

AMENDED

1 LESS STRESS LTD
Abbreviated Accounts
For the Year Ended 31 July 2014

Company Number 08609392

TUESDAY



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11/04/2017

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COMPANIES HOUSE

1 LESS STRESS LTD
BALANCE SHEET AS AT 31 JULY 2014

	Notes	2014
FIXED ASSETS		£
Tangible assets	3	2,187
CURRENTS ASSETS		
Cash at bank and in hand		600
Current Liabilities		
Creditors: amounts falling due within one year		<u>0</u>
Net Current assets		<u>600</u>
Total assets less current liabilities		<u>2,787</u>
Creditors: amounts falling due after more than one year		<u>(7,681)</u>
Total net assets		<u><u>(4,894)</u></u>
CAPITAL AND RESERVES		
Called up share capital		600
Profit and loss account		<u>(5,494)</u>
Shareholders' Funds		<u><u>(4,894)</u></u>

- For the year ending 31 July 2014 the company was entitled to exemption under the section 477 of the Companies Act 2006 relating to small companies.
- The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.
- These accounts have been prepared in accordance with the provisions applicable to companies subject to small companies regime.

These amended accounts were approved by the board and signed by



Grace Akua Oparabea Nelson, Director
Dated 31 March 2017

1 LESS STRESS LTD
NOTES TO THE ABBREVIATED ACCOUNTS
FOR THE YEAR ENDED 31 JULY 2014

1 Accounting Policies

Basis of measurement and preparation of accounts

These accounts have been prepared under the historical cost convention and in accordance with the Financial Reporting Standard for Smaller Entities, effective April 2008.

Tangible assets depreciation policy

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant, furniture and equipment between 20% and 33% on cost, straight line basis.

2 AMENDED ACCOUNTS

These amended accounts replace the original accounts signed on 13 April 2015 and are now the abbreviated statutory accounts. It is further confirmed that they are prepared as they were at the date of the original accounts.

3 Tangible fixed assets	£
Cost	
Additions	2,916
disposals	0
transfers	0
At 31 July 2014	<u>2,916</u>
Depreciation	
Charge for year	(729)
On disposals	0
At 31 July 2014	<u>(729)</u>
Net Book Value	
At 31 July 2014	<u><u>2,187</u></u>