Registered Number 05166983

I & F LIMITED

Abbreviated Accounts

30 September 2010

I & F LIMITED **Registered Number 05166983**

Balance Sheet as at 30 September 2010

	Notes	2010		2009	
		£	£	£	£
Fixed assets					
Tangible	2		1,309,690		1,309,628
Total fixed assets			1,309,690		1,309,628
Current assets					
Stocks		4,341		3,000	
Debtors		5,039		7,267	
Cash at bank and in hand		14,048		19,237	
Total current assets		23,428		29,504	
Creditors: amounts falling due within one year		(532,218)		(459,037)	
Net current assets			(508,790)		(429,533)
Total assets less current liabilities			800,900		880,095
Creditors: amounts falling due after one year			(587,920)		(754,694)
Provisions for liabilities and charges			(3,100)		(0)
Total net Assets (liabilities)			209,880		125,401
Capital and reserves					
Called up share capital	3		100		100
Profit and loss account			209,780		125,301
Shareholders funds			209,880		125,401

a. For the year ending 30 September 2010 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
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 responsibility for:
    i. ensuring the company keeps accounting records which comply with Section 386; and
    ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss 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.
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 31 January 2011

And signed on their behalf by:
A Singh, 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 30 September 2010

1 **Accounting policies**

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

Turnover
Turnover represents the total invoice value, excluding value added tax, of sales made during the year and derives from the provision of goods falling within the company's ordinary activities.

Depreciation

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

Fixtures and Fittings 10.00% Reducing Balance

2 **Tangible fixed assets**

Cost	**£**
At 30 September 2009	1,311,455
additions	1,703
disposals	
revaluations	
transfers	
At 30 September 2010	1,313,158
Depreciation	
At 30 September 2009	1,827
Charge for year	1,641
on disposals	
At 30 September 2010	3,468
Net Book Value	
At 30 September 2009	1,309,628
At 30 September 2010	1,309,690

3 **Share capital**

	2010	2009
	£	£
Authorised share capital:		
1000 Ordinary of £1.00 each	1,000	1,000

Allotted, called up and fully paid:		
100 Ordinary of £1.00 each	100	100

4 **Transactions with directors**

A Singh's loan account consists of an opening credit balance of £55,502 and additional credits of £44,954 of which £41,915 was withdrawn. No interest was charged during the year.

5 **Related party disclosures**

The Company is wholly owned by A & J Singh Limited. Included in other creditors is a balance owing to them of £323,529 (2009 £369,383).