

REGISTERED NUMBER: 02629896 (England and Wales)

ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 31 JULY 2014

FOR

MENTAL EXERCISE LIMITED

**CONTENTS OF THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 JULY 2014**

	Page
Company Information	1
Abbreviated Balance Sheet	2
Notes to the Abbreviated Accounts	3

MENTAL EXERCISE LIMITED

**COMPANY INFORMATION
FOR THE YEAR ENDED 31 JULY 2014**

DIRECTOR: R Ellyard

REGISTERED OFFICE: 33 Cranford Drive
Hayes
Middlesex
UB3 4LB

REGISTERED NUMBER: 02629896 (England and Wales)

ACCOUNTANTS: Waterfords Accountants
80 High Street
Brentford
Middlesex
TW8 8AE

ABBREVIATED BALANCE SHEET

31 JULY 2014

	Notes	31.7.14 £	31.7.13 £
FIXED ASSETS			
Tangible assets	2	412	550
CURRENT ASSETS			
Debtors		12,966	2,598
Cash at bank		<u>57,398</u>	<u>59,383</u>
		70,364	61,981
CREDITORS			
Amounts falling due within one year		<u>(48,349)</u>	<u>(31,836)</u>
NET CURRENT ASSETS		<u>22,015</u>	<u>30,145</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>22,427</u>	<u>30,695</u>
CAPITAL AND RESERVES			
Called up share capital	3	100	100
Profit and loss account		<u>22,327</u>	<u>30,595</u>
SHAREHOLDERS' FUNDS		<u>22,427</u>	<u>30,695</u>

The Company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 July 2014.

The members have not required the Company to obtain an audit of its financial statements for the year ended 31 July 2014 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his 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 21 November 2014 and were signed by:

R Ellyard - Director

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 JULY 2014**

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 the value of services provided under contracts to the extent that there is a right to consideration and is recorded at the value of the consideration due.

Tangible fixed assets

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

Fixtures and fittings - 25% on reducing balance

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 August 2013	
and 31 July 2014	35,454
DEPRECIATION	
At 1 August 2013	34,904
Charge for year	138
At 31 July 2014	35,042
NET BOOK VALUE	
At 31 July 2014	412
At 31 July 2013	550

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.7.14 £	31.7.13 £
100	Ordinary	£1	100	100

4. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES

Included in other creditors (Note 7) is an amount of £38,262 (2013- £28,781) due to R Ellyard.

5. ULTIMATE CONTROLLING PARTY

The controlling party is R Ellyard.

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.