

**CALMING INFLUENCES LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 SEPTEMBER 2016**

Berrywood Accountants

The New Studio
Wintershill Farm
Wintershill, Durley
Hampshire
SO32 2AH

Calming Influences Limited
Company No. 05557345
Abbreviated Balance Sheet 30 September 2016

		2016		2015	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	2		(1)		161
			(1)		161
CURRENT ASSETS					
Cash at bank and in hand		4,817		12,371	
		4,817		12,371	
Creditors: Amounts Falling Due Within One Year		(2,754)		(6,653)	
NET CURRENT ASSETS (LIABILITIES)			2,063		5,718
TOTAL ASSETS LESS CURRENT LIABILITIES			2,062		5,879
Creditors: Amounts Falling Due After More Than One Year	3		(4,720)		(4,006)
NET ASSETS			(2,658)		1,873
CAPITAL AND RESERVES					
Called up share capital	4		1		1
Profit and Loss Account			(2,659)		1,872
SHAREHOLDERS' FUNDS			(2,658)		1,873

Calming Influences Limited
Company No. 05557345
Abbreviated Balance Sheet (continued) 30 September 2016

For the year ending 30 September 2016 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities

- The member has not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The director acknowledges her responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime and in accordance with the Financial Reporting Standard for Smaller Entities (effective 2015).

On behalf of the board

Mrs Jackie James

20/06/2017

Calming Influences Limited
Notes to the Abbreviated Accounts
For The Year Ended 30 September 2016

1. Accounting Policies

1.1. Basis of Preparation of Financial Statements

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

1.2. Turnover

Turnover comprises the invoiced value of goods and services supplied by the company.

1.3. Tangible Fixed Assets and Depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	20% straight line
Computer Equipment	3 years straight line

2. Tangible Assets

	Total
Cost	£
As at 1 October 2015	5,870
As at 30 September 2016	5,870
Depreciation	
As at 1 October 2015	5,709
Provided during the period	162
As at 30 September 2016	5,871
Net Book Value	
As at 30 September 2016	(1)
As at 1 October 2015	161

3. Creditors: Amounts Falling Due After More Than One Year

	2016	2015
	£	£
Directors loan account	4,720	4,006

4. Share Capital

	Value	Number	2016	2015
Allotted, called up and fully paid	£		£	£
Ordinary shares	1,000	1	1	1

5. Ultimate Controlling Party

The company's ultimate controlling party is by virtue of his ownership of 100% of the issued share capital in the company.

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.