Registered number
4735421

Lift It Shift It Ltd
Abbreviated Accounts
30 June 2007

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Lift It Shift It Ltd
Abbreviated Balance Sheet
as at 30 June 2007

	Notes		2007 £		2006 £
Fixed assets					
Tangible assets	2		**6,798**		8,672
Current assets					
Cash at bank and in hand		**5,605**		627	
Creditors: amounts falling due within one year		**(7,385)**		(4,281)	
Net current liabilities			**(1,780)**		(3,654)
Net assets			**5,018**		5,018
Capital and reserves					
Called up share capital	3		**1**		1
Profit and loss account			**5,017**		5,017
Shareholders' funds			**5,018**		5,018

The Balance Sheet continues on page 2

Lift It Shift It Ltd
Abbreviated Balance Sheet
as at 30 June 2007

The directors are satisfied that the company is entitled to exemption under Section 249A(1) of the Companies Act 1985 and that no member or members have requested an audit pursuant to section 249B(2) of the Act

The directors acknowledge their responsibilities for
(i) ensuring that the company keeps proper accounting records which comply with Section 221 of the Companies Act 1985, and
(ii) preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit or loss for the financial year in accordance with the requirements of Section 226 of the Companies Act 1985, and which otherwise comply with the requirements of this Act relating to accounts, so far as applicable to the company

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

Mr T Welburn
Director
Approved by the board on 28 April 2008

Lift It Shift It Ltd
Notes to the Abbreviated Accounts
for the year ended 30 June 2007

1 Accounting policies

The accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2005)

Turnover
Turnover represents the invoiced value of goods and services supplied by the company, net of value added tax and trade discounts

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

Plant and machinery	20% reducing balance

Stocks
Stock is valued at the lower of cost and net realisable value

Deferred taxation
Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse

Foreign currencies
Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction Monetary assets and liabilities denominated in foreign currencies are translated at the rate of exchange ruling at the balance sheet date All differences are taken to the profit and loss account

Leasing and hire purchase commitments
Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding

Rentals paid under operating leases are charged to income on a straight line basis over the lease term

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

Lift It Shift It Ltd
Notes to the Abbreviated Accounts
for the year ended 30 June 2007

2 Tangible fixed assets

	£
Cost	
At 1 July 2006	1,700
Additions	164
At 30 June 2007	1,864
Depreciation	
At 1 July 2006	744
Charge for the year	239
At 30 June 2007	983
Net book value	
At 30 June 2007	**881**
At 30 June 2006	956

3 Share capital

	2007 £	2006 £
Authorised		
Ordinary shares of £1 each	**100**	100

	2007 No	2006 No	2007 £	2006 £
Allotted, called up and fully paid				
Ordinary shares of £1 each	**1**	1	1	1