REGISTERED NUMBER: SC279970 (Scotland)

Abbreviated Accounts For The Year Ended 31 January 2011

for

Holdyourbreath Limited

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COMPANIES HOUSE

Holdyourbreath Limited (Registered number: SC279970)

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For The Year Ended 31 January 2011

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Holdyourbreath Limited

Company Information
For The Year Ended 31 January 2011

DIRECTORS:	Ms K Friend R A Marini S Tripp
SECRETARY:	Ms K Friend
REGISTERED OFFICE:	46 Fortrose Street GLASGOW G11 5LP
REGISTERED NUMBER:	SC279970 (Scotland)
ACCOUNTANTS:	Robb Ferguson Chartered Accountants 5 Oswald Street Glasgow G1 4QR

Holdyourbreath Limited (Registered number: SC279970)

Abbreviated Balance Sheet
31 January 2011

	Notes	2011 £	£	2010 £	£
FIXED ASSETS					
Tangible assets	2		-		10
CURRENT ASSETS					
Debtors		2,462		2,011	
Cash at bank and in hand		5,966		2,545	
		8,428		4,556	
CREDITORS					
Amounts falling due within one year		7,941		4,238	
NET CURRENT ASSETS			487		318
TOTAL ASSETS LESS CURRENT LIABILITIES			487		328
RESERVES					
Profit and loss account			487		328
			487		328

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 January 2011.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 January 2011 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 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 28/10/11 and were signed on its behalf by:

.....
Ms K Friend - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
For The Year Ended 31 January 2011

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
In accordance with their responsibilities as directors, the directors have considered the appropriateness of the going concern basis for the preparation of the financial statements.

The company meets its day to day working capital requirements through bank facilities and loans provided by the directors. The directors will not seek repayment of the loans until the company is in a position to do so. On this basis, the directors consider it appropriate to prepare the financial statements on a going concern basis.

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 April 2008).

Turnover
Turnover represents net invoiced sales of goods, excluding value added tax, funding support and contributions received.

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 - 33% on cost

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 February 2010 and 31 January 2011	886
DEPRECIATION	
At 1 February 2010	876
Charge for year	10
At 31 January 2011	886
NET BOOK VALUE	
At 31 January 2011	-
At 31 January 2010	10

3. TRANSACTIONS WITH DIRECTORS

During the year, K Friend, a director, invoiced £nil (2010 - £14,723) for services provided to the company.

K Friend also provided a loan to the company totalling £6,862 (2010 - £2,837) as at 31 January 2011.