

Abbreviated Accounts for the Year Ended 31 January 2016

for

A1 Back Care and Ergonomic Solutions Ltd

**Contents of the Abbreviated Accounts
for the Year Ended 31 January 2016**

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	3

A1 Back Care and Ergonomic Solutions Ltd

**Company Information
for the Year Ended 31 January 2016**

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 2016**

	Notes	31.1.16 £	£	31.1.15 £	£
FIXED ASSETS					
Tangible assets	2		1,584		2,042
CURRENT ASSETS					
Cash at bank		25,799		24,513	
CREDITORS					
Amounts falling due within one year		<u>17,812</u>		<u>12,921</u>	
NET CURRENT ASSETS			<u>7,987</u>		<u>11,592</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>9,571</u>		<u>13,634</u>
CAPITAL AND RESERVES					
Called up share capital	3		2		2
Profit and loss account			<u>9,569</u>		<u>13,632</u>
SHAREHOLDERS' FUNDS			<u>9,571</u>		<u>13,634</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2016 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 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

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 21 March 2016 and were signed by:

Mrs S L Whyte - Director

**Notes to the Abbreviated Accounts
for the Year Ended 31 January 2016**

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 2015).

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 2015 and 31 January 2016	<u>9,629</u>
DEPRECIATION	
At 1 February 2015	7,587
Charge for year	<u>458</u>
At 31 January 2016	<u>8,045</u>
NET BOOK VALUE	
At 31 January 2016	<u>1,584</u>
At 31 January 2015	<u>2,042</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.1.16 £	31.1.15 £
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.