

ABBREVIATED UNAUDITED ACCOUNTS
FOR THE PERIOD
8 DECEMBER 2006 TO 31 DECEMBER 2007
FOR
A BETTER ME LIMITED

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25/04/2008

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FOR THE PERIOD 8 DECEMBER 2006 TO 31 DECEMBER 2007**

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A BETTER ME LIMITED

COMPANY INFORMATION

FOR THE PERIOD 8 DECEMBER 2006 TO 31 DECEMBER 2007

DIRECTOR

Ms C Vignali

SECRETARY:

M T Richter Esq

REGISTERED OFFICE

1st Floor Trinominis House
125-129 High Street
Edgware
Middlesex
HA8 7DB

REGISTERED NUMBER:

6023486

ACCOUNTANTS

Reed Taylor Benedict
Chartered Accountants
1st Floor, Trinominis House
125-129 High Street
Edgware
Middlesex HA8 7DB

A BETTER ME LIMITED

**ABBREVIATED BALANCE SHEET
31 DECEMBER 2007**

	Notes	£	£
FIXED ASSETS			
Intangible assets	2		6,000
Tangible assets	3		<u>2,361</u>
			8,361
CURRENT ASSETS			
Stocks		2,163	
Debtors		2,624	
Cash at bank and in hand		<u>1,207</u>	
		5,994	
CREDITORS			
Amounts falling due within one year		<u>22,514</u>	
NET CURRENT LIABILITIES			<u>(16,520)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u><u>(8,159)</u></u>
CAPITAL AND RESERVES			
Called up share capital	4		100
Profit and loss account			<u>(8,259)</u>
SHAREHOLDERS' FUNDS			<u><u>(8,159)</u></u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the period ended 31 December 2007

The members have not required the company to obtain an audit of its financial statements for the period ended 31 December 2007 in accordance with Section 249B(2) of the Companies Act 1985

The director acknowledges her responsibilities for

- (a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies

The financial statements were approved by the director on

17/4/08

and were signed by

Ms C Vighali - Director

The notes form part of these abbreviated accounts

A BETTER ME LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE PERIOD 8 DECEMBER 2006 TO 31 DECEMBER 2007

1 ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2005)

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax

Goodwill

Goodwill, being the amount paid in connection with the acquisition of a business in 2007, is being amortised evenly over its estimated useful life of seven years

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 33% on cost

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

2 INTANGIBLE FIXED ASSETS

	Total £
COST	
Additions	7,000
At 31 December 2007	7,000
AMORTISATION	
Charge for period	1,000
At 31 December 2007	1,000
NET BOOK VALUE	
At 31 December 2007	6,000

NOTES TO THE ABBREVIATED ACCOUNTS - continued
FOR THE PERIOD 8 DECEMBER 2006 TO 31 DECEMBER 2007

3 TANGIBLE FIXED ASSETS

	Total £
COST	
Additions	3,068
At 31 December 2007	3,068
DEPRECIATION	
Charge for period	707
At 31 December 2007	707
NET BOOK VALUE	
At 31 December 2007	2,361

4 CALLED UP SHARE CAPITAL

Authorised Number	Class	Nominal value £1	£
1,000	Ordinary		1,000
Allotted, issued and fully paid Number	Class	Nominal value £1	£
100	Ordinary		100

100 Ordinary shares of £1 each were allotted and fully paid for cash at par during the period