

Registered Number 07410021

CAINS COACHING & CONSULTING LIMITED

Abbreviated Accounts

31 October 2011

Balance Sheet as at 31 October 2011

	Notes	2011		
		£	£	
Fixed assets				
Tangible	2		368	-
Total fixed assets			<u>368</u>	
Current assets				
Debtors		7,702		
Cash at bank and in hand		120		
Total current assets			<u>7,822</u>	-
Creditors: amounts falling due within one year		(7,648)		
Net current assets			174	
Total assets less current liabilities			<u>542</u>	-
Provisions for liabilities and charges			(36)	
Total net Assets (liabilities)			506	
Capital and reserves				
Called up share capital			100	
Profit and loss account			<u>406</u>	-
Shareholders funds			<u>506</u>	-

- a. For the year ending 31 October 2011 the company was entitled to exemption under section 477(2) of the Companies Act 2006.
- 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 responsibility for:
 - i. ensuring the company keeps accounting records which comply with Section 386; 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 393, and which otherwise comply with the requirements of the Companies Act relating to accounts, so far as is applicable to the company.
- 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 17 July 2012

And signed on their behalf by:

Amanda Jane Cains, 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 October 2011

1 Accounting policies

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

effective April 2008

Turnover

Turnover represents net invoiced sales of services, excluding value added tax

Depreciation

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

Computer Equipment 33.00% Reducing Balance

2 Tangible fixed assets

Cost	£
At	
additions	550
disposals	
revaluations	
transfers	
At 31 October 2011	<u>550</u>
Depreciation	
At	
Charge for year	182
on disposals	
At 31 October 2011	<u>182</u>
Net Book Value	
At	
At 31 October 2011	<u>368</u>