



363a

Please complete in typescript,
or in bold black capitals.

CHFP029

Annual Return

456493/555

Company Number 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED

Date of this return

The information in this return is made up to

Day Month Year

01 / 03 / 2003

Date of next return

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.

Day Month Year

01 / 03 / 2004

Registered Office

Show here the address at the date of
this return.

Any change of
registered office
must be notified
on form 287.

Post town

County / Region

UK Postcode

SAPPHIRE COURT

WALSGRAVE TRIANGLE

COVENTRY

CV2 2TX

Principal business activities

Show trade classification code number(s)
for the principal activity or activities.

7499

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



A37
COMPANIES HOUSE

0559
22/03/03

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

Register of members

If the register of members is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Register of Debenture holders

If there is a register of debenture holders, or a duplicate of any such register or part of it, which is not kept at the registered office, state here where it is kept.

Post town

County / Region

UK Postcode

Company type

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

☐☒☐☐☐☐☐

Please tick the appropriate box

Company Secretary

(Please photocopy this area to provide details of joint secretaries).

* Voluntary details.

If a partnership give the names and addresses of the partners or the name of the partnership and office address.

Usual residential address must be given. In the case of a corporation, or a Scottish firm, give the registered or principal office address.

Name

* Style / Title

MISS

Forename(s)

JANET RUTH

Surname(s)

HEATON

Address

7 HUNTERS ROW

PORTLAND STREET

Post town

COSBY

County / Region

LEICESTERSHIRE

UK Postcode

COUNTRY

ENGLAND

L E 9 1 T Q

Directors

Please list directors in alphabetical order.

Details of new directors must be notified on form 288a

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Name	* Style / Title	MR												
		Day	Month	Year										
Date of birth		1	7	1	1	1	9	5	2					
Forename(s)		JOHN												
Surname		HOOD												
Address		BRIARWOOD, 15 TWATLING ROAD												
		BARNT GREEN												
Post town		BIRMINGHAM												
County / Region		WEST MIDLANDS				UK Postcode	B	4	5		8	H	X	
Country		ENGLAND				Nationality	BRITISH							
Business occupation		FINANCE DIRECTOR												

* Voluntary details.

Directors In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name.

Name	* Style / Title	MR												
		Day	Month	Year										
Date of birth		2	0	1	0	1	9	5	0					
Forename(s)		PETER												
Surname		SMERDON												
Address		40 STONETON CRESCENT, BALSALL COMMON												
Post town		COVENTRY												
County / Region		WARWICKSHIRE				UK Postcode	C	V	7		7	Q	G	
Country		ENGLAND				Nationality	BRITISH							
Business occupation		COMPANY SECRETARY												

Usual residential address must be given. In the case of a corporation or a Scottish firm, give the registered or principal office address.

Issued share capital

Enter details of all the shares in issue at the date of this return.

Class
(e.g. Ordinary/Preference)

**Number of
shares issued**

**Aggregate
Nominal Value**
(i.e. Number of shares issued
multiplied by nominal value per
share, or total amount of stock)

ORDINARY £1	2	£ 2.00
Totals	2	£ 2.00

List of past and present shareholders

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

There were no changes in the period

☐

on paper in another format

A list of changes is enclosed

☐
☐

A full list of shareholders is enclosed

☒
☐
Certificate

I certify that the information given in this return is true to the best of my knowledge and belief.

Signed

J. H. A. B.

Date

17 MAR 2003

† Please delete as appropriate.

† a director/secretary

When you have signed the return send it with the fee to the Registrar of Companies. Cheques should be made payable to Companies House.

This return includes

(enter number)

continuation sheets.

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

MISS A WYLLIE, GEHE UK PLC, SAPPHIRE COURT, WALSGRAVE TRIANGLE, COVENTRY,

WARWICKSHIRE, CV2 2TX

Tel 024 7643 2513

DX number

DX exchange



List of past and present shareholders Schedule to form 363a

CHFP029

Company Number 2139599

Company Name in full BENEFIT HEALTH FOODS LIMITED

- Changes to shareholders particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a "full list" of all the company shareholders on:
 - The company's first annual return following incorporation;
 - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order or provide an index
- List joint shareholders consecutively

Shareholders' details	Class and number of shares or amount of stock held	Shares or amount of stock transferred (if appropriate)	
		Class and number of shares or amount of stock transferred	Date of registration of transfer
Name <u>LLOYDS CHEMISTS LIMITED</u> Address <u>SAPPHIRE COURT, WALSGRAVE TRIANGLE, COVENTRY,</u> <u>ENGLAND</u> UK Postcode <u>C V 2 L 2 T X</u>	ORDINARY £1 2		
Name Address UK Postcode <u>LLLL LLL</u>			
Name Address UK Postcode <u>LLLL LLL</u>			