

Abbreviated Accounts
for the Period 2 January 2007 to 31 January 2008
for
A1 Back Care and Ergonomic Solutions Ltd

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COMPANIES HOUSE

A1 Back Care and Ergonomic Solutions Ltd

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for the Period 2 January 2007 to 31 January 2008**

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A1 Back Care and Ergonomic Solutions Ltd
Company Information
for the Period 2 January 2007 to 31 January 2008

DIRECTORS: Mrs C V E Sharp
Mrs S L Whyte

SECRETARY: Mrs C V E Sharp

REGISTERED OFFICE: 8 Hillside
Ware
Hertfordshire
SG12 9JZ

REGISTERED NUMBER: 6039046

ACCOUNTANTS Ashton Hart David Lee
Sterling House
Langston Road
Loughton
Essex
IG10 3FA

A1 Back Care and Ergonomic Solutions Ltd

**Abbreviated Balance Sheet
31 January 2008**

	Notes	£	£
FIXED ASSETS			
Tangible assets	2		3,266
CURRENT ASSETS			
Cash at bank		42,560	
CREDITORS			
Amounts falling due within one year		<u>19,994</u>	
NET CURRENT ASSETS			<u>22,566</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>25,832</u>
CAPITAL AND RESERVES			
Called up share capital	3		2
Profit and loss account			<u>25,830</u>
SHAREHOLDERS' FUNDS			<u>25,832</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the period ended 31 January 2008

The members have not required the company to obtain an audit of its financial statements for the period ended 31 January 2008 in accordance with Section 249B(2) of the Companies Act 1985

The directors acknowledge their 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 Board of Directors on 8 April 2008 and were signed on its behalf by



Director



The notes form part of these abbreviated accounts

A1 Back Care and Ergonomic Solutions Ltd

Notes to the Abbreviated Accounts for the Period 2 January 2007 to 31 January 2008

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 2007)

Turnover

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

Tangible fixed assets

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

Deferred tax

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

2 TANGIBLE FIXED ASSETS

	Total £
COST	
Additions	4,900
At 31 January 2008	4,900
DEPRECIATION	
Charge for period	1,634
At 31 January 2008	1,634
NET BOOK VALUE	
At 31 January 2008	3,266

3 CALLED UP SHARE CAPITAL

Authorised Number	Class	Nominal value £1	£
100	Ordinary	£1	100
Allotted, issued and fully paid Number	Class	Nominal value £1	£
2	Ordinary	£1	2