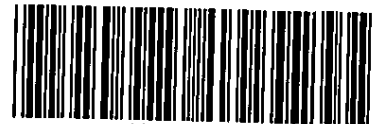


Company Registration No. 06458319 (England and Wales)

TRAINFORLIFE LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2010

WEDNESDAY



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TRAINFORLIFE LIMITED

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TRAINFORLIFE LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 DECEMBER 2010

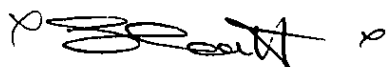
| | Notes | 2010 £ | £ | 2009 £ | £ |
|--|-------|-----------|-------|-----------|---------|
| Fixed assets | | | | | |
| Tangible assets | 2 | | 333 | | 4,304 |
| Current assets | | | | | |
| Debtors | | 3,389 | | 1,800 | |
| Cash at bank and in hand | | 45,721 | | 16,872 | |
| | | 49,110 | | 18,672 | |
| Creditors amounts falling due within one year | | (47,293) | | (22,544) | |
| Net current assets/(liabilities) | | | 1,817 | | (3,872) |
| Total assets less current liabilities | | | 2,150 | | 432 |
| Capital and reserves | | | | | |
| Called up share capital | 3 | | 100 | | 1 |
| Profit and loss account | | | 2,050 | | 431 |
| Shareholders' funds | | | 2,150 | | 432 |

For the financial year ended 31 December 2010 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The director acknowledges her responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for preparing financial statements 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 sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Board for issue on 26 September 2011



Ms S Garnett
Director

Company Registration No 06458319

TRAINFORLIFE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 DECEMBER 2010

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008)

1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated)

1.3 Turnover

Turnover represents amounts receivable for goods and services net of VAT and trade discounts

1.4 Tangible fixed assets and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost less estimated residual value of each asset over its expected useful life, as follows

| | |
|--------------------------------|-------------------|
| Fixtures, fittings & equipment | 25% straight line |
| Motor vehicles | 25% straight line |

2 Fixed assets

| | Tangible assets £ |
|-----------------------|-------------------------|
| Cost | |
| At 1 January 2010 | 8,276 |
| Disposals | (7,611) |
| | <hr/> |
| At 31 December 2010 | 665 |
| | <hr/> |
| Depreciation | |
| At 1 January 2010 | 3,972 |
| On disposals | (5,709) |
| Charge for the year | 2,069 |
| | <hr/> |
| At 31 December 2010 | 332 |
| | <hr/> |
| Net book value | |
| At 31 December 2010 | 333 |
| | <hr/> |
| At 31 December 2009 | 4,304 |
| | <hr/> |

TRAINFORLIFE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 DECEMBER 2010

| 3 | Share capital | 2010 | 2009 |
|----------|---|-------------------|-------------------|
| | | £ | £ |
| | Allotted, called up and fully paid | | |
| | 100 Ordinary shares of £1 each | 100 | 1 |
| | | <u> </u> | <u> </u> |

During the year 99 ordinary shares of £1 each were allotted and fully paid at par for cash consideration to provide additional working capital

4 Transactions with directors

Included within other creditors is an amount of £401 (2009 £nil) due to Ms S Garnett, the director of the company