

Company Registration No 06458319 (England and Wales)

TRAINFORLIFE LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2011

FRIDAY



L11F7RFT

L11

28/09/2012

#382

COMPANIES HOUSE

TRAINFORLIFE LIMITED

CONTENTS

	Page
Abbreviated balance sheet	1
Notes to the abbreviated accounts	2 - 3

TRAINFORLIFE LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 DECEMBER 2011

	Notes	2011 £	£	2010 £	£
Fixed assets					
Tangible assets	2		1,274		333
Current assets					
Debtors		10,025		3,389	
Cash at bank and in hand		36,487		45,721	
		<u>46,512</u>		<u>49,110</u>	
Creditors amounts falling due within one year		<u>(45,660)</u>		<u>(47,293)</u>	
Net current assets			852		1,817
Total assets less current liabilities			<u>2,126</u>		<u>2,150</u>
Capital and reserves					
Called up share capital	3		100		100
Profit and loss account			2,026		2,050
Shareholders' funds			<u>2,126</u>		<u>2,150</u>

For the financial year ended 31 December 2011 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 **24 SEP 2012**



Ms S Garnett
Director

Company Registration No. 06458319

TRAINFORLIFE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2011

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 2011	665
Additions	1,476
	<hr/>
At 31 December 2011	2,141
	<hr/>
Depreciation	
At 1 January 2011	332
Charge for the year	535
	<hr/>
At 31 December 2011	867
	<hr/>
Net book value	
At 31 December 2011	1,274
	<hr/>
At 31 December 2010	333
	<hr/>

TRAINFORLIFE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 DECEMBER 2011

3	Share capital	2011 £	2010 £
	Allotted, called up and fully paid		
	100 Ordinary shares of £1 each	100	100

4 Transactions with directors

Included within other creditors is an amount of £10,401 (2010 £401) due to Ms S Garnett, the director of the company