

ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 30 NOVEMBER 2016

FOR

FORWARD FOR LIFE LIMITED

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FOR THE YEAR ENDED 30 NOVEMBER 2016**

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FORWARD FOR LIFE LIMITED
COMPANY INFORMATION
FOR THE YEAR ENDED 30 NOVEMBER 2016

DIRECTOR: Mr T J Rigby

REGISTERED OFFICE: 1973 Coventry Road
Sheldon
Birmingham
B26 3HN

REGISTERED NUMBER: 08301193 (England and Wales)

ACCOUNTANTS: Lowson Ward
Chartered Accountants
292 Wake Green Road
Birmingham
B13 9QP

FORWARD FOR LIFE LIMITED (REGISTERED NUMBER: 08301193)

**ABBREVIATED BALANCE SHEET
30 NOVEMBER 2016**

	Notes	30.11.16 £	30.11.15 £
FIXED ASSETS			
Tangible assets	2	925	1,300
CURRENT ASSETS			
Debtors		14,471	1,757
Cash at bank		<u>408</u>	<u>1,173</u>
		14,879	2,930
CREDITORS			
Amounts falling due within one year		<u>(9,075)</u>	<u>(2,645)</u>
NET CURRENT ASSETS		<u>5,804</u>	<u>285</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>6,729</u>	<u>1,585</u>
RESERVES			
Income and expenditure account		<u>6,729</u>	<u>1,585</u>
SHAREHOLDERS' FUNDS		<u>6,729</u>	<u>1,585</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 30 November 2016.

The members have not required the company to obtain an audit of its financial statements for the year ended 30 November 2016 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 surplus or deficit 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 notes form part of these abbreviated accounts

FORWARD FOR LIFE LIMITED (REGISTERED NUMBER: 08301193)

**ABBREVIATED BALANCE SHEET - continued
30 NOVEMBER 2016**

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 7 July 2017 and were signed by:

Mr T J Rigby - Director

The notes form part of these abbreviated accounts

**NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 NOVEMBER 2016**

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 January 2015).

Turnover

Turnover represents net invoiced sales of goods, excluding value added tax, except in respect of service contracts where turnover is recognised when the company obtains the right to consideration.

Tangible fixed assets

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

Fixtures and fittings	- 40% p.a. reducing balance
Equipment	- 40% p.a. reducing balance

All fixed assets are initially recorded at cost.

Deferred tax

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

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the income and expenditure account on a straight line basis over the period of the lease.

Financial instruments

Financial liabilities and equity instruments are classified according to the substance of the contractual arrangements entered into. An equity instrument is any contract that evidences a residual interest in the assets of the entity after deducting all of its financial liabilities.

Where the contractual obligations of financial instruments (including share capital) are equivalent to a similar debt instrument, those financial instruments are classed as financial liabilities. Financial liabilities are presented as such in the balance sheet. Finance costs and gains or losses relating to financial liabilities are included in the profit and loss account. Finance costs are calculated so as to produce a constant rate of return on the outstanding liability.

Where the contractual terms of share capital do not have any terms meeting the definition of a financial liability then this is classed as an equity instrument. Dividends and distributions relating to equity instruments are debited direct to equity.

NOTES TO THE ABBREVIATED ACCOUNTS - continued
FOR THE YEAR ENDED 30 NOVEMBER 2016

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 December 2015	2,952
Additions	333
Disposals	<u>(382)</u>
At 30 November 2016	<u>2,903</u>
DEPRECIATION	
At 1 December 2015	1,652
Charge for year	617
Eliminated on disposal	<u>(291)</u>
At 30 November 2016	<u>1,978</u>
NET BOOK VALUE	
At 30 November 2016	<u>925</u>
At 30 November 2015	<u>1,300</u>

3. CALLED UP SHARE CAPITAL

The company is limited by guarantee and has no share capital. The members of the company have each guaranteed an amount not exceeding £1 in the event of the company being wound up.

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.