

Registered Number 06458319

TRAINFORLIFE LIMITED

Abbreviated Accounts

31 December 2008

TRAINFORLIFE LIMITED

Registered Number 06458319

Balance Sheet as at 31 December 2008

	Notes	2008 £	£	
<b>Fixed assets</b>				
Tangible	2		<u>5,708</u>	-
Total fixed assets			<u>5,708</u>	
<b>Current assets</b>				
Cash at bank and in hand		34,592		
Total current assets		<u>34,592</u>		-
<b>Creditors: amounts falling due within one year</b>		(45,165)		
Net current assets			(10,573)	
Total assets less current liabilities			<u>(4,865)</u>	-
 Total net Assets (liabilities)			(4,865)	
<b>Capital and reserves</b>				
Called up share capital	3		1	
Profit and loss account			<u>(4,866)</u>	-
Shareholders funds			<u>(4,865)</u>	-

- a. For the year ending 31 December 2008 the company was entitled to exemption under section 249A(1) of the Companies Act 1985.
- b. The members have not required the company to obtain an audit in accordance with section 249B(2) of the Companies Act 1985
- c. The directors acknowledge their responsibility for:
  - i. ensuring the company keeps accounting records which comply with Section 221; and
  - ii. preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year, and of its profit or loss for the financial year, in accordance with the requirements of section 226, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- d. The accounts have been prepared in accordance with the special provisions in Part VII of the Companies Act 1985 relating to small companies

Approved by the board on 19 August 2009

And signed on their behalf by:  
Susan Garnett, Director

This document was delivered using electronic communications and authenticated in accordance with section 707B(2) of the Companies Act 1985.

**Notes to the abbreviated accounts**

For the year ending 31 December  
2008

**1 Accounting policies**

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standards for Small Entities (effective January 2005)

**Turnover**

Turnover represents the invoiced value of goods and services supplied by the company, net of any value added tax.

**Depreciation**

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Plant and Machinery                      25.00% Straight Line

**2 Tangible fixed assets**

Cost	£
At	
additions	7,611
disposals	
revaluations	
transfers	
At 31 December 2008	<u>7,611</u>
Depreciation	
At	
Charge for year	1,903
on disposals	
At 31 December 2008	<u>1,903</u>
Net Book Value	
At	
At 31 December 2008	<u>5,708</u>

**3 Share capital**

	<b>2008</b>
	<b>£</b>
Authorised share capital:	
100 Ordinary of £1.00 each	100
Allotted, called up and fully paid:	
1 Ordinary of £1.00 each	1