

Company Registration No. 05711243 (England and Wales)

INSHAPE STROUD LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 APRIL 2015

THURSDAY



A4Z2MC2G

A11

21/01/2016

#180

COMPANIES HOUSE

INSHAPE STROUD LIMITED

CONTENTS

	Page
Abbreviated balance sheet	1
Notes to the abbreviated accounts	2 - 3

INSHAPE STROUD LIMITED

ABBREVIATED BALANCE SHEET

AS AT 30 APRIL 2015

	Notes	2015 £	£	2014 £	£
Fixed assets					
Tangible assets	2		4,365		1,870
Current assets					
Debtors		3,819		2,701	
Cash at bank and in hand		37,276		4,006	
		41,095		6,707	
Creditors: amounts falling due within one year		(43,317)		(7,501)	
Net current liabilities			(2,222)		(794)
Total assets less current liabilities			2,143		1,076
Provisions for liabilities			(873)		(374)
			1,270		702
Capital and reserves					
Called up share capital	3		111		110
Profit and loss account			1,159		592
Shareholders' funds			1,270		702

For the financial year ended 30 April 2015 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

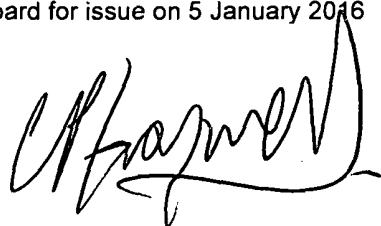
Directors' responsibilities:

- 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 5 January 2016

Mr C Frapwell
Director



Company Registration No. 05711243

INSHAPE STROUD LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 30 APRIL 2015

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 2014	7,591
Additions	3,950
	<hr/>
At 30 April 2015	11,541
	<hr/>
Depreciation	
At 1 May 2014	5,721
Charge for the year	1,455
	<hr/>
At 30 April 2015	7,176
	<hr/>
Net book value	
At 30 April 2015	4,365
	<hr/>
At 30 April 2014	1,870
	<hr/>

INSHAPE STROUD LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 30 APRIL 2015

3. Share capital	2015	2014
	£	£
Allotted, called up and fully paid		
100 Ordinary A shares of £1 each	100	100
10 Ordinary B shares of £1 each	10	10
1 Ordinary C shares of £1 each	1	-
	<hr/>	<hr/>
	111	110
	<hr/>	<hr/>