



Companies House

— for the record —

Company Name

PERSONNEL HEALTH & SAFETY
CONSULTANTS (MIDLANDS)
LIMITED

Company Type

Private Company Limited By
Shares

Company Number

3043403

Information extracted from
Companies House records on
23rd March 2000

HSB C 415
103345

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.




A45
COMPANIES HOUSE

0532
28/04/00

Section 1: Company details

Ref: 3043403/03/10

| | 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> | 13 Middle Row Maidstone Kent ME14 1TG | 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> | Address where the Register is held 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>7484</td> <td>Other business activities</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> <tr><td> </td><td> </td></tr> </tbody> </table> | SIC Code | Description | 7484 | Other business activities | | | | | | | | | | | <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> <tr><td> </td><td> </td></tr> </tbody> </table> | SIC CODE | Description | | | | | | | | | | | | |
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| 7484 | Other business activities | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| SIC CODE | Description | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| > <i>If no entries are shown, please enter principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.</i> | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

| | Current details | Amended details |
|--|---|--|
| > Company Secretary <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 288.</i> | Name Stephen KING Address 60 Grace Avenue Maidstone Kent ME16 0BU | Name Address UK Postcode _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Stephen KING ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _ |
| > Director <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 288.</i> | Name Nicola Catherine COOTE Address 35 Wayside Avenue Hornchurch Essex RM12 4LL Date of birth 14/03/1961 Nationality British Occupation Consultant | Name Address UK Postcode _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Nicola Catherine COOTE ceased to be director (if applicable) _ _ / _ _ / _ _ _ _ |
| > Director <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 288.</i> | Name Stephen KING Address 60 Grace Avenue Maidstone Kent ME16 0BU Date of birth 04/08/1955 Nationality British Occupation Consultant | Name Address UK Postcode _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Stephen KING ceased to be director (if applicable) _ _ / _ _ / _ _ _ _ |

Section 3: Share Capital

| | Current details | Amended details |
|---|---|--|
| > Issued Share Capital <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> | Class of share Ordinary A Nominal value of each share £1.00 Number of shares issued 7 Aggregate Nominal Value of issued shares £7.00 | Class of share _____ Nominal value of each share _____ Number of shares issued _____ Aggregate Nominal Value of issued shares _____ |
| | Class of share Ordinary B Nominal value of each share £1.00 Number of shares issued 2 Aggregate Nominal Value of issued shares £2.00 | Class of share _____ Nominal value of each share _____ Number of shares issued _____ Aggregate Nominal Value of issued shares _____ |
| > Total shares issued and value <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | Total number of shares issued 9 Total Nominal value of shares issued £9.00 | Total number of shares issued _____ Total Nominal value of shares issued _____ |
| > 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 www.companieshouse.gov.uk or by ringing 029 2038 0801. | | |

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 | | |
|--|--------------------|---|----------------------|---|----------------------|----------------------|
| > Shareholder Name Miss Nicola Catherine COOTE Address 35 Wayside Avenue Hornchurch Essex RM12 4LL Shares held Class Ordinary B | Number 1 | Name Address UK Postcode _ _ _ _ _ Shares held Class Number | | Shares transferred by Miss Nicola Catherine COOTE Class Number Date of transfer | | |
| > Shareholder Name Mr Stephen KING Address 60 Grace Avenue Maidstone Kent ME16 0BU Shares held Class Ordinary B | Number 1 | Name Address UK Postcode _ _ _ _ _ Shares held Class Number | | Shares transferred by Mr Stephen KING Class Number Date of transfer | | |
| > Shareholder Name PERSONAL HEALTH & SAFETY CON Address 32 Verdant Lane Catford London SE6 Shares held Class Ordinary A | Number 7 | Name (spelling) PERSONNEL HEALTH & SAFETY CONSULTANTS LTD Address UK Postcode _ _ _ _ _ Shares held Class Number | | Shares transferred by PERSONAL HEALTH & SAFETY CONSULTAN 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 tick 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

Stephen King

(Director / Secretary)

Date

07/04/2000

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

What to do now

Please detach and retain the covering letter, 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
7/4/2000

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 7th April 2001 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

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

Cheque ☒ Postal Order ☐ Cheque / Postal Order
Number 103345

(Please complete as appropriate)

Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

Telephone number *inc code*

Address

DX number *if applicable*

DX exchange

Postcode

CHARTERED ACCOUNTANTS
10 NEWTON ROAD, NEWSTONE
P.O. BOX 110
TEL: 01222 201201
FAX: 01222 201208