

ACTIONSHAKE LIMITED
ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST, 2005
COMPANY NUMBER 3252051

LANE, FARRAND & CO.
CHARTERED CERTIFIED ACCOUNTANTS
4A KING STREET
STANFORD-LE-HOPE
ESSEX, SS17 0HL



ABBREVIATED BALANCE SHEET AS AT 31ST AUGUST, 2005

	NOTES	2005 ----	2004 ----
FIXED ASSETS			
Tangible assets	1c, 2	26,930	26,533
CURRENT ASSETS			
Stock	1f	22,228	180
Debtors		63,458	84,604
		-----	-----
		85,686	84,784
CREDITORS : AMOUNTS FALLING			
DUE WITHIN ONE YEAR	3	94,674	57,947
		-----	-----
NET CURRENT LIABILITIES		(8,988)	26,837
		-----	-----
TOTAL ASSETS LESS CURRENT LIABILITIES		17,942	53,370
CREDITORS : AMOUNTS FALLING DUE			
AFTER MORE THAN ONE			
YEAR	3	5,542	-
PROVISIONS FOR LIABILITIES AND CHARGES			
Deferred taxation	1g	1,869	1,823
		-----	-----
		7,411	1,823
		-----	-----
NET ASSETS		10,531	51,547
		=====	=====
CAPITAL AND RESERVES			
Share capital	4	2	2
Profit and loss account		10,529	51,545
		-----	-----
SHAREHOLDERS' FUNDS		10,531	51,547
		=====	=====

ABBREVIATED BALANCE SHEET AS AT 31ST AUGUST, 2005

In approving these financial statements we as directors of the company hereby confirm:

- (a) that the company was entitled to exemption under section 249A(1) of the Companies Act 1985 from the requirement to have its financial statements for the financial year ended 31st August, 2005 audited.
- (b) that no notice has been deposited under section 249B(2) of that Act requiring an audit in relation to the company's financial statements for the financial year and
- (c) that the directors acknowledge their responsibility for:
 - (i) ensuring that the company keeps accounting records which comply with section 221 of the Companies Act 1985; and
 - (ii) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its profit and loss for the financial year in accordance with section 226 of that Act and which otherwise comply with the requirements of that Act relating to financial statements, so far as applicable to the company.

The financial statements, which have been prepared in accordance with the special provisions of Part VII of the Companies Act 1985 applicable to small companies, were approved by the board on 13th September, 2005 and signed on its behalf.

.....
M. R. Miles
Director

The notes on pages 3 to 5 form an integral part of these abbreviated accounts.

NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST, 2005

1. ACCOUNTING POLICIES

a) BASIS OF PREPARATION OF FINANCIAL STATEMENTS

The financial statements are prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities (effective June 2002).

b) TURNOVER

Turnover comprises the invoiced value of goods and services supplied by the company, net of Value Added Tax and trade discounts.

c) TANGIBLE FIXED ASSETS AND DEPRECIATION

Tangible fixed assets are stated at cost less depreciation.

Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Fixtures and Fittings	15% reducing balance basis
Plant and Equipment	15% reducing balance basis
Motor Vehicles	25% reducing balance basis

d) LEASING AND HIRE PURCHASE

Assets obtained under hire purchase contracts and finance leases are capitalised as tangible fixed assets. Assets acquired by finance lease are depreciated over the shorter of the lease term and their useful lives. Assets acquired by hire purchase are depreciated over their useful lives. Finance leases are those where substantially all of the benefits and risks of ownership are assumed by the company. Obligations under such agreements are included in creditors net of the finance charge allocated to future periods. The finance element of the rental payment is charged to the profit and loss account so as to produce a constant periodic rate of charge on the net obligation outstanding in each period.

e) OPERATING LEASES

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to profit and loss account as incurred.

f) STOCKS AND WORK IN PROGRESS

Stocks and work in progress are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving stocks. Cost includes all direct costs and an appropriate proportion of fixed and variable overheads.

NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST, 2005

g) DEFERRED TAXATION

The charge for taxation takes into account taxation deferred as a result of timing differences between the treatment of certain items for taxation and accounting purposes. In general, deferred taxation is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date. However, deferred tax assets are recognised only to the extent that the directors consider that it is more likely than not that they will be recovered against the reversal of deferred tax liabilities or other future taxable profits. Deferred taxation is measured on a non-discounted basis at the average tax rates that would apply when the timing differences are expected to reverse, based on tax rates and laws that have been enacted by the balance sheet date.

2. FIXED ASSETS

Tangible Fixed Assets

COST	
At 1st September, 2004	44,856
Additions	11,567
Disposals	5,500

At 31st August, 2005	50,923
	=====
DEPRECIATION	
At 1st September, 2004	18,323
Charge for year	7,045
On disposals	1,375

At 31st August, 2005	23,993
	=====
NET BOOK VALUE	
At 31st August, 2005	26,930
	=====
At 31st August, 2004	26,533
	=====

3. CREDITORS

Creditors include the following amount of secured liabilities.

	2005	2004
	----	----
Due within one year	28,790	13,615
Due after more than one year	5,542	-
	-----	-----
	34,332	13,615
	=====	=====

NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31ST AUGUST, 2005

	2005	2004
	----	----
4. SHARE CAPITAL		
Authorised		
Ordinary shares of one pound each	1,000	1,000
	=====	=====
Allotted, called up and fully paid		
Ordinary shares of one pound each	2	2
	=====	=====