

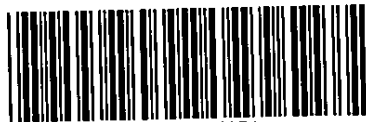
REGISTERED NUMBER: SC357146 (Scotland)

Abbreviated Unaudited Accounts for the Year Ended 31 March 2012

for

Being at your Best Ltd

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21/09/2012

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COMPANIES HOUSE

Being at your Best Ltd (Registered number: SC357146)

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for the Year Ended 31 March 2012**

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Being at your Best Ltd

**Company Information
for the Year Ended 31 March 2012**

DIRECTOR: Mrs T E McGrath

SECRETARY: Mrs T E McGrath

REGISTERED OFFICE: 10 Campbell Avenue
Dunbeath
Caithness
KW6 6EB

REGISTERED NUMBER: SC357146 (Scotland)

ACCOUNTANTS: Reid & Fraser, C.A.
92 High Street
Wick
Caithness
KW1 4LY

BANKERS: The Royal Bank of Scotland plc
1 Bridge Street
Wick
Caithness
KW1 4BU

Being at your Best Ltd (Registered number: SC357146)

Abbreviated Balance Sheet
31 March 2012

	Notes	2012 £	2011 £
FIXED ASSETS			
Tangible assets	2	1,169	802
CURRENT ASSETS			
Debtors		16,625	-
Cash at bank		19,435	47,162
		<u>36,060</u>	<u>47,162</u>
CREDITORS			
Amounts falling due within one year		18,974	21,002
		<u>18,974</u>	<u>21,002</u>
NET CURRENT ASSETS		17,086	26,160
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>18,255</u>	<u>26,962</u>
CAPITAL AND RESERVES			
Called up share capital	3	100	100
Profit and loss account		18,155	26,862
		<u>18,255</u>	<u>26,962</u>
SHAREHOLDERS' FUNDS		<u>18,255</u>	<u>26,962</u>

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2012.

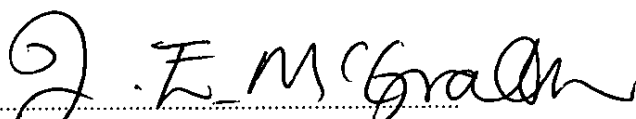
The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2012 in accordance with Section 476 of the Companies Act 2006.

The director acknowledges her responsibilities for:

- 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.

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 05-09-12 and were signed by:


Mrs T E McGrath - Director

The notes form part of these abbreviated accounts

Notes to the Abbreviated Accounts
for the Year Ended 31 March 2012

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).

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.

Plant and machinery etc - 25% on reducing balance

Deferred tax

Deferred tax is provided in full, using the liability method, on temporary differences arising between the tax bases of assets and liabilities and their carrying amount in the balance sheet. It is provided using the tax rates that are expected to apply in the period when the asset or liability is settled, based on the tax rates that have been enacted or substantively enacted at the balance sheet date.

Deferred tax assets are recognised to the extent that it is probable that future taxable profits will be available against which temporary differences can be utilised.

2. TANGIBLE FIXED ASSETS

	Total £
COST	
At 1 April 2011	1,301
Additions	755
	<hr/>
At 31 March 2012	2,056
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DEPRECIATION	
At 1 April 2011	499
Charge for year	388
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At 31 March 2012	887
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NET BOOK VALUE	
At 31 March 2012	1,169
	<hr/>
At 31 March 2011	802
	<hr/>

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	2012 £	2011 £
100	Ordinary	£1	100	100
			<hr/>	<hr/>