

Registered number
04891722

Actual First Aid Limited

Abbreviated Accounts

30 September 2010

AMENDING

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COMPANIES HOUSE

Actual First Aid Limited

Report to the director on the preparation of the unaudited abbreviated accounts of Actual First Aid Limited for the year ended 30 September 2010

In order to assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the abbreviated accounts of Actual First Aid Limited for the year ended 30 September 2010 which comprise of the balance sheet and the related notes from the company's accounting records and from information and explanations you have given us

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at [http //rulebook accaglobal com/](http://rulebook.accaglobal.com/)

Our work has been undertaken in accordance with the requirements of the Association of Chartered Certified Accountants as detailed at [http //www accaglobal com/factsheet163](http://www.accaglobal.com/factsheet163)

The Hughes Partnership .

The Hughes Partnership
Chartered Certified Accountants and Business Advisers
Vienna House
International Square
Birmingham International Park
Solihull
B37 7GN

13 July 2011

Actual First Aid Limited
Registered number:
Abbreviated Balance Sheet
as at 30 September 2010

04891722

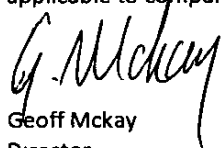
	Notes	2010 £	2009 £
Fixed assets			
Tangible assets	2	13,430	14,707
Current assets			
Debtors		-	6,366
Cash at bank and in hand		20,299	29,134
		<u>20,299</u>	<u>35,500</u>
Creditors: amounts falling due within one year		<u>(15,511)</u>	<u>(23,963)</u>
Net current assets		4,788	11,537
Total assets less current liabilities		<u>18,218</u>	<u>26,244</u>
Creditors' amounts falling due after more than one year		(3,787)	(16,338)
Net assets		<u>14,431</u>	<u>9,906</u>
Capital and reserves			
Called up share capital	3	100	100
Profit and loss account		14,331	9,806
Shareholder's funds		<u>14,431</u>	<u>9,906</u>

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The member has not required the company to obtain an audit in accordance with section 476 of the Act

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime



Geoff McKay
Director

Approved by the board on 13 July 2011

Actual First Aid Limited
Notes to the Abbreviated Accounts
for the year ended 30 September 2010

1 Accounting policies

Basis of preparation

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

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

Depreciation

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
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Stocks

Stock is valued at the lower of cost and net realisable value

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse

Foreign currencies

Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date. All differences are taken to the profit and loss account.

Leasing and hire purchase commitments

Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term.

Pensions

The company operates a defined contribution pension scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

Actual First Aid Limited
Notes to the Abbreviated Accounts
for the year ended 30 September 2010

2 Tangible fixed assets	£
Cost	
At 1 October 2009	26,152
Additions	<u>929</u>
At 30 September 2010	<u>27,081</u>
Depreciation	
At 1 October 2009	11,445
Charge for the year	<u>2,206</u>
At 30 September 2010	<u>13,651</u>
Net book value	
At 30 September 2010	<u>13,430</u>
At 30 September 2009	<u>14,707</u>

3 Share capital	Nominal value	2010 Number	2010 £	2009 £
Allotted, called up and fully paid.				
Ordinary shares	£1 each	100	<u>100</u>	<u>100</u>

4 Loans to directors				
Description and conditions	B/fwd £	Paid £	Repaid £	C/fwd £
Geoff McKay				
Directors loan account	(7,002)	45,064	(38,647)	(585)
	<u>(7,002)</u>	<u>45,064</u>	<u>(38,647)</u>	<u>(585)</u>