

THE REGISTRAR OF COMPANIES COMPANIES HOUSE CROWN WAY CARDIFF

CF4 3U2



This form should be completed in black.

The information printed below is taken from Companies House records as at 20/07/99 If this information requires amendment use the spaces opposite.

Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
0 2	0 8	9,9

Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Registerea (Strice (S	ee note 3)
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This is the address registered by Companies House. ST JAMES WALK

LONDON

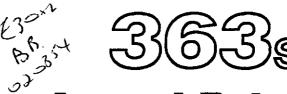
EC1R OBE

Principal business activities (See note 4)

Trade classification is 8531 SOCIAL WORK WITH ACCOMMODATION

If the code cannot be determined from the notes, give a brief description of principal activity.

PAGE 1



of company number

01263446

company name HELP THE AGED

company type PRIVATE COMPANY LIMITED BY GUARANTEE

WITHOUT SHARE CAPITAL

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

Day	Month	Year
		1

Day	Month	Year
1	1	1

Q1200110	details below and, for secretary and director
Register of members (See note 5)	particulars, the date of any change.
The register is kept at	
REGISTERED OFFICE	
Register of debenture holders (See note 6)	
Any register of debenture holders (or duplicate) is kept at	
Company Secretary (See note 7)	Day Month Year
Particulars of a new secretary must be notified on form 288.	Day Month Year Date of any change.
KEITH ROBIN	
HICKEY 67 SEVENOAKS ROAD	
ORPINGTON KENT BR6 9JN	
	Day Month Year
If this person has ceased to be secretary, please state when.	Date of resignation.
	
Directors (See note 7)	Day Month Year
Particulars of a new director must be notified on	Day Month Year Date of any change.
form 288. PRISCILLA CAMPBELL	
ALLEN	
90 GLOUCESTER MEWS WEST LONDON	
W2 6DY	
Date of Birth:- 12/07/29	
Nat:BRITISH	
Occ:FINANCIAL CONSULTANT (RETIRED) If this person has ceased to be director, please	Day Month Year
state when.	Date of resignation.
Show any relevant current and previous directorships.	SEE ATTACHED LIST
PAGE 2	

Directors - continued	Day Month Voor
Particulars.	Day Month Year Date of any change.
PHILIP JOHN CHRISTOPHER	
ASHFIELD	
SOUTH END HOUSE LONG REACH	
OCKHAM	
WOKING SURREY GU23 6PF	
SURREL GU23 OFF	
Dalla a C. D'mbh	
Date of Birth:- 02/01/40 Nat:BRITISH	
Occ:STOCKBROKER/MEMBER SECURITIES	
f this person has ceased to be director, please	Day Month Year
state when.	Date of resignation.
Show any relevant current and previous directorships.	SEE ATTACHED LIST
Show any relevant current and previous directorships.	JEL H174C1120 -131
	D. M. M. V
Particulars.	Day Month Year
	Date of any change.
HENRY JOHN BOWREY	
37 BISHOPS ROAD	
TEWIN WOOD	
WELWYN	
HERTFORDSHIRE AL6 ONP	
20/02/20	
Date of Birth:- 12/03/38 Nat:BRITISH	
Occ:RETIRED DIRECTOR	D. H. Mari
f this person has ceased to be director, please	Day Month Year
state when.	Date of resignation.
Show any relevant current and previous directorships.	SRE MITTACHED LIST
on one any reservant ourself and promote an executive approximation	
	Day Month Year
Particulars.	Date of any change.
PROFIT?	
PETER BOWRING	
CBE	
79 NEW CONCORDIA WHARF	,
LONDON SEL 2BA	
SEI ZDA	
Date of Birth - 22/04/22	
Date of Birth:- 22/04/23 Nat:BRITISH	
Occ: RETIRED	
	Day Month Year
f this person has ceased to be director, please	Date of resignation.
state when.	Date of resignation,
Show any relevant current and previous directorships.	SEE ATTACHED LIST
PAGE 3	

