REGISTERED NUMBER: 05862311 (England and Wales)

ABBREVIATED UNAUDITED ACCOUNTS

FOR THE YEAR ENDED 30 JUNE 2015

FOR

LIFE & MOTION LIMITED

CONTENTS OF THE ABBREVIATED ACCOUNTS FOR THE YEAR ENDED 30 JUNE 2015

LIFE & MOTION LIMITED

COMPANY INFORMATION
FOR THE YEAR ENDED 30 JUNE 2015

DIRECTOR:	G Layzell
REGISTERED OFFICE:	5 Stradling Close Cowbridge Vale Of Glamorgan CF71 7BX
REGISTERED NUMBER:	05862311 (England and Wales)
ACCOUNTANTS:	Sullivans Chartered Accountants 13-14 Gelliwastad Road Pontypridd Rhondda Cynon Taf CF37 2BW

ABBREVIATED BALANCE SHEET
30 JUNE 2015

	Notes	30/6/15 £	£	30/6/14 £	£
FIXED ASSETS					
Tangible assets	2		**871**		1,607
CURRENT ASSETS					
Debtors		**940**		6,383	
Cash at bank		**2,360**		1,842	
		3,300		8,225	
CREDITORS					
Amounts falling due within one year		**2,194**		5,538	
NET CURRENT ASSETS			**1,106**		2,687
TOTAL ASSETS LESS CURRENT LIABILITIES			**1,977**		4,294
CREDITORS					
Amounts falling due after more than one year			**2,945**		4,259
NET (LIABILITIES)/ASSETS			**(968)**		35
CAPITAL AND RESERVES					
Called up share capital	3		**1**		1
Profit and loss account			**(969)**		34
SHAREHOLDERS' FUNDS			**(968)**		35

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

The members have not required the company to obtain an audit of its financial statements for the year 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

(b) 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 notes form part of these abbreviated accounts

continued...

ABBREVIATED BALANCE SHEET - continued
30 JUNE 2015

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 21 March 2016 and were signed by:

G Layzell - Director

NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 30 JUNE 2015

1. ACCOUNTING POLICIES

Basis of preparing the financial statements
No material uncertainties that may cast significant doubt about the ability of the company to continue as a going concern have been identified by the directors.

Therefore the financial statements have been prepared on a going concern basis. The director continues to support the company for the foreseeable future.

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 invoiced sales of services.

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	- 25% on reducing balance
Fixtures and fittings	- 25% on reducing balance
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 July 2014	
and 30 June 2015	**3,518**
DEPRECIATION	
At 1 July 2014	**1,911**
Charge for year	**736**
At 30 June 2015	**2,647**
NET BOOK VALUE	
At 30 June 2015	**871**
At 30 June 2014	1,607

3. CALLED UP SHARE CAPITAL

Allotted, issued and fully paid:

Number:	Class:	Nominal value:	**30/6/15** **£**	30/6/14 £
1	Ordinary	1	**1**	1

continued...

NOTES TO THE ABBREVIATED ACCOUNTS - continued
FOR THE YEAR ENDED 30 JUNE 2015

4. DIRECTOR'S ADVANCES, CREDITS AND GUARANTEES

The following advances and credits to a director subsisted during the years ended 30 June 2015 and 30 June 2014:

	30/6/15	30/6/14
	£	£
G Layzell		
Balance outstanding at start of year	**2,616**	(91)
Amounts advanced	**5,115**	9,504
Amounts repaid	**(7,837)**	(6,797)
Balance outstanding at end of year	**(106)**	2,616

As at the balance sheet date the company owed the director £106. (2014: the director owed the company £2,616) This was repaid within nine months of the year end.