

**CALMING INFLUENCES LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 SEPTEMBER 2013**

Berrywood Accountants

The Studio
Wintershill Hall
Durley
Hampshire
SO32 2AL

Calming Influences Limited
Company No. 05557345
Abbreviated Balance Sheet 30 September 2013

		2013		2012	
	Notes	£	£	£	£
FIXED ASSETS					
Tangible assets	2		640		827
			640		827
CURRENT ASSETS					
Cash at bank and in hand		6,382		5,224	
		6,382		5,224	
Creditors: Amounts Falling Due Within One Year		(588)		(863)	
NET CURRENT ASSETS (LIABILITIES)			5,794		4,361
TOTAL ASSETS LESS CURRENT LIABILITIES			6,434		5,188
Creditors: Amounts Falling After More Than One Year	3		(5,451)		(4,216)
NET ASSETS			983		972
CAPITAL AND RESERVES					
Called up share capital	4		1		1
Profit and Loss account			982		971
SHAREHOLDERS' FUNDS			983		972

Calming Influences Limited
Company No. 05557345
Abbreviated Balance Sheet (continued) 30 September 2013

For the year ending 30 September 2013 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 2008).

On behalf of the board

Mrs Jackie James

13/06/2014

Calming Influences Limited
Notes to the Abbreviated Accounts
For The Year Ended 30 September 2013

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, net of trade discounts.

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 2012	4,666
Additions	559
As at 30 September 2013	5,225
Depreciation	
As at 1 October 2012	3,839
Provided during the period	746
As at 30 September 2013	4,585
Net Book Value	
As at 30 September 2013	640
As at 1 October 2012	827

3 . Creditors: Amounts Falling After More Than One Year

	2013	2012
	£	£
Directors loan account	5,451	4,216

4 . Share Capital

	Value	Number	2013	2012
	£		£	£
Allotted, called up and fully paid:				
Ordinary shares	1,000	1	1	1

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