Directors - continued	Day Month Year
Particulars.	Date of any change.
DOCTOR	
BEVERLY ANN	
CASTLETON	
2 LYNE PLACE MANOR	
BRIDGE LANE	
VIRGINIA WATER SURREY GU25 4ED	
SURREI GUZS FED	
Date of Birth:- 19/07/48	
Nat:BRITISH Occ:DOCTOR OF MEDICINE	
	Day Month Year
If this person has ceased to be director, please	Date of resignation.
state when.	Date of resignation.
Show any relevant current and previous directorships.	SEE ATTACHED LIST
•	
	Day Month Year
Particulars.	Date of any change.
JOSEPHINE LILIAN	
CONNELL	
THE OLD VICARAGE CHURCH FARM COTTAGE	
PIPERS HILL GREAT GADDESDEN	
HEMEL HEMPSTEAD	
HERTFORDSHIRE HP1 3BY	
Date of Birth:- 26/01/48	
Nat:- BRITISH	
Occ: DIRECTOR	Day Month Year
If this person has ceased to be director, please	Date of resignation.
state when.	
Show any relevant current and previous directorships.	SEE ATTACHED LIST
•	
	Day Month Year
Particulars.	Date of any change.
DDIAN MIGHAEL	
BRIAN MICHAEL FOX	
140 OSBORNE ROAD	
HORNCHURCH	
ESSEX RM11 1HG	
Date of Birth:- 21/09/44	
Nat:BRITISH	
Occ:CIVIL SERVANT	
If the manner has appeared to be altered to the second	Day Month Year
If this person has ceased to be director, please	Date of resignation.
state when.	
Show any relevant current and previous directorships.	SEE ATTACHED LIST
PAGE 4	

Directors - continued	Paul Markh Vaar
Particulars.	Day Month Year Date of any change.
VERA HARLEY MBE 345 CRESCENT HOUSE GOLDEN LANE LONDON EC1Y OSN	Date of any officings.
Date of Birth:- 24/08/11 Nat:BRITISH Occ:RETIRED f this person has ceased to be director, please state when.	Day Month Year Date of resignation.
Show any relevant current and previous directorships.	SEB ATTACHED LIST
Particulars. ANNE MACINTOSH HARRIS C B E THE OLD VICARAGE BRENCHLEY TONBRIDGE KENT TN12 7NQ	Day Month Year Date of any change.
Date of Birth:- 17/04/25 Nat:BRITISH OCC:RETIRED f this person has ceased to be director, please state when.	Day Month Year Date of resignation.
Show any relevant current and previous directorships.	SEE ATTACHEDLIST
Particulars.	Day Month Year Date of any change.
WILLIAM HASTINGS THE MIDLAND WHITLA STREET BELFAST BT15 1NH NORTHERN IRELAND	
Date of Birth:- 17/10/28 Nat:BRITISH Occ:CHAIRMAN f this person has ceased to be director, please	Day Month Year
Show any relevant current and previous directorships.	SEE ATT ACHED LIST
PAGE 5	,

Directors - continued

Particulars.

ROSEMARY
KELLY

If the information shown needs amendment, give details below and the date of any change.

Day Month Year
Date of any change.

Day

Month

Month

Year

Year

Date of Birth:- 04/06/44
Nat:BRITISH
Occ:BBC EXECUTIVE

If this person has ceased to be director, please state when.

CLONANEESE 78 RICHMOND COURT

COUNTY ANTRIM BT27 4QX

LISBURN

Particulars.

N IRELAND

Show any relevant current and previous directorships.

Date of resignation.

Date of any change.

TREVOR GEORGE
LARMAN
THURLWOOD HOUSE LOUDWATER LANE
CROXLEY GREEN
RICKMANSWORTH
HERTFORDSHIRE WD3 3JD

Date of Birth:- 22/07/45 Nat:BRITISH Occ:COMPANY DIRECTOR

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day Month Year

Date of resignation.

SEE ATTACHED LIST

Particulars.

LADY MACPHERSON OF BIALLEL JEAN HENRIETTA STEWART MACPHERSON
CRAIG DHU HOUSE
NEWTONMORE
INVERNESSSHIRE PH20 1BP

Date of Birth:- 20/08/30 Nat:- BRITISH

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

PAGE 6

Occ: AUTHOR

		· · · · · · · · · · · · · · · · · · ·	•	
•	Month			
013	08	98	Date of any	y change.
LADY	MACI	OHERS	ion OF	B', ALLEC
CRA	ME D	HU	House	

Dav	Month	Veer		***************************************

Date of resignation.

