# Registered Number 08004429

# BACK ON YOUR HEADS LIMITED

# **Abbreviated Accounts**

31 March 2016

#### Abbreviated Balance Sheet as at 31 March 2016

	Notes	2016	2015
		£	£
Fixed assets			
Tangible assets	2	19,117	2,052
		19,117	2,052
Current assets			
Debtors		1,074	11,712
Cash at bank and in hand		16,997	-
		18,071	11,712
Creditors: amounts falling due within one year		(18,348)	(13,664)
Net current assets (liabilities)		(277)	(1,952)
Total assets less current liabilities		18,840	100
Creditors: amounts falling due after more than one year		(11,619)	-
Provisions for liabilities		(545)	-
Total net assets (liabilities)		6,676	100
Capital and reserves			
Called up share capital		1	1
Profit and loss account		6,675	99
Shareholders' funds		6,676	100

- For the year ending 31 March 2016 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 8 June 2016

And signed on their behalf by:

T. Sheals-Barrett, Director

#### Notes to the Abbreviated Accounts for the period ended 31 March 2016

### 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 January 2015).

#### **Turnover policy**

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.

#### Tangible assets depreciation policy

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

Motor vehicles 25% straight line

## Other accounting policies

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.

Leasing and hire purchase commitments

"Assets held under finance leases and hire purchase contracts, which are those where substantially all the risks and rewards of ownership of the asset have passed to the company, are capitalised in the balance sheet and depreciated over their useful lives. The corresponding lease or hire purchase obligation is treated in the balance sheet as a liability.

The interest element of the rental obligations is charged to the profit and loss account over the period of the lease and represents a constant proportion of the balance of capital repayments outstanding.

Rentals paid under operating leases are charged to income on a straight line basis over the lease term."

#### 2 Tangible fixed assets

	£
Cost	
At 1 April 2015	8,205
Additions	25,490
Disposals	(8,205)

Revaluations	-
Transfers	-
At 31 March 2016	25,490
Depreciation	
At 1 April 2015	6,153
Charge for the year	6,373
On disposals	(6,153)
At 31 March 2016	6,373
Net book values	
At 31 March 2016	19,117
At 31 March 2015	2,052

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