

Registered Number 07650460

ASSERT HEALTH & FITNESS LTD

Abbreviated Accounts

31 May 2014

Abbreviated Balance Sheet as at 31 May 2014

	<i>Notes</i>	<i>2014</i>	<i>2013</i>
		<i>£</i>	<i>£</i>
Fixed assets			
Tangible assets	2	10,172	12,843
		<u>10,172</u>	<u>12,843</u>
Current assets			
Debtors		-	10,469
Cash at bank and in hand		41	812
		<u>41</u>	<u>11,281</u>
Creditors: amounts falling due within one year		<u>(3,808)</u>	<u>(3,568)</u>
Net current assets (liabilities)		<u>(3,767)</u>	<u>7,713</u>
Total assets less current liabilities		<u>6,405</u>	<u>20,556</u>
Creditors: amounts falling due after more than one year		<u>(60,000)</u>	<u>(60,000)</u>
Total net assets (liabilities)		<u>(53,595)</u>	<u>(39,444)</u>
Capital and reserves			
Called up share capital	3	100	100
Profit and loss account		(53,695)	(39,544)
Shareholders' funds		<u>(53,595)</u>	<u>(39,444)</u>

- For the year ending 31 May 2014 the company was entitled to exemption under section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

Approved by the Board on 28 May 2015

And signed on their behalf by:

Mr D N Coulson, Director

Notes to the Abbreviated Accounts for the period ended 31 May 2014

1 Accounting Policies

Basis of measurement and preparation of accounts

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 policy

Turnover represents the total value of sales during the year.

Tangible assets depreciation policy

Depreciation is calculated to write off the cost of assets over their economic useful life at the following rate:

Plant & Machinery - 25% reducing balance

2 Tangible fixed assets

	£
Cost	
At 1 June 2013	14,602
Additions	719
Disposals	-
Revaluations	-
Transfers	-
At 31 May 2014	<u>15,321</u>
Depreciation	
At 1 June 2013	1,759
Charge for the year	3,390
On disposals	-
At 31 May 2014	<u>5,149</u>
Net book values	
At 31 May 2014	<u><u>10,172</u></u>
At 31 May 2013	<u><u>12,843</u></u>

3 Called Up Share Capital

Allotted, called up and fully paid:

	2014	2013
	£	£
100 Ordinary shares of £1 each	100	100
60,000 Redeemable Preference shares of £1 each	60,000	60,000

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