

ABBREVIATED UNAUDITED ACCOUNTS
FOR THE PERIOD 1 JUNE 2014 TO 30 JUNE 2015
FOR
BETTER YOURSELF LIMITED

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FOR THE PERIOD 1 JUNE 2014 TO 30 JUNE 2015**

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BETTER YOURSELF LIMITED
COMPANY INFORMATION
FOR THE PERIOD 1 JUNE 2014 TO 30 JUNE 2015

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
30 JUNE 2015**

	Notes	30.6.15 £	£	31.5.14 £	£
FIXED ASSETS					
Tangible assets	2		1,748		908
CURRENT ASSETS					
Debtors		25,383		9,586	
Cash at bank		<u>8,736</u>		<u>8,100</u>	
		34,119		17,686	
CREDITORS					
Amounts falling due within one year		<u>34,775</u>		<u>16,468</u>	
NET CURRENT (LIABILITIES)/ASSETS			<u>(656)</u>		<u>1,218</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			1,092		2,126
PROVISIONS FOR LIABILITIES			<u>350</u>		<u>180</u>
NET ASSETS			<u><u>742</u></u>		<u><u>1,946</u></u>
CAPITAL AND RESERVES					
Called up share capital	3		1		1
Profit and loss account			<u>741</u>		<u>1,945</u>
SHAREHOLDERS' FUNDS			<u><u>742</u></u>		<u><u>1,946</u></u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 30 June 2015.

The members have not required the company to obtain an audit of its financial statements for the period ended 30 June 2015 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 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.
- (b)

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 13 January 2016 and were signed by:

Mr W Rahman - Director

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE PERIOD 1 JUNE 2014 TO 30 JUNE 2015**

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 £
COST	
At 1 June 2014	2,723
Additions	<u>2,621</u>
At 30 June 2015	<u>5,344</u>
DEPRECIATION	
At 1 June 2014	1,815
Charge for period	<u>1,781</u>
At 30 June 2015	<u>3,596</u>
NET BOOK VALUE	
At 30 June 2015	<u>1,748</u>
At 31 May 2014	<u>908</u>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	30.6.15 £	31.5.14 £
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.