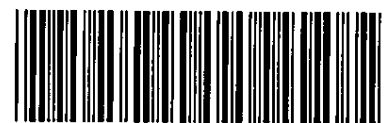


REGISTERED NUMBER: 228703 (Scotland)

ABBREVIATED UNAUDITED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2011

FOR  
FITNUT LIMITED

THURSDAY



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COMPANIES HOUSE

**FITNUT LIMITED**

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FOR THE YEAR ENDED 31 MARCH 2011**

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**FITNUT LIMITED**

**COMPANY INFORMATION  
FOR THE YEAR ENDED 31 MARCH 2011**

**DIRECTORS:** S J McIntosh  
Mrs H P McIntosh

**SECRETARY:** J & G Collie

**REGISTERED OFFICE:** 1 East Craibstone Street  
Aberdeen  
AB11 6YQ

**REGISTERED NUMBER:** 228703 (Scotland)

**ACCOUNTANTS:** Fyfe Moir & Associates  
58 Queens Road  
Aberdeen  
Grampian  
AB15 4YE

**FITNUT LIMITED**

**ABBREVIATED BALANCE SHEET**  
**31 MARCH 2011**

	Notes	31.3.11 £	£	31.3.10 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		18,950		20,167
<b>CURRENT ASSETS</b>					
Debtors		38,447		21,296	
Cash at bank		2,524		10,848	
		<u>40,971</u>		<u>32,144</u>	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>102,871</u>		<u>45,480</u>	
<b>NET CURRENT LIABILITIES</b>			<u>(61,900)</u>		<u>(13,336)</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			<u>(42,950)</u>		<u>6,831</u>
<b>CREDITORS</b>					
Amounts falling due after more than one year			-		4,879
<b>NET (LIABILITIES)/ASSETS</b>			<u><u>(42,950)</u></u>		<u><u>1,952</u></u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		2		2
Profit and loss account			<u>(42,952)</u>		<u>1,950</u>
<b>SHAREHOLDERS' FUNDS</b>			<u><u>(42,950)</u></u>		<u><u>1,952</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2011.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2011 in accordance with Section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 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 Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

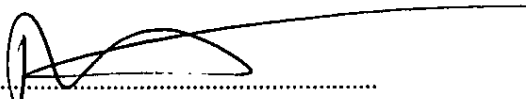
The notes form part of these abbreviated accounts

**FITNUT LIMITED**

**ABBREVIATED BALANCE SHEET - continued**  
**31 MARCH 2011**

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the Board of Directors on .....19/05/11..... and were signed on its behalf by:

  
.....  
Mrs H P McIntosh - Director

The notes form part of these abbreviated accounts

# **FITNUT LIMITED**

## **NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 MARCH 2011**

### **1. ACCOUNTING POLICIES**

#### **Going Concern**

Although the company is technically insolvent it is being supported by the directors.

#### **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 April 2008).

#### **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.

Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

### **2. TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
At 1 April 2010	36,159
Additions	1,293
Disposals	(1,500)
At 31 March 2011	<u>35,952</u>
<b>DEPRECIATION</b>	
At 1 April 2010	15,991
Charge for year	1,878
Eliminated on disposal	(867)
At 31 March 2011	<u>17,002</u>
<b>NET BOOK VALUE</b>	
At 31 March 2011	<u>18,950</u>
At 31 March 2010	<u>20,168</u>

**FITNUT LIMITED**

**NOTES TO THE ABBREVIATED ACCOUNTS - continued  
FOR THE YEAR ENDED 31 MARCH 2011**

**3. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.3.11 £	31.3.10 £
2	Ordinary	£1	<u>2</u>	<u>2</u>