEBODIED LIMITED

## Abbreviated Balance sheet As at 31st July 2013 continued

	Notes	2013 £	2012 £
<b>Capital and reserves</b>			
Called up share capital:	6	2	2
Revaluation reserve:		<b>115,000</b>	115,000
Profit and Loss account:		<b>317,594</b>	280,845
<b>Total shareholders funds:</b>		<b><u>432,596</u></b>	<b><u>395,847</u></b>

For the year ending 31 July 2013 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 28 February 2014

### SIGNED ON BEHALF OF THE BOARD BY:

Name: C M Connelly  
Status: Director

The notes form part of these financial statements

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# **ABLEBODIED LIMITED**

## **Notes to the Abbreviated Accounts for the Period Ended 31st July 2013**

### **1. Accounting policies**

#### **Basis of measurement and preparation of accounts**

Historical cost convention

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# ABLEBODIED LIMITED

## Notes to the Abbreviated Accounts for the Period Ended 31st July 2013

### 2. Tangible assets

	<b>Total</b>
<b>Cost</b>	<b>£</b>
At 01st August 2012:	885,335
Additions:	52,325
Disposals:	69,719
At 31st July 2013:	867,941
<b>Depreciation</b>	
At 01st August 2012:	342,435
Charge for year:	19,016
On disposals:	45,049
At 31st July 2013:	316,402
<b>Net book value</b>	
At 31st July 2013:	551,539
At 31st July 2012:	542,900

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# ABLEBODIED LIMITED

## Notes to the Abbreviated Accounts for the Period Ended 31st July 2013

### 3. Debtors

	2013 £	2012 £
Trade debtors:	187,616	221,018
Other debtors:	61,918	92,921
Prepayments and accrued income:	980	980
<b>Total:</b>	<b><u>250,514</u></b>	<b><u>314,919</u></b>

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# ABLEBODIED LIMITED

## Notes to the Abbreviated Accounts for the Period Ended 31st July 2013

### 4. Creditors: amounts falling due within one year

	2013 £	2012 £
Bank loans and overdrafts:	154,978	201,824
Amounts due under finance leases and hire purchase contracts:	8,860	25,722
Trade creditors:	64,949	94,788
Taxation and social security:	68,034	40,789
Accruals and deferred income:	1,600	1,600
Other creditors:	41,931	36,291
<b>Total:</b>	<b>340,352</b>	<b>401,014</b>

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# ABLEBODIED LIMITED

## Notes to the Abbreviated Accounts for the Period Ended 31st July 2013

### 5. Creditors: amounts falling due after more than one year

	2013	2012
	£	£
Bank loans and overdrafts:	75,679	92,489
Amounts due under finance leases and hire purchase contracts:	7,182	20,030
<b>Total:</b>	<b><u>82,861</u></b>	<b><u>112,519</u></b>

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# ABLEBODIED LIMITED

## Notes to the Abbreviated Accounts for the Period Ended 31st July 2013

### 6. Called up share capital

Allotted, called up and paid

Previous period			2012
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	2	1.00	2
Total share capital:			<u>2</u>
Current period			2013
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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