Directors - continued	Day Month Year
Particulars.	Date of any change.
JOHN DOUGLAS	
MATHER ROUND HALE LOVE LANE	
KINGS LANGLEY	
HERTFORDSHIRE WD4 9HW	
Date of Birth: - 27/01/36	
Nat:BRITISH	
Occ:COMPANY DIRECTOR	Day Month Year
f this person has ceased to be director, please	Date of resignation.
state when.	
Show any relevant current and previous directorships.	SEE ATTACHED LYST
Particulars.	Day Month Year
articulars.	Date of any change.
WILLIAM NAPIER	
MENZIES-WILSON 2 THE OLD BURLINGTON CHURCH STREET	
LONDON	
W4 2PD	
Date of Birth:- 04/12/26	
Nat:BRITISH	
Occ:COMPANY DIRECTOR	Day Month Year
f this person has ceased to be director, please	Date of resignation.
state when.	
Show any relevant current and previous directorships.	SEE ATTACHED LIST
Particulars.	Day Month Year
anticulais.	Date of any change.
KEVIN RAYMOND	
WILLIAMS	
WHITEACRE 42 ST MARYS ROAD LISS	
HAMPSHIRE GU33 7AH	
74/05/40	,
Date of Birth:- 14/05/48 Nat:BRITISH	
Occ: MANAGING DIRECTOR	
	Day Month Year
f this person has ceased to be director, please	Date of resignation.
state when.	Date of resignation.
Show any relevant current and previous directorships.	SEE ATTACHED LIST
PAGE 7	

Directors - continued Particulars.	Day Month Year
	Date of any change.
CHRISTOPHER JOHN WALTER WOODBRIDGE	
l PEMBERTON ROW FETTER LANE	
LONDON	
EC4A 3ET	
Date of Birth:- 25/11/39	
Nat:BRITISH	
Occ:SENIOR PARTNER	Day Month Year
If this person has ceased to be director, please state when.	Date of resignation.
Show any relevant current and previous directorships.	SEE ATTAGIED LIST
Particulars.	Day Month Year
	Date of any change.
ANGUS GRAHAM FERGUSON YOUNG	
8 STONEHILL ROAD	
EAST SHEEN LONDON	
SW14 8RN	
Date of Birth:- 22/07/33	
Nat:BRITISH	
Occ:SOLICITOR	Day Month Year
If this person has ceased to be director, please state when.	Date of resignation.
Show any relevant current and previous directorships.	SEE ATTACHED LIST
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	Day Month Year
Particulars.	Date of any change.
NO MORE DIRECTORS - ADDITIONAL SECRETARIES OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.	
OR DIRECTORS MUST BE MOTIFIED ON FORM 2004.	
If this person has ceased to be director, please	Day Month Year
state when.	Date of resignation.
Show any relevant current and previous directorships.	
PAGE 8	

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							Date of resignation.
	Show any relevant current and previous directorships.						
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If an elective resolution is in force at the date of this return to dispense with annual general meetings, mark this box. If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, mark this box.	
If an elective resolution is in force at the date of this return to dispense with laying accounts in general	
	<u>-</u>
	=
Certificate	
I certify that the information given in this return is true to the best of my knowledge and belief. Signed	
l enclose the fee of £ 15. Secretary/Directory *(delete as approp	
Cheques should be made payable to Companies House. Date 4/8/79 This return includes 2/ continuation s	heets
(enter number)	
MRR. J. ABBEY ACIS, H THE AGED ST. JAMES'S WALK, To whom should Companies House direct any enquiries	
To whom should Companies House direct any enquiries about the information shown in this return? Level Development Postcode Post	••••••••••••••••••••••••••••••••••••••
Telephone 0/7/- 250 - 4424	

Miss Priscilla Campbell Allen Date of Appointment 90 Gloucester Mews West as HtA Trustee 6.12.84 London W2 6DY

Date of Birth 12/07/29

Nationality: British

Occupation: Financial Consultant (Retired)

