

Registered Number 02207708

Cara Personnel Employment Ltd

Abbreviated Accounts

31 August 2010

Cara Personnel Employment Ltd

Registered Number 02207708

Company Information

Registered Office:

Cara House
70 Greenhill Way
Harrow
Middlesex
HA1 1LE

Reporting Accountants:

ASK Marketing & Accounting Services Ltd

25 Dunstable Road
Caddington
Luton
Bedfordshire
LU1 4AL

Balance Sheet as at 31 August 2010

	Notes	2010 £	2009 £
Fixed assets			
Tangible	2	1,189	2,971
		<u>1,189</u>	<u>2,971</u>
Current assets			
Debtors		32,788	22,772
Cash at bank and in hand		95	143
Total current assets		<u>32,883</u>	<u>22,915</u>
Creditors: amounts falling due within one year	3	(42,951)	(53,755)
Net current assets (liabilities)		(10,068)	(30,840)
Total assets less current liabilities		<u>(8,879)</u>	<u>(27,869)</u>
Creditors: amounts falling due after more than one year	3	(15,901)	0
Total net assets (liabilities)		<u>(24,780)</u>	<u>(27,869)</u>
Capital and reserves			
Called up share capital	4	100	100
Profit and loss account		(24,880)	(27,969)
Shareholders funds		<u>(24,780)</u>	<u>(27,869)</u>

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- a. For the year ending 31 August 2010 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
 - b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
 - c. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
 - d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 27 May 2011

And signed on their behalf by:

Mrs J K O'Neill, Director

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 1068 of the Companies Act 2006.

Notes to the Abbreviated Accounts

For the year ending 31 August 2010

1 Accounting policies**Basis of preparing the financial statements**

++T X These financial statements have been prepared on the basis that the business is a going concern; previous poor results have left a deficit on reserves and an excess of current liabilities over current assets. ++ The company continues to operate within its agreed and ongoing overdraft and loan facility and also enjoys the financial support of the director. On that basis, the director considers that the business remains a going concern and the financial statements have been prepared accordingly.

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 services, excluding value addedtax.

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixtures & fittings	20% on cost
Motor vehicles	25% on cost

2 Tangible fixed assets

		Total
Cost		£
At 01 September 2009	-	12,864
At 31 August 2010	-	<u>12,864</u>
Depreciation		
At 01 September 2009		9,893
Charge for year	-	1,782
At 31 August 2010	-	<u>11,675</u>
Net Book Value		
At 31 August 2010		1,189
At 31 August 2009	-	<u>2,971</u>

3 **Creditors**

	2010	2009
	£	£
Secured Debts	28,316	28,820

4 **Share capital**

	2010	2009
	£	£
Allotted, called up and fully paid:		
100 Ordinary shares of £1 each	100	100