

GRIN FROM WITHIN LIMITED

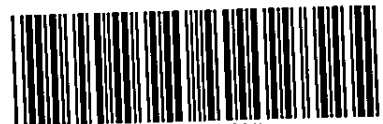
ACCOUNTS

FOR THE PERIOD 19TH MARCH 2009

TO 31ST MARCH 2010

AMENDING
2

WEDNESDAY
5



AVAFNSOX		
A53	23/03/2011	283
COMPANIES HOUSE		
A55	12/03/2011	39
COMPANIES HOUSE		

GRIN FROM WITHIN LIMITED

COMPANY INFORMATION

Director: L. Preston

Company Number: 06852600 (England & Wales)

Registered Office: 121 Bromedale Avenue
Mulbarton
Norwich
Norfolk
NR14 8GZ

Reporting Accountants: B W. P Accountancy Services
120 St Leonards Road
Northampton
Northants
NN4 8DW

GRIN FROM WITHIN LIMITED

DIRECTOR'S REPORT

FOR THE PERIOD 19TH MARCH 2009 TO 31ST MARCH 2010

The director presents her report and the financial statements for the period ended 31st March 2010

Statement of directors' responsibilities

Company law requires the director to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing those financial statements, the director is required to

- select suitable accounting policies and then apply them consistently,
- make judgments and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The Director is responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the company and to enable her to ensure that the financial statements comply with the Companies Act 2006. She is also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities

Principal activity

The company's principal activity is the provision of personal coaching and development services.

Director

The Director who served during the period and her beneficial interest in the company's issued ordinary share capital were

	Number of Shares 2010
L Preston	100

This report which has been prepared taking advantage of the exemptions conferred by Part 1 of Schedule 8 to the Companies Act 2006 was approved by the board on 4th February 2011 and signed on its behalf

**L. Preston
Director**



GRIN FROM WITHIN LIMITED

ACCOUNTANTS' REPORT

**Accountants' report to the members on the unaudited financial statements of
'Grin from Within Limited'**

In accordance with instructions given to us we have prepared financial statements for the company for the period to 31st March 2010 according to the accounting provisions of the Companies Act 2006. The director of the company has confirmed that the company is totally exempt from the audit requirement under the provisions under section 477(2) of the Companies Act 2006, and as a result we have not carried out an audit. The financial statements on pages 4 to 7 are therefore based on information shown in the accounting records and on information supplied and explanations given to us by the director.

BWP Accountancy Services

**B. W. P. Accountancy Services
120 St. Leonards Road
Northampton
Northants
NN4 8DW**

4th February 2011

GRIN FROM WITHIN LIMITED
PROFIT AND LOSS ACCOUNT
FOR THE PERIOD 19TH MARCH 2009 TO 31ST MARCH 2010

	<u>Notes</u>	<u>£</u>
Turnover	1-2	14,822
Cost of Sales		<u>318</u>
		14,504
Administration Expenses		<u>(15,949)</u>
Operating Loss		(1,445)
Interest Payable		<u>-</u>
Loss on Ordinary Activities before Taxation		(1,445)
Taxation on Loss on Ordinary Activities	3	<u>-</u>
Loss on Ordinary Activities after Taxation		(1,445)
Dividends	4	<u>-</u>
Retained Loss for the Period		<u>(1,445)</u>

There were no recognized gains or loss for the period other than those included in the profit and loss account.

The notes on pages 5 to 7 form part of these financial statements.

GRIN FROM WITHIN LIMITED

BALANCE SHEET

AS AT 31ST MARCH 2010


	<u>Notes</u>	<u>2010</u>	
		<u>£</u>	<u>£</u>
Fixed Assets	4		1,310
Current Assets			
Cash at Bank	5	4,019	
Current Liabilities			
Creditors and Accruals	6	<u>6,674</u>	<u>(2,655)</u>
Net Current Liabilities			<u>(1,345)</u>
Called up Share Capital	7		100
Retained Loss			<u>(1,445)</u>
Shareholders' Funds	8		<u>(1,345)</u>

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006. For the period to 31st March 2010 the company was entitled to exemption from audit under Section 477 of the Companies Act 2006.

The director acknowledges her responsibility for

- (i) ensuring the company keeps accounting records which comply with Section 386 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 period, and of its profit or loss for the financial year, in accordance with the requirements of section 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.

The financial statements were approved by the director on 4th February 2011 and signed on its behalf by



L. Preston
Director

The notes on pages 5 to 7 form part of these financial statements

GRIN FROM WITHIN LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD 19TH MARCH 2009 TO 31ST MARCH 2010

1 Accounting policies

1.1 Basis of preparation of financial statements

The financial statements are prepared under the historical cost convention and include the results of the company's operations which are described in the Director's Report and all of which are continuing. The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small company.

1.2 Turnover

Turnover comprises the invoiced value of services supplied by the company, net of Value Added Tax 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 of fixed assets, less their estimated residual value, over their expected useful lives on the following basis:

Plant and Machinery	25% straight line basis
Motor Vehicles	25% straight line basis

1.4 Stocks and work in progress

Stocks and work in progress are valued at the lower of cost and net realizable value after making due allowance for obsolete and slow-moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

1.5 Deferred taxation

Provision is made for taxation deferred as a result of material timing differences between the incidence of income and expenditure for taxation and accounts purposes, using the liability method, only to the extent that, in the opinion of the director, there is a reasonable probability that a liability or assets will crystallize in the near future. In the opinion of the director no liability is likely to arise in the near future.

2 Turnover

In the period to 31st March 2010 all of the company's turnover was to markets inside the United Kingdom.

GRIN FROM WITHIN LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD 19TH MARCH 2009 TO 31ST MARCH 2010

(Continued)

		2010
3	Taxation	£
	UK Current Period Taxation	
	UK Corporation Tax due	-
	Deferred Taxation	-
		-
4	Dividends	
	No dividends were paid or proposed during the period	
5	Debtors	2010
		£
	Trade Debtors	-
	Other Debtors	-
		-
6	Creditors: amounts falling due within one year	2010
		£
	Trade Creditors	426
	Other Creditors	<u>6,247</u>
		<u>6,673</u>

Included in other creditors is an amount of £6,247 due to the director for cash introduced which is to be repaid when cash flow permits.

GRIN FROM WITHIN LIMITED

NOTES TO THE FINANCIAL STATEMENTS

FOR THE PERIOD 19TH MARCH 2009 TO 31ST MARCH 2010

(Continued)

7	Called up share capital	2010
		£
	Authorized	
	Ordinary shares of £1 each	<u>100</u>
	Issued	
	Ordinary shares of £1 each	<u>100</u>
8	Movement on shareholders' funds	2010
		£
	Share Issue	100
	Loss for the Period	<u>(1,445)</u>
	Closing shareholders' funds	<u>(1,345)</u>
9	Contingent Liabilities	
	The company had no contingent liabilities at 31 st March 2010.	
10	Capital Commitments	
	The company had no capital commitments at 31 st March 2010.	