		Year ended 31st December	
		2005	2004
	Note	\$'000	\$'000
Cash generated from operating activities	27	3,594	9,404
Interest paid		(4,100)	(3,393
Income tax paid		· · -	(16
Net cash (used in)/generated from operating activities		(506)	5,995
Cash flows from investing activities			
Interest received		17	6
Proceeds from disposals of property, plant and equipment		96	16
Acquisition of property, plant and equipment		(1,640)	(1,352
Net cash used in investing activities		(1,527)	(1,330
Cash flows from financing activities			
Proceeds from borrowings		11,313	581
Repayments of borrowings		(8,941)	(4,332
Repayment of principal portion of finance leases		(211)	(502
Net cash generated from/(used in) financing activities		2,161	(4,253
Net increase in cash and cash equivalents		128	412
Cash and cash equivalents at beginning of the year		2,785	2,401
Effect of foreign exchange rate changes		(271)	(28
Cash and cash equivalents at end of the year		2,642	2,785

The notes on pages 34 to 74 are an integral part of these consolidated financial statements.