

Registered number
5689075

FIRST ADAPT LTD
Abbreviated Accounts
31 March 2010



FIRST ADAPT LTD
Registered number. 5689075
Abbreviated Balance Sheet
as at 31 March 2010

	Notes	2010 £	2009 £
Fixed assets			
Tangible assets	2	856	1,141
Current assets			
Debtors		51,009	93,342
Cash at bank and in hand		66,165	30,255
		<u>117,174</u>	<u>123,597</u>
Creditors amounts falling due within one year		(56,375)	(59,338)
Net current assets		<u>60,799</u>	<u>64,259</u>
Total assets less current liabilities		<u>61,655</u>	<u>65,400</u>
Provisions for liabilities		(180)	(240)
Net assets		<u>61,475</u>	<u>65,160</u>
Capital and reserves			
Called up share capital	3	100	100
Profit and loss account		61,375	65,060
Shareholders' funds		<u>61,475</u>	<u>65,160</u>

The directors are satisfied that the company is entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that members have not required the company to obtain an audit in accordance with section 476 of the Act

The directors acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime



B Johnson
Director

Approved by the board on 14 May 2010

FIRST ADAPT LTD
Notes to the Abbreviated Accounts
for the year ended 31 March 2010

1 Accounting policies

Basis of preparation

The accounts 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, net of value added tax and discounts, of goods provided to customers and work carried out in respect of services provided to customers

Depreciation

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

Plant and machinery 25% reducing balance

Deferred taxation

Full provision is made for deferred taxation resulting from timing differences between the recognition of gains and losses in the accounts and their recognition for tax purposes. Deferred taxation is calculated on an un-discounted basis at the tax rates which are expected to apply in the periods when the timing differences will reverse

2 Tangible fixed assets

£

Cost

At 1 April 2009 2,045

At 31 March 2010 2,045

Depreciation

At 1 April 2009 904

Charge for the year 285

At 31 March 2010 1,189

Net book value

At 31 March 2010 856

At 31 March 2009 1,141

3 Share capital

**2010
No**

**2009
No**

**2010
£**

**2009
£**

Allotted, called up and fully paid
 Ordinary shares of £1 each

100

100

100

100