

**Abbreviated Accounts for the Year Ended 31 January 2011**

**for**

**A1 Back Care and Ergonomic Solutions Ltd**

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**A1 Back Care and Ergonomic Solutions Ltd**

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for the Year Ended 31 January 2011**

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**A1 Back Care and Ergonomic Solutions Ltd**

**Company Information  
for the Year Ended 31 January 2011**

**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 2011

	Notes	31 1 11 £	£	31 1 10 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		2,519		3,272
<b>CURRENT ASSETS</b>					
Cash at bank		21,344		50,467	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>20,721</u>		<u>26,229</u>	
<b>NET CURRENT ASSETS</b>			<u>623</u>		<u>24,238</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>3,142</u>		<u>27,510</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		2		2
Profit and loss account			<u>3,140</u>		<u>27,508</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>3,142</u>		<u>27,510</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2011


The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2011 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 25 February 2011 and were signed on its behalf by



Mrs S L Whyte - 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 2011

### 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 £
<b>COST</b>	
At 1 February 2010	
and 31 January 2011	7,420
<b>DEPRECIATION</b>	
At 1 February 2010	4,148
Charge for year	753
At 31 January 2011	4,901
<b>NET BOOK VALUE</b>	
At 31 January 2011	2,519
At 31 January 2010	3,272

### 3 CALLED UP SHARE CAPITAL

Allotted, issued and fully paid Number	Class	Nominal value £1	31 1 11 £	31 1 10 £
2	Ordinary		2	2