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REGISTERED NUMBER:
4845077
England and Wales

ABLEBROOK LIMITED
REPORT AND ACCOUNTS
31/07/2009

WEDNESDAY



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28/04/2010

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COMPANIES HOUSE

ABLEBROOK LIMITED

Director	Ms S A Melville
Secretary	P M Enoch
Registered number	4845077 England and Wales
Registered office	36a Townshend Road London NW8 6LE

REPORT AND ACCOUNTS **31/07/2009**

Pages

1	Director's report
2	Profit and loss account
3	Balance sheet
4	Notes to the accounts

The following page does not form part of the statutory accounts

5	Detailed trading and profit and loss account
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**ABLEBROOK LIMITED
DIRECTOR'S REPORT**

The director presents her report with the accounts of the company for the year ended 31 July 2009

Principal activity

The principal activity of the company in the period under review was to provide activities for physical well-being and beauty

Director and share interest

The director who served during the year was

Ms S A Melville

Director's responsibilities

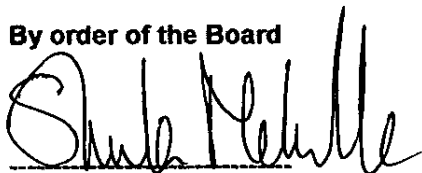
Company law requires the director to prepare accounts for each financial period which give a true and fair view of the state of affairs of the company and of the profit and loss of the company for that period. In preparing those accounts, the director is required to

- * select suitable accounting policies and then apply them consistently,
- * make judgements and estimates that are reasonable and prudent,
- * follow applicable accounting standards, subject to any material departures disclosed and explained in the accounts;
- * prepare the accounts on the going concern basis unless it is inappropriate to presume that the company will continue in business

The director is responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable her to ensure that the accounts comply with the Companies Act 2006. She is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

This report has been prepared in accordance with the special provisions of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Small Entities (effective April 2008)

By order of the Board



Ms S A Melville
Director

Approved · 27.04.2010

ABLEBROOK LIMITED
PROFIT AND LOSS ACCOUNT
for the year ended 31 July 2009

		'2009		'2008	
		£	£	£	£
	Notes				
TURNOVER	1		24,668		23,192
Administrative expenses		- 15,499		- 15,553	
Other expenses		- 27,583		- 23,171	
			- 43,082		- 38,724
OPERATING LOSS	2		- 18,414		- 15,532
LOSS on ordinary activities before taxation			- 18,414		- 15,532
TAXATION	3		-		-
LOSS for the financial year after taxation			- 18,414		- 15,532
RETAINED BALANCE at 01 August 2008			- 89,657		- 74,125
RETAINED BALANCE at 31 July 2009			- 108,071		- 89,657

The notes on page 4 form part of these accounts.

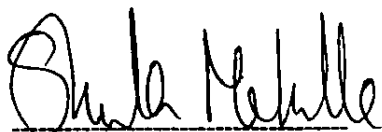
ABLEBROOK LIMITED
BALANCE SHEET
as at 31 July 2009

	Notes	'2009		'2008	
FIXED ASSETS		£	£	£	£
Fixed assets	4		6,798		9,961
DEBTORS					
Balance at bank & in hand		2,959		1,977	
Debtors & prepayments		5,372		5,355	
		8,331		7,332	
CREDITORS amounts falling					
due within one year	5	- 123,200		- 106,950	
NET CURRENT LIABILITIES		- 114,869		- 99,618	
NET LIABILITIES		- 108,071		- 89,657	
CAPITAL AND RESERVES					
Called up share capital	6	-		-	
Profit and loss account		- 108,071		- 89,657	
SHAREHOLDER'S FUNDS		- 108,071		- 89,657	
- all equity					

In the opinion of the director, the Company is entitled to exemption from audit under Section 477 of Companies Act 2006, and the members have not required the Company to obtain an audit of its accounts for the period in accordance with Section 476. The director acknowledges her responsibilities for ensuring that the Company keeps accounting records which comply with Section 386 of Companies Act 2006 and for preparing accounts which give a true and fair view of the state of affairs of the Company at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 394, and which otherwise comply with the requirements of the Companies Act 2006, so far applicable to the Company.

These accounts have been prepared in accordance with the special provisions relating to small companies within Part 15 of the Companies Act 2006 and with the Financial Reporting Standard for Smaller Entities (effective April 2008)

Signed on behalf of the Board



Ms S A Melville
Director

Approved by the board on

27.04.2010

The notes on page 4 form part of these accounts

ABLEBROOK LIMITED

Notes to the accounts - 31 July 2009

1 Accounting policies**a. Basis of accounting**

The accounts have been prepared in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008), under the historical cost convention and in compliance with the requirements of the Companies Act 2006

b. Amortisation and depreciation

Cost of lease & improvements have been amortised equally over the life of the lease - 8 years

Equipment has been depreciated at 25% on the reducing balance basis

2 Operating loss

Operating loss includes

	2009	2008
	£	£
Amortisation	2,688	2,688
Depreciation	475	633
Director's remuneration	-	-
	3,163	3,321

3 Taxation

No provision for corporation tax has been made for the period ended 31 July 2009

4 Fixed assets**Cost**

At 31/07/08 & 31/07/09

Amortisation & depreciation

At 31/07/08

for year

At 31/07/09

Book value at 31/07/09

Book value at 31/07/08

	Lease	Equipment	Total
	£	£	£
At 31/07/08 & 31/07/09	21,503	7,999	29,502
At 31/07/08	13,440	6,101	19,541
for year	2,688	475	3,163
At 31/07/09	16,128	6,576	22,704
Book value at 31/07/09	5,375	1,423	6,798
Book value at 31/07/08	8,063	1,898	9,961

5 Creditors - amounts falling due within one year

	2009	2008
	£	£
Director's account	118,048	106,558
Other	5,152	392
	123,200	106,950

6 Called up share capital

	2009	2008
	£	£
Issued, allotted and nil paid	-	-
1 ordinary shares of £1 each	-	-

7 Director's undertaking

The director has given the undertaking that further financial assistance is available to the company as and when required

8 Related party transactions

During the year the director withdrew cash amounting to £10,974 (2008 £9,957) for the payment of company expenses. The total amount of company expenses paid by the director for the year amounted to £22,464 (2008 £20,035)