

Chartered Accountants

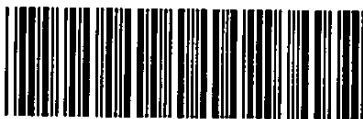
Established Nineteen Twenty Six

FOREST GROUP HOLDINGS LIMITED

ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 JANUARY
2013

WEDNESDAY



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23/10/2013

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COMPANIES HOUSE

Company Registration No 06883198 (England and Wales)

FOREST GROUP HOLDINGS LIMITED

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FOREST GROUP HOLDINGS LIMITED

Company Registration No 06883198 (England and Wales)

ABBREVIATED BALANCE SHEET AS AT 31 JANUARY 2013

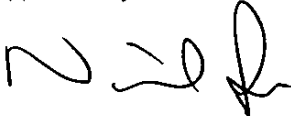
	Notes	2013 £	£	2012 £	£
Fixed assets					
Investments			90,001		90,001
Current assets					
Cash at bank and in hand		81		81	
Creditors amounts falling due within one year		<u>(102)</u>		<u>(102)</u>	
Net current liabilities			<u>(21)</u>		<u>(21)</u>
Total assets less current liabilities			<u>89,980</u>		<u>89,980</u>
Capital and reserves					
Called up share capital	3		90,000		90,000
Profit and loss account			<u>(20)</u>		<u>(20)</u>
Shareholders' funds			<u>89,980</u>		<u>89,980</u>

For the financial year ended 31 January 2013 the company was entitled to exemption from audit under section 477 Companies Act 2006. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these financial statements under the requirements of the Companies Act 2006.

The directors acknowledge their responsibilities for ensuring that the company keeps accounting records which comply with section 386 of the Act and for 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 or loss for the 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 accounts, so far as applicable to the company.

These abbreviated accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

Approved by the Board and authorised for issue on 8 October 2013



N Fraser
Director

FOREST GROUP HOLDINGS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS

FOR THE YEAR ENDED 31 JANUARY 2013

1 Accounting policies

1.1 Accounting convention

The financial statements are prepared under the historical cost convention

The company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement on the grounds that it is a small company

1.2 Compliance with accounting standards

The financial statements are prepared in accordance with applicable United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), which have been applied consistently (except as otherwise stated)

1.3 Investments

Fixed asset investments are stated at cost less provision for diminution in value

1.4 Deferred taxation

Deferred taxation is provided in full in respect of taxation deferred by timing differences between the treatment of certain items for taxation and accounting purposes. The deferred tax balance has not been discounted

1.5 Group accounts

The financial statements present information about the company as an individual undertaking and not about its group. The company and its undertakings comprise a small-sized group. The company has therefore taken advantage of the exemptions provided by section 399 of the Companies Act 2006 not to prepare group accounts

FOREST GROUP HOLDINGS LIMITED

NOTES TO THE ABBREVIATED ACCOUNTS (CONTINUED)

FOR THE YEAR ENDED 31 JANUARY 2013

2 Fixed assets

	Investments £
Cost	
At 1 February 2012 & at 31 January 2013	90,001
At 31 January 2012	90,001

Holdings of more than 20%

The company holds more than 20% of the share capital of the following companies

Company	Country of registration or incorporation	Class	Shares held %
Subsidiary undertakings			
Forest UK Limited	England and Wales	Ordinary	100 00
GB Refrigeration Limited	England and Wales	Ordinary	100 00

The aggregate amount of capital and reserves for the last relevant financial year was as follows

		Capital and reserves 2013 £
Forest UK Limited	Principal activity	
	Refrigeration equipment service and supply	297,035
GB Refrigeration Limited	Refrigeration equipment service and supply	69,643

3 Share capital

	2013 £	2012 £
Allotted, called up and fully paid		
90,000 Ordinary shares of £1 each	90,000	90,000