



**Companies House**

— for the record —

Company Name

VITALITY GROUP LIMITED

## 363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capitals.

Company Type

Private Company Limited By Shares

Company Number

1785819

Information extracted from  
Companies House records on  
7th January 2005

### Section 1: Company details



A22  
COMPANIES HOUSE

0731  
01/02/05

Ref: 1785819/03/10

	Current details	Amended details																
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Garman Road Tottenham London N17 0QN	Address _____ _____ _____ UK Postcode    _ _ _ _ _																
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Address where the Register is held</b>  At Registered Office	Address _____ _____ _____ UK Postcode    _ _ _ _ _																
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address _____ _____ _____ UK Postcode    _ _ _ _ _																
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>5146</td> <td>Wholesale of pharmaceutical goods</td> </tr> </tbody> </table>	SIC Code	Description	5146	Wholesale of pharmaceutical goods	<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>	SIC CODE	Description	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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> Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.																		

## Section 2: Details of Officers of the Company

	Current details	Amended details
<b>&gt; Company Secretary</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>    <i>Particulars of a new Company Secretary must be notified on form 288a.</i>	<b>Name</b> Dennis Charles HARRISON  <b>Address</b> Ashwood Church Road Hartley Kent DA3 8DJ	<b>Name</b>  <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. <b>Address</b>    UK Postcode    _ _ _ _ _ Date of change    _ _ / _ _ / _ _ _ _ Date Dennis Charles HARRISON ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>    <i>Particulars of a new Director must be notified on form 288a.</i>	<b>Name</b> Alastair John Wilson CAMPBELL  <b>Address</b> 25 Lansdowne Road London W11 3AG  <b>Date of birth</b> 18/02/1947  <b>Nationality</b> British  <b>Occupation</b> Merchant Banker	<b>Name</b>  <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. <b>Address</b>    UK Postcode    _ _ _ _ _ Date of birth    _ _ / _ _ / _ _ _ _ Nationality    _____ Occupation    _____ Date of change    _ _ / _ _ / _ _ _ _ Date Alastair John Wilson CAMPBELL ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

	Current details	Amended details
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>     <i>Particulars of a new Director must be notified on form 288a.</i>	<b>Name</b> Andrew Robert DEACON  <b>Address</b> Earl Stonham House Earl Stonham Stowmarket Suffolk IP14 5ED  <b>Date of birth</b> 02/09/1948  <b>Nationality</b> British  <b>Occupation</b> Industrialist	<b>Name</b>   <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.  <b>Address</b>     <b>UK Postcode</b> _ _ _ _ _ <b>Date of birth</b> _ _ / _ _ / _ _ _ _ <b>Nationality</b> _____ <b>Occupation</b> _____ <b>Date of change</b> _ _ / _ _ / _ _ _ _ <b>Date</b> Andrew Robert DEACON ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>     <i>Particulars of a new Director must be notified on form 288a.</i>	<b>Name</b> Nicholas Andrew EDDEN  <b>Address</b> 2 Swift Close Stanstead Abbots Hertfordshire SG12 8TZ  <b>Date of birth</b> 23/05/1969  <b>Nationality</b> British  <b>Occupation</b> Buyer	<b>Name</b>   <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.  <b>Address</b>     <b>UK Postcode</b> _ _ _ _ _ <b>Date of birth</b> _ _ / _ _ / _ _ _ _ <b>Nationality</b> _____ <b>Occupation</b> _____ <b>Date of change</b> _ _ / _ _ / _ _ _ _ <b>Date</b> Nicholas Andrew EDDEN ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

