

Abbreviated Accounts for the Year Ended 31 January 2013

for

A1 Back Care and Ergonomic Solutions Ltd

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for the Year Ended 31 January 2013**

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A1 Back Care and Ergonomic Solutions Ltd

**Company Information
for the Year Ended 31 January 2013**

DIRECTOR: Mrs S L Whyte

SECRETARY: Mrs S L Whyte

REGISTERED OFFICE: 8 Hillside
Ware
Hertfordshire
SG12 9JZ

REGISTERED NUMBER: 06039046

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

Abbreviated Balance Sheet
31 January 2013

| | Notes | 31.1.13 £ | £ | 31.1.12 £ | £ |
|--|-------|---------------|--------------|---------------|----------------|
| FIXED ASSETS | | | | | |
| Tangible assets | 2 | | 2,113 | | 2,625 |
| CURRENT ASSETS | | | | | |
| Cash at bank | | 14,196 | | 12,550 | |
| CREDITORS | | | | | |
| Amounts falling due within one year | | <u>14,912</u> | | <u>18,152</u> | |
| NET CURRENT LIABILITIES | | | <u>(716)</u> | | <u>(5,602)</u> |
| TOTAL ASSETS LESS CURRENT LIABILITIES | | | <u>1,397</u> | | <u>(2,977)</u> |
| CAPITAL AND RESERVES | | | | | |
| Called up share capital | 3 | | 2 | | 2 |
| Profit and loss account | | | <u>1,395</u> | | <u>(2,979)</u> |
| SHAREHOLDERS' FUNDS | | | <u>1,397</u> | | <u>(2,977)</u> |

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2013.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2013 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 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 Sections 394 and 395
- (b) and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 26 February 2013 and were signed by:

Mrs S L Whyte - Director

**Notes to the Abbreviated Accounts
for the Year Ended 31 January 2013**

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 April 2008).

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.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate.

2. TANGIBLE FIXED ASSETS

| | Total £ |
|---|--------------|
| COST | |
| At 1 February 2012 and 31 January 2013 | <u>8,198</u> |
| DEPRECIATION | |
| At 1 February 2012 | 5,573 |
| Charge for year | <u>512</u> |
| At 31 January 2013 | <u>6,085</u> |
| NET BOOK VALUE | |
| At 31 January 2013 | <u>2,113</u> |
| At 31 January 2012 | <u>2,625</u> |

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

| Number: | Class: | Nominal value: | 31.1.13 £ | 31.1.12 £ |
|---------|----------|-------------------|--------------|--------------|
| 2 | Ordinary | £1 | <u>2</u> | <u>2</u> |

This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.