

Registered Number 07410021

CAINS COACHING & CONSULTING LIMITED

Abbreviated Accounts

31 October 2012

Abbreviated Balance Sheet as at 31 October 2012

	Notes	2012 £	2011 £
Fixed assets			
Tangible assets	2	247	368
		<u>247</u>	<u>368</u>
Current assets			
Debtors		-	7,702
Investments		-	120
		<u>-</u>	<u>7,822</u>
Creditors: amounts falling due within one year		<u>(6,556)</u>	<u>(7,648)</u>
Net current assets (liabilities)		<u>(6,556)</u>	<u>174</u>
Total assets less current liabilities		<u>(6,309)</u>	<u>542</u>
Provisions for liabilities		-	(36)
Total net assets (liabilities)		<u>(6,309)</u>	<u>506</u>
Capital and reserves			
Called up share capital		100	100
Profit and loss account		(6,409)	406
Shareholders' funds		<u>(6,309)</u>	<u>506</u>

- For the year ending 31 October 2012 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- 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 2013

And signed on their behalf by:
Amanda Jane Cains, Director

Notes to the Abbreviated Accounts for the period ended 31 October 2012**1 Accounting Policies****Basis of measurement and preparation of accounts**

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 policy

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

Tangible assets depreciation policy

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer Equipment - 33% on reducing balance

2 Tangible fixed assets

	£
Cost	
At 1 November 2011	550
Additions	-
Disposals	-
Revaluations	-
Transfers	-
At 31 October 2012	<u>550</u>
Depreciation	
At 1 November 2011	182
Charge for the year	121
On disposals	-
At 31 October 2012	<u>303</u>
Net book values	
At 31 October 2012	<u>247</u>
At 31 October 2011	<u>368</u>

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