

**REGISTERED NUMBER: 08080435 (England and Wales)**

**ABBREVIATED UNAUDITED ACCOUNTS FOR THE YEAR ENDED 31 MAY 2014**

**FOR**

**BETTER YOURSELF LIMITED**

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FOR THE YEAR ENDED 31 MAY 2014**

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**BETTER YOURSELF LIMITED**

**COMPANY INFORMATION**  
**FOR THE YEAR ENDED 31 MAY 2014**

**DIRECTOR:**

Mr W Rahman

**REGISTERED OFFICE:**

540 Toller Lane  
Bradford  
West Yorkshire  
BD9 5NT

**REGISTERED NUMBER:**

08080435 (England and Wales)

**ACCOUNTANTS:**

Cromack & Co Limited  
Accountants  
29 High Street  
Morley  
Leeds  
West Yorkshire  
LS27 9AL

**ABBREVIATED BALANCE SHEET**  
**31 MAY 2014**

	Notes	31.5.14 £	£	31.5.13 £	£
<b>FIXED ASSETS</b>					
Tangible assets	2		908		1,815
<b>CURRENT ASSETS</b>					
Debtors		9,586		6,259	
Cash at bank		<u>8,100</u>		<u>24,855</u>	
		17,686		31,114	
<b>CREDITORS</b>					
Amounts falling due within one year		<u>16,468</u>		<u>31,016</u>	
<b>NET CURRENT ASSETS</b>			<u>1,218</u>		<u>98</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			2,126		1,913
<b>PROVISIONS FOR LIABILITIES</b>			<u>180</u>		<u>363</u>
<b>NET ASSETS</b>			<u><u>1,946</u></u>		<u><u>1,550</u></u>
<b>CAPITAL AND RESERVES</b>					
Called up share capital	3		1		1
Profit and loss account			<u>1,945</u>		<u>1,549</u>
<b>SHAREHOLDERS' FUNDS</b>			<u><u>1,946</u></u>		<u><u>1,550</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 May 2014.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 May 2014 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges his responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006 and preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of
- (b) Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The abbreviated accounts have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the director on 15 September 2014 and were signed by:

Mr W Rahman - Director

The notes form part of these abbreviated accounts

**NOTES TO THE ABBREVIATED ACCOUNTS  
FOR THE YEAR ENDED 31 MAY 2014**

**1. ACCOUNTING POLICIES**

**Accounting convention**

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

**Exemption from preparing a cash flow statement**

Exemption has been taken from preparing a cash flow statement on the grounds that the company qualifies as a small company.

**Turnover**

Turnover represents net invoiced sales of goods, excluding value added tax.

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Computer equipment                      - 33% on cost

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

**2. TANGIBLE FIXED ASSETS**

	Total £
<b>COST</b>	
At 1 June 2013	
and 31 May 2014	<u>2,723</u>
<b>DEPRECIATION</b>	
At 1 June 2013	908
Charge for year	<u>907</u>
At 31 May 2014	<u>1,815</u>
<b>NET BOOK VALUE</b>	
At 31 May 2014	<u>908</u>
At 31 May 2013	<u>1,815</u>

**3. CALLED UP SHARE CAPITAL**

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	31.5.14 £	31.5.13 £
1	Ordinary	£1	<u>1</u>	<u>1</u>

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.