

**FORREST CONSULTING
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 OCTOBER 2012**

Gordon Cowley T/A GCAMS

Howes Farm
Doddinghurst Road
Brentwood
Essex
CM15 0SG

Forrest Consulting
Company No. 03278921
Abbreviated Balance Sheet 31 October 2012

		2012	2011
	Notes	£	£
FIXED ASSETS			
Tangible assets	2	150	596
		150	596
CURRENT ASSETS			
Debtors		53,851	44,702
Cash at bank and in hand		24,502	10,318
		78,353	55,020
Creditors: Amounts Falling Due Within One Year		(54,038)	(32,474)
NET CURRENT ASSETS (LIABILITIES)		24,315	22,546
TOTAL ASSETS LESS CURRENT LIABILITIES		24,465	23,142
NET ASSETS		24,465	23,142
CAPITAL AND RESERVES			
Called up share capital	3	2	2
Profit and Loss account		24,463	23,140
SHAREHOLDERS' FUNDS		24,465	23,142

Forrest Consulting
Company No. 03278921
Abbreviated Balance Sheet (continued) 31 October 2012

For the year ending 31 October 2012 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These abbreviated 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).

On behalf of the board

Mr Miles Forrest _____

25/01/2013

Forrest Consulting
Notes to the Abbreviated Accounts
For The Year Ended 31 October 2012

1 . Accounting Policies

1.1 . Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2 . Turnover

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

1.3 . Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	25% reducing balance
-------------------	----------------------

1.4 . Deferred Taxation

Provision is made for deferred taxation, using the liability method, in respect of timing differences where it is possible that a liability will crystallise.

1.5 . Pensions

The company operates a defined pension contribution scheme. Contributions are charged to the profit and loss account as they become payable in accordance with the rules of the scheme.

2 . Tangible Assets

	Total
Cost	£
As at 1 November 2011	16,706
As at 31 October 2012	16,706
Depreciation	
As at 1 November 2011	16,110
Provided during the period	446
As at 31 October 2012	16,556
Net Book Value	
As at 31 October 2012	150
As at 1 November 2011	596

3 . Share Capital

			2012	2011
<i>Allotted, called up and fully paid:</i>	Value	Number	£	£
Ordinary shares	1	2	2	2

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.