

Company Registration No 05711243 (England and Wales)

INSHAPE COACHING SERVICES LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 APRIL 2013

Griffiths Marshall
Beaumont House
172 Southgate Street
Gloucester
GL1 2EZ

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COMPANIES HOUSE

INSHAPE COACHING SERVICES LIMITED

ABBREVIATED BALANCE SHEET

AS AT 30 APRIL 2013

	Notes	2013 £	£	2012 £	£
Fixed assets					
Tangible assets	2		2,493		3,025
Current assets					
Debtors		2,567		39	
Cash at bank and in hand		4,874		1,102	
		<u>7,441</u>		<u>1,141</u>	
Creditors, amounts falling due within one year		<u>(9,268)</u>		<u>(1,254)</u>	
Net current liabilities			(1,827)		(113)
Total assets less current liabilities			666		2,912
Creditors: amounts falling due after more than one year			-		(1,419)
Provisions for liabilities			(499)		(605)
			<u>167</u>		<u>888</u>
Capital and reserves					
Called up share capital	3		110		110
Profit and loss account			57		778
Shareholders' funds			<u>167</u>		<u>888</u>

INSHAPE COACHING SERVICES LIMITED

ABBREVIATED BALANCE SHEET (CONTINUED)

AS AT 30 APRIL 2013

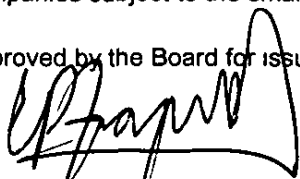
For the financial year ended 30 April 2013 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies

Directors' responsibilities

- The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476,
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements

These abbreviated financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime

Approved by the Board for issue on 18 August 2013



Mr C P Frapwell
Director

Company Registration No. 05711243

INSHAPE COACHING SERVICES LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 30 APRIL 2013

1 Accounting policies

1.1 Accounting convention

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

1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated)

1.3 Turnover

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

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows

Fixtures, fittings & equipment	25% Reducing Balance
Motor vehicles	25% Reducing Balance

1.5 Deferred taxation

Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted

2 Fixed assets

	Tangible assets £
Cost	
At 1 May 2012	7,291
Additions	300
At 30 April 2013	<u>7,591</u>
Depreciation	
At 1 May 2012	4,267
Charge for the year	831
At 30 April 2013	<u>5,098</u>
Net book value	
At 30 April 2013	<u><u>2,493</u></u>
At 30 April 2012	<u><u>3,025</u></u>

INSHAPE COACHING SERVICES LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2013

3	Share capital	2013 £	2012 £
	Allotted, called up and fully paid		
	50 Ordinary A shares of £1 each	50	50
	50 Ordinary B shares of £1 each	50	50
	10 Ordinary C shares of £1 each	10	10
		<hr/>	<hr/>
		110	110
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