

Registered number
08447921

PUSH LIFE LIMITED

Abbreviated Accounts

30 June 2014

PUSH LIFE LIMITED**Registered number:** 08447921**Abbreviated Balance Sheet
as at 30 June 2014**

	Notes	2014
		£
Fixed assets		
Intangible assets	2	-
Tangible assets	3	127
Investments	4	-
		127
Current assets		
Stocks		-
Debtors	5	18,982
Investments held as current assets		-
Cash at bank and in hand		9,690
		28,672
Creditors: amounts falling due within one year		(29,089)
Net current liabilities		(417)
Total assets less current liabilities		(290)
Creditors: amounts falling due after more than one year		-
Provisions for liabilities		-
Net liabilities		(290)
Capital and reserves		
Called up share capital	7	2
Share premium		-
Revaluation reserve		-
Capital redemption reserve		-
Profit and loss account		(292)
Shareholders' funds		(290)

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006.

The members have not required the company to obtain an audit in accordance with section 476

of the Act.

The directors acknowledge their 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.

Thomas Bingham

Director

Approved by the board on 13 January 2015

PUSH LIFE LIMITED

Notes to the Abbreviated Accounts for the period ended 30 June 2014

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	20% straight line
0	0

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.

2 Intangible fixed assets £

Cost

At 1 April 2013	-
Additions	-
Disposals	-
At 30 June 2014	<u>-</u>

Amortisation

At 1 April 2013	-
Provided during the period	-
On disposals	-
At 30 June 2014	<u>-</u>

Net book value

At 30 June 2014	<u>-</u>
At 31 March 2013	<u>-</u>

3 Tangible fixed assets £

Cost

At 1 April 2013	-
Additions	158
Surplus on revaluation	-
Disposals	-
At 30 June 2014	<u>158</u>

Depreciation

At 1 April 2013	-
Charge for the period	31
Surplus on revaluation	-
On disposals	-
At 30 June 2014	<u>31</u>

Net book value

At 30 June 2014	<u>127</u>
At 31 March 2013	<u>-</u>

4 Investments £

Cost

At 1 April 2013	-
Additions	-

Disposals	-
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At 30 June 2014	-
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The company holds 20% or more of the share capital of the following companies:

Company	Shares held	Class	%	Capital and reserves	Profit (loss) for the year
				£	£
[Company name 1]	Ordinary		-	-	-
[Company name 2]	Ordinary		-	-	-
[Company name 3]	Ordinary		-	-	-
[Company name 4]	Ordinary		-	-	-

5 Debtors 2014

£

Debtors include:

Amounts due after more than one year	-
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6 Loans 2014

£

Creditors include:

Amounts falling due for payment after more than five years	-
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Secured bank loans	-
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7 Share capital	Nominal value	2014 Number	2014 £
Allotted, called up and fully paid:			
Ordinary shares	£1 each	-	2
B Ordinary shares	£1 each	-	-
			2
? Preference shares	£1 each	-	-
			2
	Nominal value	Number	Amount £
Shares issued during the period:			
Ordinary shares	£1 each	-	2
B Ordinary shares	£1 each	-	-
			2
? Preference shares	£1 each	-	-
			2

8 Loans to directors

Description and conditions	B/fwd £	Paid £	Repaid £	C/fwd £
Thomas Bingham				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
Simon Boyle				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
[Director 3]				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
[Director 4]				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
[Director 5]				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
[Director 6]				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
[Director 7]				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
[Director 8]				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
[Director 9]				
[Loan 1]	-	-	-	-
[Loan 2]	-	-	-	-
	-	-	-	-

9 Guarantees made by the company on behalf of directors

Description and terms	Maximum liability £	Amount paid and incurred £
Thomas Bingham		
[Guarantee 1]	-	-
[Guarantee 2]	-	-

Simon Boyle		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
[Director 3]		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
[Director 4]		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
[Director 5]		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
[Director 6]		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
[Director 7]		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
[Director 8]		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
[Director 9]		
[Guarantee 1]	-	-
[Guarantee 2]	-	-
	-	-

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