## &gt; Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

## Current details

**Name**  
Gary ROSEN

**Address**  
180 Cleveland Way  
Great Ashby  
Stevenage  
Hertfordshire  
SG1 6BY

**Date of birth** 19/08/1960

**Nationality** British

**Occupation** Salesman

## Amended details

**Name**

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

**Address**

**UK Postcode** \_ \_ \_ \_ \_

**Date of birth** \_ \_ / \_ \_ / \_ \_ \_ \_

**Nationality** \_ \_ \_ \_ \_

**Occupation** \_ \_ \_ \_ \_

**Date of change** \_ \_ / \_ \_ / \_ \_ \_ \_

**Date** Gary ROSEN ceased to be director (if applicable)

\_ \_ / \_ \_ / \_ \_ \_ \_

**Section 3: Share Capital**

	Current details	Amended details
<b>&gt; Issued Share Capital</b> <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	<b>Class of share</b> Ordinary <b>Nominal value of each share</b> £1.00 <b>Number of shares issued</b> 1,118,294 <b>Aggregate Nominal Value of issued shares</b> £1,118,294.00	Class of share _____ Nominal value of each share _____ Number of shares issued _____ Aggregate Nominal Value of issued shares _____
<b>&gt; Total shares issued and value</b> <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Total number of shares issued</b> 1,118,294 <b>Total Nominal value of shares issued</b> £1,118,294.00	Total number of shares issued _____ Total Nominal value of shares issued _____
<b>&gt; At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a> or by ringing 0870 3333636.</b>		

**Section 4: Details of Shareholders**

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

Current details		Amended details		Shares transferred		
>	<b>Shareholder Name</b> Andrew Robert DEACON  <b>Address</b> Earl Stonham House Earl Stonham Stowmarket Suffolk IP14 5ED  <b>Shares held</b> Class Ordinary	Number 590001	<b>Name</b> _____  <b>Address</b> _____ _____ _____  <b>UK Postcode</b> _ _ _ _ _  <b>Shares held</b> Class _____ _____ _____	Number _____ _____ _____	<b>Shares transferred by</b> Andrew Robert DEACON  Class    Number    Date of transfer _____    _____    __/__/____ _____    _____    __/__/____	
>	<b>Shareholder Name</b> G ROSEN  <b>Address</b> 180 Cleveland Way Great Asmby Stevenage Hertfordshire SG1 6BY  <b>Shares held</b> Class Ordinary	Number 201293	<b>Name</b> _____  <b>Address</b> _____ _____ _____  <b>UK Postcode</b> _ _ _ _ _  <b>Shares held</b> Class _____ _____ _____	Number _____ _____ _____	<b>Shares transferred by</b> G ROSEN  Class    Number    Date of transfer _____    _____    __/__/____ _____    _____    __/__/____	
>	<b>Shareholder Name</b> S.R.A. WILSON  <b>Address</b> 24-26 Museum Street Ipswich Suffolk IP1 1HZ  <b>Shares held</b> Class Ordinary	Number 327000	<b>Name</b> _____  <b>Address</b> _____ _____ _____  <b>UK Postcode</b> _ _ _ _ _  <b>Shares held</b> Class _____ _____ _____	Number _____ _____ _____	<b>Shares transferred by</b> S.R.A. WILSON  Class    Number    Date of transfer _____    _____    __/__/____ _____    _____    __/__/____	

**Section 5: Details of Other Shareholders**

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			



Companies House

— for the record —

## 363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

## 1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £15.

Signature

(Director / Secretary)

Date

13 / 01 / 2005

*This date must not be earlier than the return date at 2 below*

**What to do now**

*Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.*

## 2. Date of this return

- ☐ This AR is made up to 27/1/2005
- If you are making this return up to an earlier date, please give the date here

\_\_ / \_\_ / \_\_\_\_

*Note: The form must be delivered to CH within 28 days of this date*

## 3. Date of next return

- ☐ If you wish to change your next return to a date earlier than 27th January 2006 please give the new date here:

\_\_ / \_\_ / \_\_\_\_

## 4. Where to send this form

- ☐ Please return this form to:

Registrar of Companies  
Companies House  
Crown Way  
Cardiff CF14 3UZ

OR

For members of the Hays Document  
Exchange service  
DX 33050 Cardiff

*Have you enclosed the filing fee with the company number written on the reverse of the cheque?*

## Contact Address

You do not have to give any contact information below, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Contact Name

D. C. HARRISON

Telephone number inc code

0208 8858214

Address

VITALITY GROUP LTD  
GARHAN ROAD  
LONDON

DX number if applicable

\_\_\_\_

DX exchange

Postcode

N17 0RJ