

**ABM ONE HOLISTIC LIMITED**

**Company Registration Number:  
07110227 (England and Wales)**

**Report of the Directors and Unaudited Financial Statements**

**Period of accounts**

**Start date: 01st January 2011**

**End date: 31st December 2011**

SUBMITTED

# **ABM ONE HOLISTIC LIMITED**

## **Contents of the Financial Statements for the Period Ended 31st December 2011**

**Company Information**

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**Profit and Loss Account**

**Gains and Losses**

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# **ABM ONE HOLISTIC LIMITED**

## **Company Information for the Period Ended 31st December 2011**

**Director:** ABOSEDE ABIOLA MAKINDE

**Registered office:** 157 Alferton Road  
Nottingham  
NG7 3JR  
GB-ENG

**Company Registration Number:** 07110227 (England and Wales)

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# **ABM ONE HOLISTIC LIMITED**

## **Directors' Report Period Ended 31st December 2011**

The directors present their report with the financial statements of the company for the period ended 31st December 2011

### **Principal activities**

The principal activity of the company in the period under review was:

HAIR STYLING BEAUTY TREATMENT

### **Directors**

The directors shown below have held office during the whole of the period from

01st January 2011 to 31st December 2011

ABOSEDE ABIOLA MAKINDE

The above report has been prepared in accordance with the special provisions in part 15 of the Companies Act 2006

**This report was approved by the board of directors on 29 September 2012**

**And Signed On Behalf Of The Board By:**

Name: ABOSEDE ABIOLA MAKINDE

Status: Director

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# ABM ONE HOLISTIC LIMITED

## Profit and Loss Account

for the Period Ended 31st December 2011

	Notes	2011 £	2010 £
<b>Turnover:</b>		<b>30,459</b>	31,048
Cost of sales:		<b>593</b>	2,050
<b>Gross profit or (loss):</b>		<b>29,866</b>	28,998
Administrative expenses:	,	<b>26,762</b>	26,520
<b>Operating profit or (loss):</b>		<b>3,104</b>	2,478
<b>Profit or (loss) on ordinary activities before taxation:</b>		<b>3,104</b>	2,478
Tax on profit or loss on ordinary activities:		<b>628</b>	520
<b>Profit or (loss) for the financial year:</b>		<b>2,476</b>	1,958

The notes form part of these financial statements

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# **ABM ONE HOLISTIC LIMITED**

## **Statement of total recognised gains and losses 31st December 2011**

### **Statement of total recognised gains and losses**

The company does not have any gains and losses other than Profit and Loss for the period to report.

The notes form part of these financial statements

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# ABM ONE HOLISTIC LIMITED

## Balance sheet As at 31st December 2011

	Notes	2011 £	2010 £
<b>Fixed assets</b>			
Tangible assets:	2	5,760	7,200
<b>Total fixed assets:</b>		<u>5,760</u>	<u>7,200</u>
<b>Current assets</b>			
Stocks:		1,500	190
Cash at bank and in hand:		1,245	415
<b>Total current assets:</b>		<u>2,745</u>	<u>605</u>
Creditors: amounts falling due within one year		1,363	1,049
<b>Net current assets (liabilities):</b>		<u>1,382</u>	<u>( 444 )</u>
<b>Total assets less current liabilities:</b>		7,142	6,756
Creditors: amounts falling due after more than one year:		8,999	8,999
<b>Total net assets (liabilities):</b>		<u>( 1,857 )</u>	<u>( 2,243 )</u>

The notes form part of these financial statements

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# ABM ONE HOLISTIC LIMITED

## Balance sheet As at 31st December 2011 continued

	Notes	2011 £	2010 £
<b>Capital and reserves</b>			
Called up share capital:	3	1	1
Profit and Loss account:		( 1,858 )	( 2,244 )
<b>Total shareholders funds:</b>		<u>( 1,857 )</u>	<u>( 2,243 )</u>

For the year ending 31 December 2011 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2008).

The financial statements were approved by the Board of Directors on 29 September 2012

### SIGNED ON BEHALF OF THE BOARD BY:

Name: ABOSEDE ABIOLA MAKINDE

Status: Director

The notes form part of these financial statements

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# **ABM ONE HOLISTIC LIMITED**

## **Notes to the Financial Statements for the Period Ended 31st December 2011**

### **1. Accounting policies**

#### **Basis of measurement and preparation of accounts**

THE ACCOUNTS HAVE BEEN PREPARED TO ACCORDANCE WITH FINANCIAL REPORTING STANDARD FOR SMALL ENTITIES

#### **Turnover policy**

THE TUROVER REPRESNTS TOTAL INCOME RECEIVED

#### **Tangible fixed assets depreciation policy**

REPRESENTS THE FIXTURE AND FITTINGS

#### **Intangible fixed assets amortisation policy**

NONE

#### **Valuation information and policy**

NONE

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# ABM ONE HOLISTIC LIMITED

## Notes to the Financial Statements for the Period Ended 31st December 2011

### 2. Tangible assets

	Land and buildings	Plant Machinery	Fixtures and fittings	Office Equipment	Motor vehicles	Total
Cost	£	£	£	£	£	£
At 01st January 2011:	-	2,400	4,800	-	-	7,200
At 31st December 2011:	<u>-</u>	<u>2,400</u>	<u>4,800</u>	<u>-</u>	<u>-</u>	<u>7,200</u>
<b>Depreciation</b>						
Charge for year:	-	480	960	-	-	1,440
At 31st December 2011:	<u>-</u>	<u>480</u>	<u>960</u>	<u>-</u>	<u>-</u>	<u>1,440</u>
<b>Net book value</b>						
At 31st December 2011:	<u>-</u>	<u>1,920</u>	<u>3,840</u>	<u>-</u>	<u>-</u>	<u>5,760</u>
At 31st December 2010:	<u>-</u>	<u>2,400</u>	<u>4,800</u>	<u>-</u>	<u>-</u>	<u>7,200</u>

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# ABM ONE HOLISTIC LIMITED

## Notes to the Financial Statements for the Period Ended 31st December 2011

### 3. Called up share capital

Allotted, called up and paid

Previous period			2010
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	1	1.00	1
Total share capital:			<u>1</u>
Current period			2011
Class	Number of shares	Nominal value per share	Total
Ordinary shares:	1	1.00	1
Total share capital:			<u>1</u>

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This document was delivered using electronic communications and authenticated in accordance with the registrar's rules relating to electronic form, authentication and manner of delivery under section 1072 of the Companies Act 2006.

