

# 288b

**RESIGNATION of director or secretary**  
*(NOT for appointment (use Form 288a) or  
change of particulars (use Form 288c))*

Company Number **32491**

Company Name in full **Guardian Health Limited**



\* F 2 8 8 B C 5 0 \*

**Resignation  
form**

Date of resignation

Day	Month	Year
<b>31</b>	<b>07</b>	<b>99</b>

Resignation as director



as secretary



*Please mark the appropriate box. If resignation is as  
a director and secretary mark both boxes.*

NAME \*Style / Title

\*Honours etc **F.C.I.S.**

Please insert  
details as  
previously  
notified to  
Companies House.

Forename(s) **James Thomas**

Surname **Estell**

†Date of birth

Day	Month	Year
<b>09</b>	<b>08</b>	<b>44</b>

If cessation is other than  
resignation, please state reason

\* Voluntary details.  
† Directors only.

**A serving director, secretary etc must sign the form below.**

Signed

Date

**20 JUL 1999**

(by a serving ~~director~~ / secretary / ~~administrator~~ / ~~administrative receiver~~ / ~~receiver manager~~ / ~~receiver~~)

Please give the name, address,  
telephone number and, if available,  
a DX number and Exchange of  
the person Companies House should  
contact if there is any query

Mrs K J McKay  
Legal & Secretariat  
Guardian Royal Exchange plc  
Civic Drive  
Ipswich  
IP1 2AN  
Direct Telephone: 01473 202373  
Direct Fax: 01473 202376



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When you have completed and signed the form please send it to  
**Companies House, Crown Way, Cardiff, CF4 3UZ DX 33050 Cardiff**  
for companies registered in England and Wales or  
**Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB**  
for companies registered in Scotland **DX 235 Edinburgh**