Registered number
06429521

HEADSTRONG CONSULTANTS LIMITED

Abbreviated Accounts

31 December 2011

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HEADSTRONG CONSULTANTS LIMITED
Registered number: 06429521
Abbreviated Balance Sheet
as at 31 December 2011

	Notes		2011 £		2010 £
Fixed assets					
Tangible assets	2		440		660
Current assets					
Stocks		3,000		-	
Debtors		8,075		-	
Cash at bank and in hand		6,151		10,679	
		17,226		10,679	
Creditors amounts falling due within one year		(13,752)		(8,170)	
Net current assets			3,474		2,509
Net assets			3,914		3,169
Capital and reserves					
Called up share capital	3		1		1
Profit and loss account			3,913		3,168
Shareholders' funds			3,914		3,169

The director is satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006

Members have not required the company to obtain an audit in accordance with section 476 of the Act

The director acknowledges his responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime

Peter Leigh-Quine
Director
Approved by the board on 30 January 2012

HEADSTRONG CONSULTANTS LIMITED
Notes to the Abbreviated Accounts
for the year ended 31 December 2011

1 Accounting policies

Basis of preparation
The accounts 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 the value, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers

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

Plant and machinery	25% straight line
Motor vehicles	25% straight line

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

HEADSTRONG CONSULTANTS LIMITED
Notes to the Abbreviated Accounts
for the year ended 31 December 2011

2 Tangible fixed assets

	£
Cost	
At 1 January 2011	880
At 31 December 2011	880
Depreciation	
At 1 January 2011	220
Charge for the year	220
At 31 December 2011	440
Net book value	
At 31 December 2011	440
At 31 December 2010	660

3 Share capital

	Nominal value	2011 Number	2011 £	2010 £
Allotted, called up and fully paid				
Ordinary shares	£1 each	1	1	1

	Nominal value	Number	Amount £
Shares issued during the period			
Ordinary shares	£1 each	-	1