

REGISTERED NUMBER: 02207708 (England and Wales)

ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2005
FOR
CARA PERSONNEL EMPLOYMENT LTD



CARA PERSONNEL EMPLOYMENT LTD

**CONTENTS OF THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 AUGUST 2005**

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	3

CARA PERSONNEL EMPLOYMENT LTD

**COMPANY INFORMATION
FOR THE YEAR ENDED 31 AUGUST 2005**

DIRECTOR: Julie Kathleen O'Neill

SECRETARY: Angela Sammon

REGISTERED OFFICE: 31A Hill Avenue
Amersham
Buckinghamshire
HP6 5BX

BUSINESS ADDRESS: Cara House
70 Greenhill Way
Harrow
Middlesex
HA1 1LE

REGISTERED NUMBER: 02207708 (England and Wales)

ACCOUNTANTS: PCB Financial Limited
Accountants & Tax Advisors
31a & 31b Hill Avenue
Amersham
Buckinghamshire
HP6 5BX

CARA PERSONNEL EMPLOYMENT LTD**ABBREVIATED BALANCE SHEET****31 AUGUST 2005**

	Notes	31/8/05 £	£	31/8/04 £	£
FIXED ASSETS					
Tangible assets	2		1,628		1,090
CURRENT ASSETS					
Debtors		55,563		52,365	
Cash at bank and in hand		87		11	
		<u>55,650</u>		<u>52,376</u>	
CREDITORS					
Amounts falling due within one year	3	<u>66,126</u>		<u>74,647</u>	
NET CURRENT LIABILITIES			<u>(10,476)</u>		<u>(22,271)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(8,848)</u>		<u>(21,181)</u>
CAPITAL AND RESERVES					
Called up share capital	4		100		100
Profit and loss account			<u>(8,948)</u>		<u>(21,281)</u>
SHAREHOLDERS' FUNDS			<u>(8,848)</u>		<u>(21,181)</u>

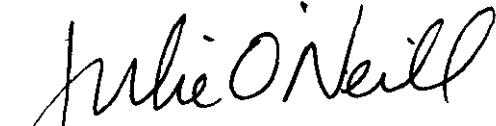
The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 31 August 2005.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 August 2005 in accordance with Section 249B(2) of the Companies Act 1985.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985 and
- (b) 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.

These abbreviated accounts have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective June 2002).

ON BEHALF OF THE BOARD:

Julie Kathleen O'Neill - Director

Approved by the Board on 26 May 2006

The notes form part of these abbreviated accounts

CARA PERSONNEL EMPLOYMENT LTD

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 AUGUST 2005

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 June 2002).

Turnover

Turnover represents net invoiced sales of services, 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.

Fixtures and fittings	- 20% on cost
Motor vehicles	- 25% 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.

Pensions

The company operates a defined contribution pension scheme. Contributions payable for the year are charged in the profit and loss account.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 September 2004	30,773
Additions	1,166
Disposals	(1,367)
At 31 August 2005	30,572
DEPRECIATION	
At 1 September 2004	29,683
Charge for year	628
Eliminated on disposal	(1,367)
At 31 August 2005	28,944
NET BOOK VALUE	
At 31 August 2005	1,628
At 31 August 2004	1,090

3. CREDITORS

The following secured debts are included within creditors:

	31/8/05 £	31/8/04 £
Bank overdrafts	15,170	12,506

CARA PERSONNEL EMPLOYMENT LTD

**NOTES TO THE ABBREVIATED ACCOUNTS - continued
FOR THE YEAR ENDED 31 AUGUST 2005**

4. CALLED UP SHARE CAPITAL

Authorised:		Nominal value:	31/8/05	31/8/04
Number:	Class:			
1,000	Ordinary	£1	<u>£</u> <u>1,000</u>	<u>£</u> <u>1,000</u>

Allotted, issued and fully paid:		Nominal value:	31/8/05	31/8/04
Number:	Class:			
100	Ordinary	£1	<u>£</u> <u>100</u>	<u>£</u> <u>100</u>