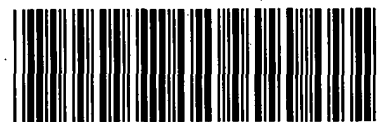


COMPANY REGISTRATION NUMBER 8301193

FORWARD FOR LIFE LIMITED
COMPANY LIMITED BY GUARANTEE
ABBREVIATED ACCOUNTS
30 NOVEMBER 2014

LOWSON WARD
Chartered Accountants
292 Wake Green Road
Birmingham
B13 9QP

TUESDAY



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19/05/2015

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COMPANIES HOUSE

**FORWARD FOR LIFE LIMITED
COMPANY LIMITED BY GUARANTEE**

ABBREVIATED ACCOUNTS

YEAR ENDED 30 NOVEMBER 2014

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FORWARD FOR LIFE LIMITED COMPANY LIMITED BY GUARANTEE

ABBREVIATED BALANCE SHEET

30 NOVEMBER 2014

	Note	2014 £	2013 £
FIXED ASSETS	2		
Tangible assets		620	668
CURRENT ASSETS			
Debtors		350	4,139
Cash at bank and in hand		5,761	3,386
		6,111	7,525
CREDITORS: Amounts falling due within one year		5,877	6,205
NET CURRENT ASSETS		234	1,320
TOTAL ASSETS LESS CURRENT LIABILITIES		854	1,988
RESERVES	3		
Profit and loss account		854	1,988
MEMBERS' FUNDS		854	1,988

For the year ended 30 November 2014 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Director's responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The director acknowledges his responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These abbreviated accounts have been prepared in accordance with the special provisions applicable to companies subject to the small companies regime.

These abbreviated accounts were approved and signed by the director and authorised for issue on 15 May 2015.



Mr T Rigby
Director

Company Registration Number: 8301193

The notes on pages 2 to 3 form part of these abbreviated accounts.

1. ACCOUNTING POLICIES

**FORWARD FOR LIFE LIMITED
COMPANY LIMITED BY GUARANTEE**

NOTES TO THE ABBREVIATED ACCOUNTS

YEAR ENDED 30 NOVEMBER 2014

2. FIXED ASSETS

	Tangible Assets £
COST	
At 1 December 2013	1,039
Additions	365
At 30 November 2014	<u><u>1,404</u></u>
 DEPRECIATION	
At 1 December 2013	371
Charge for year	413
At 30 November 2014	<u><u>784</u></u>
 NET BOOK VALUE	
At 30 November 2014	<u><u>620</u></u>
 At 30 November 2013	<u><u>668</u></u>

3. COMPANY LIMITED BY GUARANTEE

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.