

REGISTERED NUMBER: SC228703 (Scotland)

Abbreviated Unaudited Accounts for the Year Ended 31 March 2009

for

Fitnut Limited

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Fitnut Limited

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for the Year Ended 31 March 2009

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Fitnut Limited

Company Information  
for the Year Ended 31 March 2009

**DIRECTORS:**

Helen Penelope McIntosh  
Stephen James McIntosh

**SECRETARY:**

James & George Collie

**REGISTERED OFFICE:**

1 East Craibstone Street  
Aberdeen  
Aberdeenshire  
AB11 6YQ

**REGISTERED NUMBER:**

SC228703 (Scotland)

**ACCOUNTANTS:**

Alpha Business Services Limited  
Chartered Accountant  
Inverebrie  
Ellon  
Aberdeenshire  
AB41 8PX

**BANKERS:**

Royal Bank of Scotland  
Main Street  
Alford  
AB33 8AA

Fitnut Limited

Abbreviated Balance Sheet  
31 March 2009

	Notes	31.3.09 £	£	31.3.08 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		30,629		20,665
<b>CURRENT ASSETS</b>					
Debtors		45,148		42,513	
Cash at bank		3,671		-	
		<u>48,819</u>		<u>42,513</u>	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>63,594</u>		<u>49,607</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(14,775)</u>		<u>(7,094)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			15,854		13,571
<b>CREDITORS</b>					
Amounts falling due after more than one year			<u>15,560</u>		<u>13,464</u>
<b>NET ASSETS</b>			<u>294</u>		<u>107</u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		2		2
Profit and loss account			<u>292</u>		<u>105</u>
<b>SHAREHOLDERS' FUNDS</b>			<u>294</u>		<u>107</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 March 2009.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2009 in accordance with Section 249B(2) of the Companies Act 1985.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company.

The notes form part of these abbreviated accounts

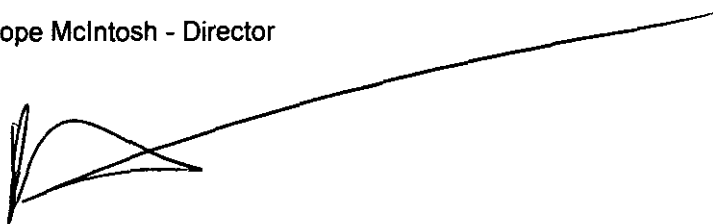
Fitnut Limited

Abbreviated Balance Sheet - continued  
31 March 2009

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies.

The financial statements were approved by the Board of Directors on 5 July 2009 and were signed on its behalf by:

Helen Penelope McIntosh - Director

A handwritten signature in black ink, consisting of a series of loops and a long horizontal stroke extending to the right.

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts  
for the Year Ended 31 March 2009

1. **ACCOUNTING POLICIES**

**Accounting convention**

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2007).

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life or, if held under a finance lease, over the lease term, whichever is the shorter.

Plant and machinery	- 25% on cost
Motor vehicles	- 25% on reducing balance
Computer equipment	- 33% on cost and 20% on cost

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

**Hire purchase and leasing commitments**

Assets obtained under hire purchase contracts or finance leases are capitalised in the balance sheet. Those held under hire purchase contracts are depreciated over their estimated useful lives. Those held under finance leases are depreciated over their estimated useful lives or the lease term, whichever is the shorter.

The interest element of these obligations is charged to the profit and loss account over the relevant period. The capital element of the future payments is treated as a liability.

2. **TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
At 1 April 2008	31,398
Additions	19,563
Disposals	(3,584)
At 31 March 2009	47,377
<b>DEPRECIATION</b>	
At 1 April 2008	10,735
Charge for year	6,013
At 31 March 2009	16,748
<b>NET BOOK VALUE</b>	
At 31 March 2009	30,629
At 31 March 2008	20,663

Fitnut Limited

Notes to the Abbreviated Accounts - continued  
for the Year Ended 31 March 2009

3. **CALLED UP SHARE CAPITAL**

Authorised:				
Number:	Class:	Nominal	31.3.09	31.3.08
		value:	£	£
10,000	Ordinary	£1	<u>10,000</u>	<u>10,000</u>
Allotted, issued and fully paid:				
Number:	Class:	Nominal	31.3.09	31.3.08
		value:	£	£
2	Ordinary	£1	2	2
(31.3.08 - 1)			<u>  </u>	<u>  </u>

Fitnut Limited

Report of the Accountants to the Directors of  
Fitnut Limited

**The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to five) have been prepared.**

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31 March 2009 set out on pages three to five and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.



Alpha Business Services Limited  
Chartered Accountant  
Inverebrie  
Ellon  
Aberdeenshire  
AB41 8PX

5 July 2009