

**Alebodied Limited**  
**abbreviated accounts**  
**year ended**  
**31 July 2009**

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COMPANIES HOUSE

**ABLEBODIED LIMITED**

**Abbreviated accounts for the year ended 31 July 2009**

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Company number

2832857

**Balance sheet at 31 July 2009**

		<u>2009</u>	<u>2008</u>
		£	£
Fixed assets			
Tangible	2	564,887	558,243
Current assets			
Stock and work-in-progress	52,253	42,006	
Cash at bank and in hand	-	-	
Debtors and prepayments	259,951	281,506	
	<u>312,204</u>	<u>323,512</u>	
Creditors			
Amounts falling due within one year	378,904	375,648	
Net Current assets		<u>(66,700)</u>	<u>(52,136)</u>
		498,187	506,107
Creditors			
Amounts falling due after more than one year		203,271	227,761
Total assets less current liabilities		<u>294,916</u>	<u>278,346</u>
Capital and reserves			
Called up share capital	3	2	2
Profit and loss account		179,914	163,344
Re-valuation reserve		115,000	
Shareholders' funds		<u>294,916</u>	<u>278,346</u>

For the year ending 31 July 2009 the Company is entitled to exemption under section 480 of the Companies Act 2006. 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:

- (1) ensuring that the company keeps accounting records which comply with section 386
- (ii) preparing accounts which give a true and fair view of the state of the company at the end of the financial year and of its profit for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.

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

The financial statements were approved by the board on 6 November 2009

C.M. Connelly..........Director

**Notes forming part of the financial statements for the year ended 31 July 2009****1. Accounting policies**

The financial statements have been prepared under the historical cost convention and in accordance with applicable accounting standards, except that the directors have taken advantage of certain exemptions available to small companies under the Companies Act 1985.

**Turnover and loss on ordinary activities before taxation**

Turnover represents the invoiced amount of work done net of value added tax.

**Depreciation**

Depreciation is provided to write off the cost less estimated residual values of all fixed assets, over their expected useful lives. It is calculated on the original cost of the assets at the following rates:

- Plant and Equipment
- Fixtures and fittings
- Motor Vehicles

**Stock and work in progress**

Stock and work-in-progress is stated at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items. Cost includes all direct expenditure and an appropriate proportion of fixed and variable overhead

**Contributions to pension fund**

The pension costs charged against profits represent the amount of the contributions paid during the accounting period into directors' personal pension plans.

**Leased assets**

Assets held under finance leases and hire purchase contracts are capitalised in the balance sheet and depreciated over their expected useful lives. The interest element of leasing payments represents a constant proportion of the capital balance outstanding and is charged to the profit and loss account over the period of the lease. All other leases are regarded as operating leases and payments made under them are charged to the profit and loss account on a straight line bases over the term of the lease.

**Deferred taxation**

Provision is made for timing differences between the treatment of certain items for taxation and accounting purposes, to the extent that it is probable that a liability or asset will crystallise.

**Notes forming part of the financial statements for the year ended 31 July 2009****2. Fixed assets**

	Freehold Property	Plant and Equipment	Fixtures and Fittings	Motor Vehicles	TOTAL
Cost					
At 1 August 2008	459,184	135,705	56,570	130,380	781,839
Additions	-	25,444	3,493	50,041	78,978
Disposals	-	-	-	(41,526)	(41,526)
At 31 July 2009	<u>459,184</u>	<u>161,149</u>	<u>60,063</u>	<u>138,895</u>	<u>819,291</u>
Depreciation					
At 1 August 2008	-	113,828	44,255	65,513	223,596
Disposals	-	-	-	(24,762)	(24,762)
Charge for the year	-	18,030	6,260	31,280	55,570
At 31 July 2009	<u>-</u>	<u>131,858</u>	<u>50,515</u>	<u>72,031</u>	<u>254,404</u>
Net book value					
At 31 July 2009	<u>459,184</u>	<u>29,291</u>	<u>9,548</u>	<u>66,864</u>	<u>564,887</u>
At 31 July 2008	<u>459,184</u>	<u>21,877</u>	<u>12,315</u>	<u>64,867</u>	<u>558,243</u>

At the balance sheet date there were no capital commitments (2008: £Nil)

The net book value of motor vehicles of £66,864 [2008 £64,867] includes an amount of £60,350 [2008 £62,996] in respect of assets held under finance leases and/or hire purchase contracts

**3. Share capital**

	£	£
Ordinary Shares of £1 each	100	100
Authorised	<u>2</u>	<u>2</u>
Issued and fully paid		

**4. Related parties**

The company is controlled by Mr.C.M. Connelly whose family owns all the shares  
There were no related party transactions during the year