

Company Registration No. 06458319 (England and Wales)

TRAINFORLIFE LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 DECEMBER 2013

TRAINFORLIFE LIMITED

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TRAINFORLIFE LIMITED

ABBREVIATED BALANCE SHEET

AS AT 31 DECEMBER 2013

	Notes	2013 £	£	2012 £	£
Fixed assets					
Tangible assets	2		369		738
Current assets					
Debtors		100		12,764	
Cash at bank and in hand		25,105		39,178	
		25,205		51,942	
Creditors: amounts falling due within one year		(23,341)		(51,799)	
Net current assets			1,864		143
Total assets less current liabilities			2,233		881
Capital and reserves					
Called up share capital	3		100		100
Profit and loss account			2,133		781
Shareholders' funds			2,233		881

For the financial year ended 31 December 2013 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The member has not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These abbreviated financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

Approved by the Board for issue on 26 August 2014

Ms S Garnett
Director

Company Registration No. 06458319

TRAINFORLIFE LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2013

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 Turnover

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

1.3 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 and equipment 25% straight line

2 Fixed assets

Tangible assets

£

Cost

At 1 January 2013 & at 31 December 2013

2,141

Depreciation

At 1 January 2013

1,403

Charge for the year

369

At 31 December 2013

1,772

Net book value

At 31 December 2013

369

At 31 December 2012

738

3 Share capital

2013

2012

£

£

Allotted, called up and fully paid

100 Ordinary shares of £1 each

100

100

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