

Registered Number 03198946

PRINCIPAL STRESS CONSULTANCY LIMITED

Abbreviated Accounts

31 May 2016

Abbreviated Balance Sheet as at 31 May 2016

	<i>Notes</i>	<i>2016</i>	<i>2015</i>
		£	£
Fixed assets			
Tangible assets	2	1,345	1,122
		<u>1,345</u>	<u>1,122</u>
Current assets			
Debtors		13,449	4,152
Cash at bank and in hand		57,324	44,626
		<u>70,773</u>	<u>48,778</u>
Creditors: amounts falling due within one year		(58,744)	(13,966)
Net current assets (liabilities)		<u>12,029</u>	<u>34,812</u>
Total assets less current liabilities		<u>13,374</u>	<u>35,934</u>
Total net assets (liabilities)		<u>13,374</u>	<u>35,934</u>
Capital and reserves			
Called up share capital	3	100	100
Profit and loss account		13,274	35,834
Shareholders' funds		<u>13,374</u>	<u>35,934</u>

- For the year ending 31 May 2016 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.

Approved by the Board on 13 January 2017

And signed on their behalf by:

I Barretto, Director

Notes to the Abbreviated Accounts for the period ended 31 May 2016

1 Accounting Policies

Basis of measurement and preparation of accounts

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities effective April 2008.

Turnover policy

Turnover represents the value, net of VAT and discounts, of goods provided to customers and work carried out in respect of services provided to customers.

Tangible assets depreciation policy

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and Machinery 15% reducing balance

2 Tangible fixed assets

	£
Cost	
At 1 June 2015	7,597
Additions	461
Disposals	-
Revaluations	-
Transfers	-
At 31 May 2016	<u>8,058</u>
Depreciation	
At 1 June 2015	6,475
Charge for the year	238
On disposals	-
At 31 May 2016	<u>6,713</u>
Net book values	
At 31 May 2016	<u>1,345</u>
At 31 May 2015	<u>1,122</u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2016	2015
	£	£
100 Ordinary shares of £1 each	100	100

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the Companies Act 2006.