ACTION FOR LIVING LIMITED

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 31ST MAY 2016

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ACTION FOR LIVING LIMITED

COMPANY INFORMATION
FOR THE YEAR ENDED 31ST MAY 2016

DIRECTORS:	H C Sellick Mrs C Sellick
SECRETARY:	H C Sellick
REGISTERED OFFICE:	Suite A, 250 London Road Hadleigh Benfleet Essex SS7 2DE
REGISTERED NUMBER:	08052307 (England and Wales)
ACCOUNTANTS:	Clouders Chartered Certified Accountants Charter House 103-105 Leigh Road Leigh-on-Sea Essex SS9 1JL

ABBREVIATED BALANCE SHEET
31ST MAY 2016

	Notes	2016 £	£	2015 £	£
FIXED ASSETS					
Tangible assets	2		**136**		-
CURRENT ASSETS					
Debtors		**1,011**		1,459	
Cash at bank		**860**		437	
		1,871		1,896	
CREDITORS					
Amounts falling due within one year		**1,978**		1,296	
NET CURRENT (LIABILITIES)/ASSETS			**(107)**		600
TOTAL ASSETS LESS CURRENT LIABILITIES			**29**		600
CAPITAL AND RESERVES					
Called up share capital	3		**100**		100
Profit and loss account			**(71)**		500
SHAREHOLDERS' FUNDS			**29**		600

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

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

The directors acknowledge their responsibilities for:

(a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and

(b) 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.

The notes form part of these abbreviated accounts

continued...

ABBREVIATED BALANCE SHEET - continued
31ST MAY 2016

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 Board of Directors on 27th February 2017 and were signed on its behalf by:

H C Sellick - Director

The notes form part of these abbreviated accounts

NOTES TO THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31ST MAY 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).

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

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

Plant and machinery etc - 25% 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.

Hire purchase and leasing commitments
Rentals paid under operating leases are charged to the profit and loss account on a straight line basis over the period of the lease.

2. TANGIBLE FIXED ASSETS

	Total
	£
COST	
Additions	**152**
At 31st May 2016	**152**
DEPRECIATION	
Charge for year	**16**
At 31st May 2016	**16**
NET BOOK VALUE	
At 31st May 2016	**136**

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	**2016** £	2015 £
100	Ordinary	£1	**100**	100

ACTION FOR LIVING LIMITED

REPORT OF THE ACCOUNTANTS TO THE DIRECTORS OF ACTION FOR LIVING LIMITED

The following reproduces the text of the report prepared for the directors in respect of the company's annual unaudited financial statements, from which the unaudited abbreviated accounts (set out on pages two to four) have been prepared.

As described on the balance sheet you are responsible for the preparation of the financial statements for the year ended 31st May 2016 set out on pages three to eight and you consider that the company is exempt from an audit.

In accordance with your instructions, we have compiled these unaudited financial statements in order to assist you to fulfil your statutory responsibilities, from the accounting records and information and explanations supplied to us.

Clouders
Chartered Certified Accountants
Charter House
103-105 Leigh Road
Leigh-on-Sea
Essex
SS9 1JL

27th February 2017

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.