



C O M P A N I E S   H O U S E

THE REGISTRAR OF COMPANIES  
COMPANIES HOUSE  
CROWN WAY  
CARDIFF  
CF4 3UZ



A18 \*AFZCIZL2\* 231  
COMPANIES HOUSE 02/10/97

BB 104316  
15.00

363s

## Annual Return

of company number 02172956

X

**company name**

THE HELPING HAND COMPANY (LEDBURY)  
LIMITED

**company type**

PRIVATE COMPANY LIMITED BY SHARES

**This form should be completed in black.**

The information printed below is taken from Companies House records as at 26/09/97  
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
11	10	97

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

**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.

Day	Month	Year

**Registered Office** (See note 3)

This is the address registered by Companies House.

6 BRUNSWICK SQUARE  
GLOUCESTER  
GL1 1UG

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.....  
.....  
.....

**Principal business activities** (See note 4)

Trade classification is  
3310 MFR MEDICAL, ORTHOPAEDIC ETC EQUIP

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

02172956

## Register of members *(See note 5)*

The register is kept at  
REGISTERED OFFICE

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

Day	Month	Year

## Register of debenture holders *(See note 6)*

Any register of debenture holders (or duplicate) is kept at

Day	Month	Year

## Company Secretary *(See note 7)*

Particulars of a new secretary **must** be notified on form 288.

HELEN JOY  
JAMES  
THE OLD VICARAGE  
WELLINGTON HEATH  
LEDBURY  
HEREFORDSHIRE HR8 1NA

Day	Month	Year

 Date of any change.

Day	Month	Year

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

Day	Month	Year

 Date of resignation.

## Directors *(See note 7)*

Particulars of a new director **must** be notified on form 288.

GAVIN HUGH  
JAMES  
THE OLD VICARAGE  
WELLINGTON HEATH  
LEDBURY  
HEREFORDSHIRE HR8 1NA

Day	Month	Year

 Date of any change.

Day	Month	Year

Date of Birth:- 31/05/50  
Nat:BRITISH  
Occ:MANAGING DIRECTOR

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

Day	Month	Year

 Date of resignation.

Show any relevant current and previous directorships.

Symetrik Engineering Ltd

02172956

## Directors - continued

Particulars.

HELEN JOY  
JAMES  
THE OLD VICARAGE  
WELLINGTON HEATH  
LEDBURY  
HEREFORDSHIRE HR8 1NA

Date of Birth:- 20/02/56

Nat:BRITISH

Occ:HOUSEWIFE

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

Show any relevant current and previous directorships.

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

Day	Month	Year

 Date of any change.

.....  
.....  
.....  
.....  
.....

Day	Month	Year

 Date of resignation.

Symetrik Engineering Ltd

Particulars.

ANDREW JOHN  
WILSON  
THE ORCHARDS RIDGE HILL  
MUCH MARCLE  
LEDBURY  
HEREFORDSHIRE HR8 2PG

Date of Birth:- 11/04/58

Nat:BRITISH

Occ:MARKET MANAGER

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

Show any relevant current and previous directorships.

Day	Month	Year

 Date of any change.

.....  
.....  
.....  
.....  
.....

Day	Month	Year

 Date of resignation.

Symetrik Engineering Ltd

Particulars.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

THE AND COMPANY

CHARTERED ACCOUNTANTS

21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100

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

Show any relevant current and previous directorships.

Day	Month	Year

 Date of any change.

.....  
.....  
.....  
.....  
.....

Day	Month	Year

 Date of resignation.

.....  
.....  
.....

**Issued Share Capital** (See note 8)

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

Class  
(eg Ordinary/  
Preference etc)

Number of  
shares issued

Aggregate  
nominal value  
(ie Number of shares  
issued multiplied by  
nominal value per share)

Ordinary	10000	10000
Totals	10,000	£ 10,000

**List of past and present members**

(See note 9)

(Use attached schedule where appropriate)

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

Please mark the  
appropriate box.

There were no changes in the period



on paper not on  
paper paper

The last full members list was at 11/10/96

A list of changes is enclosed



A full list of members is enclosed

**Elective resolutions** (See note 10)

(Private companies only)

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.

**Certificate**

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

I enclose the fee of **£15.**

Cheques should be made payable to **Companies House.**

Signed

James

Secretary/Director\*

\*(delete as appropriate)

Date

30.9.97

This return includes

(enter number)

continuation sheets.

**Please ensure that you have completed all sections on this page.**

To whom should Companies House direct any enquiries about the information shown in this return?----->

**TEE AND COMPANY****CHARTERED ACCOUNTANTS**

6 Brunswick Square, Gloucester GL1 1UG

Telephone: 01452 500050 Fax: 01452 306519

Postcode

Telephone

Ext