Current Directorships Beacon Millenium

Previous Directorships

St Felix School, Southwold - Governor

4.8.98 HTADIRS.DOC Philip John Christopher Ashfield South End House, Long Reach Ockham, Surrey GU23 6PF Date of Appointment HtA 1.1.84

Date of Birth: 02/01/40 Nationality: British

Occupation: Stockbroker and a Member of The Securities

Institute

Current Directorships

Ambit Finance Company Limited, Camomile Wood Nominees Limited, Consistent Unit Trust Management Company Limited, Equity Pensions Limited, Frobridge Company, Gordon Trust Limited, Help the Aged, Teather & Greenwood Holdings plc (Formerly NRP plc), Teather & Greenwood Limited , Teather & Greenwood Corporate Finance Limited, Teather & Greenwood Nominees Limited, (formerly D & A Nominees (1819) Limited, Teawood The Java Investment Loan & Agency Nominees Limited, Limited, London & St. Lawrence Investment Company plc, Practical Investment Company Limited(formerly Wiltshire Securities Limited), Prospect Investment Trust Limited, R.E. Pilkington Limited, Yeoman Investment Trust Select Gartmore Japanese Investment Trust plc, Hereward Farms Limited.

Ex-Directorships

Help the Aged Housing Association Ltd (resigned 1/1/1993)

Gartmore Shared Equity Trust Plc (resigned 21/10/93) Lacitcarp Limited (resigned 1/1/1994)

Gartmore Value Investments Plc (resigned 14/12 1995) Company dissolved.

Gartmore Trust Management Limited (resigned 1 March 1996)

Gartmore Practical Fund Management Limited (resigned 1 March 1996)

Teather PEP Nominees Limited(ResignedJuly1996)(Company dissolved)

SocPen Trustees Limited (Resigned October 1996)

Mr Henry John Bowrey "Fernwood" 37 Bishops Road Tewin Wood Welwyn Herts AL6 ONP

Date of Appointment HtA Trustee - 21.7.94

Date of Birth: 12.3.38

Nationality:

British

Occupation:

Retired Director

Current Directorships:

Martin Bowrey Enterprises

Previous Directorships:

Boots the Chemist Childrens World La Dolce Valentina

Peter Bowring CBE 79 New Concordia Wharf Mill Street London SE1 2BB Date of Appointment HtA Trustee - 1976

Date of Birth: 22/04/23

Nationality: British

Occupation: Retired

Current Directorships

City Arts Trust - 1984-Sept 1994
Independent Primary and Secondary Education Trust - 1986
Upper Severn Navigation Trust - 1989
Third Age Challenge Trust - 1998
Rhein-Chemie Holding GmbH (Germany) 1968
Governor Shrewsbury School 1969 -1997
Trustee - Wakefield (Tower Hill, Trinity Square) Trust
1986

Previous Directorships

Third Age Challenge Trust-1991-97
Aldeburgh Foundation - 1982-89
Ironbridge Gorge Mus. Develt Trust - 1989-93
Inter-Action Social Enterprise Trust - 1989-91
Governor St Dunstan's Educational Foundation - 1973-1995

- Beacon Millennium Trust 1995-1997 - Diane Fosse Gorilla Fund 1994-1997

Dr Beverly Castleton 2 Lyne Place Manor, Bridge Lane Virginia Water GU25 4ED Date of Appointment as HTA Trustee : 15/6/98

Date of Birth: 19/7/48

Nationality: British

Occupation: Doctor of Medicine

Current & Previous Directorships:
Parkinson's Disease Society - Trustee & Board Director
Medical Director, Bournemouth Community & Mental Health NHS Trust
- Board Director

HTADIRS.DOC 5.7.99

Mrs Josephine Lilian Connell Date of Appointment as The Old Vicarage Pipers Hill Gt Gaddesden Hertfordshire HP1 3BY

HtA Trustee 1.11.90.

