

Registered Number SC358708

Mindful Coaching Limited

Abbreviated Accounts

30 April 2012

Mindful Coaching Limited

Registered Number SC358708

Company Information

Registered Office:

117 Derberth Grange
Kingswells
Aberdeen
AB15 8UD

Reporting Accountants:

Fyfe Moir & Associates

58 Queens Road
Aberdeen
Grampian
AB15 4YE

Mindful Coaching Limited

Registered Number SC358708

Balance Sheet as at 30 April 2012

	Notes	2012 £	2011 £
Fixed assets			
Tangible	2	1,597	600
		<u>1,597</u>	<u>600</u>
Current assets			
Debtors		5,396	1,184
Cash at bank and in hand		10,896	5,807
Total current assets		<u>16,292</u>	<u>6,991</u>
Creditors: amounts falling due within one year		(4,356)	(2,377)
Net current assets (liabilities)		11,936	4,614
Total assets less current liabilities		<u>13,533</u>	<u>5,214</u>
Provisions for liabilities		(319)	(120)
Total net assets (liabilities)		<u>13,214</u>	<u>5,094</u>
Capital and reserves			
Called up share capital	3	100	100
Profit and loss account		13,114	4,994
Shareholders funds		<u>13,214</u>	<u>5,094</u>

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- a. For the year ending 30 April 2012 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
 - b. The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
 - c. The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
 - d. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the board on 18 June 2012

And signed on their behalf by:

Mrs S E Prentice, Director

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 1068 of the Companies Act 2006.

Notes to the Abbreviated Accounts

For the year ending 30 April 2012

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 April 2008).

Turnover

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

Deferred tax

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

Pension costs and other post-retirement benefits

The company operates a defined contribution pension scheme. Contributions payable to the company's pension scheme are charged to the profit and loss account in the period to which they relate.

Depreciation

Depreciation has been provided at the following rates in order to write off the assets over their estimated useful lives.

Fixtures and fittings	20% on cost
Computer equipment	33% on cost

2 **Tangible fixed assets**

		Total
Cost		£
At 01 May 2011		617
Additions	-	<u>1,557</u>
At 30 April 2012	-	<u>2,174</u>
Depreciation		
At 01 May 2011		17
Charge for year	-	<u>560</u>
At 30 April 2012	-	<u>577</u>
Net Book Value		
At 30 April 2012		1,597
At 30 April 2011	-	<u>600</u>

3 **Share capital**

	2012	2011
	£	£
Allotted, called up and fully paid:		
100 Ordinary shares of £1 each	100	100