

Registered Number 04255976

Able Life Limited

Abbreviated Accounts

31 December 2010

Able Life Limited

Registered Number 04255976

Company Information

Registered Office:

Hamlet House
366-368 London Road
Westcliff-on-Sea
Essex
SS0 7HZ

Reporting Accountants:

RDP Newmans incorporating Hedges Chandler
Chartered Accountants
457 Southchurch Road
Southend-on-Sea
Essex
SS1 2PH

Able Life Limited

Registered Number 04255976

Balance Sheet as at 31 December 2010

	Notes	2010 £	2009 £
Fixed assets			
Tangible	2	4,702	5,969
Investment property	3	2,177,268	2,177,268
		<u>2,181,970</u>	<u>2,183,237</u>
Current assets			
Debtors		13,362	32,734
Cash at bank and in hand		36,089	36,909
Total current assets		<u>49,451</u>	<u>69,643</u>
Creditors: amounts falling due within one year	4	(54,305)	(66,859)
Net current assets (liabilities)		(4,854)	2,784
Total assets less current liabilities		<u>2,177,116</u>	<u>2,186,021</u>
Creditors: amounts falling due after more than one year	4	(191,965)	(215,959)
Provisions for liabilities		(433)	(560)
Total net assets (liabilities)		<u>1,984,718</u>	<u>1,969,502</u>
Capital and reserves			
Called up share capital	5	50	50
Revaluation reserve		700,974	700,974
Profit and loss account		1,283,694	1,268,478
Shareholders funds		<u>1,984,718</u>	<u>1,969,502</u>

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- a. For the year ending 31 December 2010 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
 - b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
 - c. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
 - d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 28 September 2011

And signed on their behalf by:

Miss J E Mears, Director

R Mears, Director

Mrs P A Watson-Jones, Director

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 1068 of the Companies Act 2006.

Notes to the Abbreviated Accounts

For the year ending 31 December 2010

1 **Accounting policies**

Accounting convention

The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

Turnover

Turnover represents net invoiced sale of goods and the provision of services, excluding value added tax.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of transaction. Exchange differences are taken into account in arriving at the operating result.

Investment properties

Investment properties are not depreciated and are included in the financial statements at their open market value.

Depreciation

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

Fixtures and fittings	33% on cost
Fixtures and fittings	15% on reducing balance

2 **Tangible fixed assets**

		Total
Cost		£
At 01 January 2010	-	23,706
At 31 December 2010	-	<u>23,706</u>
Depreciation		
At 01 January 2010		17,737
Charge for year	-	1,267
At 31 December 2010	-	<u>19,004</u>

Net Book Value		
At 31 December 2010		4,702
At 31 December 2009		<u>5,969</u>
3	Investment Property	-
Cost Or Valuation		
	£	
At 01 January 2010	<u>2,177,268</u>	
At 31 December 2010	<u>2,177,268</u>	
Net Book Value		
At 31 December 2010	2,177,268	
At 31 December 2009	<u>2,177,268</u>	
4	Creditors	
	2010	2009
	£	£
Secured Debts	218,965	245,959
5	Share capital	
	2010	2009
	£	£
Allotted, called up and fully paid:		
100 Ordinary shares of £0.5 each	50	50
6	Transactions with directors	
Miss J E Mears and R Mears had a loan during the year. The maximum outstanding was £-. The balance at 31 December 2010 was £- (1 January 2010 - £-).		