

Registered number
06429521

HEADSTRONG CONSULTANTS LIMITED

Abbreviated Accounts

31 December 2012

SATURDAY



A21C4ULD

A21

02/02/2013

#29

COMPANIES HOUSE

HEADSTRONG CONSULTANTS LIMITED

Registered number: 06429521

**Abbreviated Balance Sheet
as at 31 December 2012**

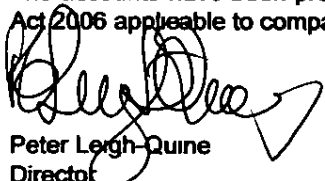
	Notes	2012 £	2011 £
Fixed assets			
Tangible assets	2	874	440
Current assets			
Stocks		-	3,000
Debtors		9,134	8,075
Cash at bank and in hand		27,233	6,151
		<u>36,367</u>	<u>17,226</u>
Creditors: amounts falling due within one year		<u>(33,312)</u>	<u>(13,752)</u>
Net current assets		3,055	3,474
Total assets less current liabilities		<u>3,929</u>	<u>3,914</u>
Provisions for liabilities		(175)	-
Net assets		<u>3,754</u>	<u>3,914</u>
Capital and reserves			
Called up share capital	3	1	1
Profit and loss account		3,753	3,913
Shareholders' funds		<u>3,754</u>	<u>3,914</u>

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 28 January 2013

HEADSTRONG CONSULTANTS LIMITED
Notes to the Abbreviated Accounts
for the year ended 31 December 2012

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 2012

2 Tangible fixed assets	£
Cost	
At 1 January 2012	880
Additions	872
At 31 December 2012	<u>1,752</u>
Depreciation	
At 1 January 2012	440
Charge for the year	438
At 31 December 2012	<u>878</u>
Net book value	
At 31 December 2012	<u>874</u>
At 31 December 2011	<u>440</u>

3 Share capital	Nominal value	2012 Number	2012 £	2011 £
Allotted, called up and fully paid Ordinary shares	£1 each	1	<u>1</u>	<u>1</u>
	Nominal value	Number	Amount £	
Shares issued during the period Ordinary shares	£1 each	-	<u>1</u>	