Date of Birth: 26/01/48

Nationality: British

Occupation: Director

Current & Previous Directorships

F. I Group plc Hertfordshire Training and Enterprise Council First Banking Systems Ltd

1.9.98 HTADIRS.DOC

Date of appointment as HTA Trustee 4.2.99

Mr Brian Fox CB 140,Osborne Road, Hornchurch,Essex, RM11 1HG

Nationality: British

Date of Birth:21.9.44

Other Directorships Whitehall and Industry Group

Occupation:Civil Servant

Miss Vera Harley MBE Date of Appointment as 345 Crescent House HtA Trustee - .1.84. Golden Lane London EC1Y OSN

Date of Birth: 24/08/11

Nationality: British

Occupation: Retired

Current & Previous -Directorships

A Vice President of World Congress of Faiths

National General Secretary YWCA Kenya (1958-65) Director International Department British YWCA(1970-1973) General Secretary Toc H Association(1966-1970) Executive Committee Member of World Congress of Faiths (resigned)

Anne Macintosh Harris, CBE Date of Appointment as The Old Vicarage Brenchley Tonbridge Kent TN12 7NQ

HtA Trustee - 5.12.85.

Date of Birth: 17/04/25

Nationality: British

Occupation: Retired

Current and Previous Directorships

None

Dr William George Hastings OBE Date of Appointment The Midland Hotel HtA Trustee - 23.7.87. Whitla Street
Belfast BT15 1NH
Northern Ireland

Date of Birth: 17/10/28

Nationality: British

Occupation: Chairman

<u>Current</u> and Previous Directorships

Current

Hastings Hotel Group Limited Merrion Hotel, Dublin Landmark limited

Previous Directorships

1978-1990 Northern Ireland Railways
1956-1988 Bass Ireland
1986-1992 Northern Ireland Tourist Board
1984-1997 Bank of Reland Limited(NI)
1984-1996 Chairman/Northern Ireland Venture Capital
1986-1998 QUBIS(Queen's University Business and Industrial Services)

Date of appointment as HTA Trustee: 22/4/99.

Mrs Rosemary Kelly, "Clonaneese"78 Richmond Court, Lisburn, Co Antrim Northern Ireland, BT27 4QX

Date of Birth:04/06/1944 Nationality:British Occupation:BBC Executive

Current directorships

Chairman of the Board of Trustees of the Ormeau Baths Gallery Director of the Ulster Orchestra

Previous directorships

None

Trevor George Larman Thurlwood House Loudwater Lane Rickmansworth Herts WD3 3JD

Date of Birth: 22/07/45

Nationality: British

Occupation: Company Director

Current & Previous Directorships

See attached.

8/07/99

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Date of Appointment as HtA Trustee - 09/05/96

Current and Past Appointments up to Five Years Old for T G Larman

Number	Company Name	Appointed	Appointed Resigned	Job Title
Past Appo	Past Appointments in NFC Plc			
1600736	NFC plc	03/10/88	29/09/95	Finance Director
Past Appo	Past Appointments in Companies Wholly-owned (100%) by NFC Plc	NFC Plc		
942605	Lynx Express Delivery Network Limited	29/07/85	29/09/95	Director
528866	NFC International Holdings Ltd	25/09/89	29/09/95	Director
877779	NFC Trustees Limited	26/01/95	29/09/95	Director
NFUSA	NFC Finance USA Inc.	17/07/91	18/12/95	Director
1505040	NFC Holdings Limited	20/06/88	29/09/95	Director
10198554	NFC International Holdings(USA)Inc.	17/09/91	29/09/95	Director
73028200	NFC International Holdings (USA) Investment co	co.09/10/90	29/09/95	Director
2108339	NFC Leasing (1987) Limited	01/12/88	03/10/94	Director
n/a	Transguard Insurance Limited	23/10/84	30/09/95	Director
Past Appo	Past Appointments in Associate Companies (up to 50% owned by NFC Plc)	ned by NFC	Plc)	
2115011	NFC Finance 1991 (S) Limited	31/03/93	29/09/95	"A" Director

Current and Past Appointments up to Five Years Old for T G Larman (cont.)

