

Registered Number 05711243

INSHAPE COACHING SERVICES LIMITED

Abbreviated Accounts

30 April 2012

INSHAPE COACHING SERVICES LIMITED
Registered Number 05711243
Balance Sheet as at 30 April 2012

	Notes	2012 £	2011 £
Fixed assets			
Tangible	2	3,025	4,033
Total fixed assets		3,025	4,033
Current assets			
Debtors		39	2,858
Cash at bank and in hand		1,102	2,560
Total current assets		<u>1,141</u>	<u>5,418</u>
Creditors: amounts falling due within one year		(1,254)	(10,586)
Net current assets		(113)	(5,168)
Total assets less current liabilities		<u>2,912</u>	<u>(1,135)</u>
Creditors: amounts falling due after one year		(1,419)	(2,320)
Provisions for liabilities and charges		(605)	(806)
Total net Assets (liabilities)		888	(4,261)
Capital and reserves			
Called up share capital		110	110
Profit and loss account		<u>778</u>	<u>(4,371)</u>
Shareholders funds		<u>888</u>	<u>(4,261)</u>

- a. For the year ending 30 April 2012 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 30 January 2013

And signed on their behalf by:

C Frapwell, 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 April 2012

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

Turnover

Turnover Represents amounts receivable for goods and services net of VAT and trade discounts

Depreciation

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

Fixtures and Fittings	25.00% Reducing Balance
Motor Vehicles	25.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At 30 April 2011	7,291
additions	
disposals	
revaluations	
transfers	
At 30 April 2012	<u>7,291</u>
Depreciation	
At 30 April 2011	3,258
Charge for year	1,008
on disposals	
At 30 April 2012	<u>4,266</u>
Net Book Value	
At 30 April 2011	4,033
At 30 April 2012	<u>3,025</u>

3 Transactions with directors

None

4 Related party disclosures

None