

**Abbreviated Accounts for the Year Ended 31 January 2009**

**for**

**A1 Back Care and Ergonomic Solutions Ltd**

FRIDAY



\*PB9JYBMN\*

PC2

17/07/2009

535

COMPANIES HOUSE

**A1 Back Care and Ergonomic Solutions Ltd**

**Contents of the Abbreviated Accounts  
for the Year Ended 31 January 2009**

	<b>Page</b>
<b>Company Information</b>	<b>1</b>
<b>Abbreviated Balance Sheet</b>	<b>2</b>
<b>Notes to the Abbreviated Accounts</b>	<b>3</b>

**A1 Back Care and Ergonomic Solutions Ltd**

**Company Information  
for the Year Ended 31 January 2009**

**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 2009**

	Notes	31.1.09 £	£	31.1.08 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		4,319		3,266
<b>CURRENT ASSETS</b>					
Cash at bank		49,855		42,560	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>23,841</u>		<u>19,994</u>	
<b>NET CURRENT ASSETS</b>			<u>26,014</u>		<u>22,566</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>30,333</u>		<u>25,832</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		2		2
Profit and loss account			<u>30,331</u>		<u>25,830</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>30,333</u>		<u>25,832</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 January 2009.

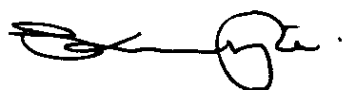
The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2009 in accordance with Section 249B(2) of the Companies Act 1985.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- 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 29 April 2009 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 Year Ended 31 January 2009

### 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.

Fixtures and fittings	- 15% on reducing balance
Computer equipment	- 33.33% on cost

#### 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 £
<b>COST</b>	
At 1 February 2008	4,900
Additions	2,520
	<hr/>
At 31 January 2009	7,420
	<hr/>
<b>DEPRECIATION</b>	
At 1 February 2008	1,634
Charge for year	1,467
	<hr/>
At 31 January 2009	3,101
	<hr/>
<b>NET BOOK VALUE</b>	
At 31 January 2009	4,319
	<hr/>
At 31 January 2008	3,266
	<hr/>

### 3. CALLED UP SHARE CAPITAL

Authorised:				
Number:	Class:	Nominal value:	31.1.09 £	31.1.08 £
100	Ordinary	£1	100	100
			<hr/>	<hr/>
Allotted, issued and fully paid:				
Number:	Class:	Nominal value:	31.1.09 £	31.1.08 £
2	Ordinary	£1	2	2
			<hr/>	<hr/>