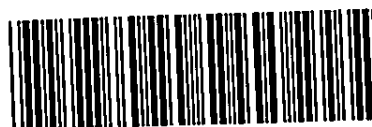


Abbreviated Accounts for the Year Ended 31 January 2010

for

A1 Back Care and Ergonomic Solutions Ltd

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**Contents of the Abbreviated Accounts
for the Year Ended 31 January 2010**

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A1 Back Care and Ergonomic Solutions Ltd

**Company Information
for the Year Ended 31 January 2010**

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 2010

	Notes	31 1 10 £	£	31 1 09 £	£
FIXED ASSETS					
Tangible assets	2		3,272		4,319
CURRENT ASSETS					
Cash at bank		50,467		49,855	
CREDITORS					
Amounts falling due within one year		<u>26,229</u>		<u>23,841</u>	
NET CURRENT ASSETS			<u>24,238</u>		<u>26,014</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>27,510</u>		<u>30,333</u>
CAPITAL AND RESERVES					
Called up share capital	3		2		2
Profit and loss account			<u>27,508</u>		<u>30,331</u>
SHAREHOLDERS' FUNDS			<u>27,510</u>		<u>30,333</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2010

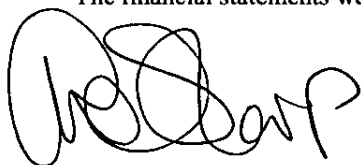
The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2010 in accordance with Section 476 of the Companies Act 2006

The directors acknowledge their responsibilities for

- 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 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 Board of Directors on 18 March 2010 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 2010

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 2009 and 31 January 2010	7,420
DEPRECIATION	
At 1 February 2009	3,101
Charge for year	1,047
At 31 January 2010	4,148
NET BOOK VALUE	
At 31 January 2010	3,272
At 31 January 2009	4,319

3 CALLED UP SHARE CAPITAL

Allotted, issued and fully paid Number	Class	Nominal value £1	31 1 10 £	31 1 09 £
2	Ordinary		2	2