Appointed Resigned Job Title		28/03/94 Current Non Exec Director	7 Current Director	3 30/11/93 Director	Director
Appointe		28/03/87	12/06/97	31/10/88	26/1/98
Company Name	Other Current Statutory Appointments	Headlam Group Plc	NFC Trustees Limited	Transguard Reinsurance Limited	Headlam Group Pension Trustees Ltd
Number	Other Cu				3666554

Lady Macpherson of Bialliel Craig Dhu House By Newtownmore

Date of Appointment as HtA Trustee 5.11.92

Invernesshire PH20 1BP

Date of Birth: 20/08/30

Nationality: British

Occupation: Author

Current

Royal Scottish Corporation 1990 - Trustee Hyde Park Nursery School Charitable Fund 1994 -

Previous

Governor Hampden Gurney Church of England Primary School 1989 - 1998 Hyde Park School Ltd - 1972-1993 Balavil Services Ltd - resigned 1993 Jaycast Services Ltd - resigned 1993 Royal Caledonian Schools - resigned 1995

John Douglas Mather

Round Hale

HtA Trustee - 11.11.93. Date of Appointment as

Love Lane

Kings Langley Herts WD4 9HW

Date of Birth: 27.01.36

Nationality: British

Occupation: Director

Current and Past Appointments up to Five Years Old for J D Mather

Number Resigned Appointments in NFC Plc 1600736 NFC plc Company Name 30/11/81

Appointments in Companies Wholly-owned (100%) by NFC Plc

1505040 942605 528865 10198554 NFC International Holdings (U.S.A.) Inc National Freight Company Limited National Carriers Limited N.F.C International Holdings Limited

29/07/85 20/06/88

28.2.93 28.2.93 28.2.93 28.2.93

21/05/84

Appointed

28.2.93

Past Appointments in Companies Wholly-owned (100%) by NFC Plc E102630 Pickfords Travel Services Limited

05/11/84 06/08/87

23/09/92 16/03/92

37446 Roadline UK Limited

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Other Current Statutory Appointments

Camden Business Partnership
The Miller Group Ltd
C.I.T Holdings Ltd
Cranfield Ventures Ltd
Helpage International

Previous

Bedfordshire Training and Enterprise Council London Regeneration Consortium plc CMG Plc

Charles Sidney plc

St Mary's NHS Trust

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> Sept. 1992 Current 1/6/93 " 1996 "

Nov1990 3 Sept. 1993 1/3/93-31/3/95 7/7/93 Resigned May '98 27/8/93 Resigned Jan '98 8/5/95 Resigned Nov 97

William Napier Menzies-Wilson CBE Date of Appointment 2 The Old Burlington Church Street London W4 2PD

as HtA Trustee 27.9.84.

Date of Birth: 04/12/26

Nationality: British

Occupation: Company Director

Current Directorships

Age Care & Leisure Services Ltd Help the Aged

Past Directorships

NFC Plc (resigned 1994) ReAction Trust (resigned 1995) Helpage International (resigned 1995) Edinburgh Tankers plc(retired 1996) Forth tankers plc(retired 1996) Celtic Tankers plc(retired 1996)

1.8.97 HTADIRS.DOC

KEVIN RAYMOND WILLIAMS WHITEACRE, 42 ST.MARY'S ROAD, LISS, HAMPSHIRE GU33 7AH.

NATIONALITY: BRITISH

DATE OF BIRTH: 14.5.1948

OTHER DIRECTORSHIPS

PARCELFORCE WORLDWIDE POST OFFICE

HTADIRS.DOC 9.12.97

DATE OF APPOINTMENT AS HTA TRUSTEE-1.12.97

Christopher John Walter Woodbridge F.R.I.C.S. Farebrother Chartered Surveyors 1 Pemberton Row Fetter Lane London EC4A 3ET

Date of Appointment as HtA Trustee 27.7.87.

Date of Birth: 25/11/39

Nationality: British

Occupation: Senior Partner

Current Directorships

Help the Aged Housing Association Limited Senior Partner Farebrother(Chartered Surveyors)

Previous Directorship

Ocean Treasure Plc

Angus Graham Ferguson Young Date of Appointment as 8 Stonehill Road London SW14 8RW

HtA Trustee - 09.05.96

Date of Birth: 22/07/33

Nationality: British

Occupation: Solicitor

Current & Previous Directorships

CMG Plc - resigned 31/12/98 Royal London Aid Society CMG Pension Trustees Limited Radcliffes Nominees Limited - resigned 15/09/95 Dracliffe Company Services Limited - resigned 20/11/93 Helpage International

2/7/99

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