



Companies House

— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

114 2361

Company Name in full

BLUE ARROW NURSING CARE LIMITED

Date of
appointment

Day Month Year
22 05 2002

†Date of
Birth

Day Month Year
25 01 1960

Appointment form

Appointment as director

☒

as secretary

☐

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

NAME

*Style / Title

MR

*Honours etc

Notes on completion —
appear on reverse.

Forename(s)

MARK, IAN

Surname

ADAMS

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

PEERS COURT, WOBURN LANE, ASPLEY GUISE

Post town

MILTON KEYNES

Postcode

MK17 8JN

County / Region

BEDFORDSHIRE

Country

UK

†Nationality

BRITISH

†Business occupation

CHIEF EXECUTIVE

†Other directorships
(additional space overleaf)

① GUARDIAN HEALTH LIMITED / ② GUARDIAN HEALTHCARE SERVICES LIMITED

I consent to act as ** director / secretary of the above named company

Consent signature

Date

22.5.02

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

Date

29.5.02

(**a 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.

COLIN GARDINER, C. J. GARDINER & CO.
83 HIGH STREET, RAY WICHT
ESSEX. SS6 7ET Tel 01268 774 337

DX number

DX exchange

Th



LD4
COMPANIES HOUSE

0219
05/06/02

Form revised July 1998

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 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

Company Number

1142361

† Directors only.

† Other directorships

③	AXA PPP HEALTHCARE GROUP PLC
④	ACCESS 24 LIMITED / ⑤ ACCESS 24 UK LTD
⑥	AXA PPP HEALTHCARE ADMINISTRATION SERVICES LIMITED
⑦	PPP HEALTHCARE EMPLOYEE SUPPORT LIMITED
⑧	DENPLAN LIMITED / ⑨ PRIPLAN INVESTMENTS LIMITED
⑩	PPP MEDICAL CENTRE LIMITED
⑪	LONGDEN & COOK PROFESSIONAL PRACTICE AGENCY LIMITED
⑫	MEDICAL & INDUSTRIAL SERVICES LIMITED
⑬	MEDICAL & INDUSTRIAL SERVICES (HEALTH & SAFETY) LIMITED
⑭	PPP EMPLOYEE SUPPORT LIMITED

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.