

CAINS COACHING & CONSULTING LIMITED

Abbreviated Unaudited Accounts

for the Year Ended 31 October 2016

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for the year ended 31 October 2016

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CAINS COACHING & CONSULTING LIMITED

Company Information
for the year ended 31 October 2016

DIRECTOR: Amanda Jane Cains

REGISTERED OFFICE: 3 Strayside
3-5 Granby Road
Harrogate
North Yorkshire
HG1 4ST

REGISTERED NUMBER: 07410021 (England and Wales)

ACCOUNTANTS: Phil Dodgson & Partners Limited
Chartered Accountants
Pavilion Business Centre
Stanningley Road
Leeds
West Yorkshire
LS28 6NB

Abbreviated Balance Sheet
31 October 2016

	Notes	2016 £	£	2015 £	£
FIXED ASSETS					
Tangible assets	2		247		247
CREDITORS					
Amounts falling due within one year		<u>6,556</u>		<u>6,556</u>	
NET CURRENT LIABILITIES			<u>(6,556)</u>		<u>(6,556)</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			<u>(6,309)</u>		<u>(6,309)</u>
CAPITAL AND RESERVES					
Called up share capital	3		100		100
Profit and loss account			<u>(6,409)</u>		<u>(6,409)</u>
SHAREHOLDERS' FUNDS			<u>(6,309)</u>		<u>(6,309)</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 October 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 October 2016 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.
- (b)

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 27 July 2017 and were signed by:

Amanda Jane Cains - Director

Notes to the Abbreviated Accounts
for the year ended 31 October 2016

1. ACCOUNTING POLICIES

Accounting convention

The financial statements have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective January 2015).

The company was dormant throughout the current year and previous year.

Tangible fixed assets

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

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 November 2015	
and 31 October 2016	<u>550</u>
DEPRECIATION	
At 1 November 2015	
and 31 October 2016	<u>303</u>
NET BOOK VALUE	
At 31 October 2016	<u>247</u>
At 31 October 2015	<u>247</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2016 £	2015 £
100	Ordinary	1.000	<u>100</u>	<u>100</u>

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 1072 of the Companies Act 2006.