



**Companies House**  
— for the record —

**AR01 (ef)**

**Annual Return**



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*Company Name:* **HANDS-ON HEALTH LIMITED**

*Company Number:* **03063468**

*Date of this return:* **01/06/2010**

*SIC codes:* **7499**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **10 QUARRY ROAD  
WANDSWORTH  
LONDON  
SW18 2QJ**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **DEIRDRE ELIZABETH**

*Surname:* **DOLAN**

*Former names:*

*Service Address:* **10 QUARRY ROAD  
WANDSWORTH  
LONDON  
SW18 2QJ**

*Company Director*    ***1***

*Type:*                                **Person**

*Full forename(s):*                **DEIRDRE ELIZABETH**

*Surname:*                         **DOLAN**

*Former names:*

*Service Address:*                **10 QUARRY ROAD  
WANDSWORTH  
LONDON  
SW18 2QJ**

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **28/03/1944**                                *Nationality:*    **BRITISH**

*Occupation:*    **NURSE & TEACHER**

*Company Director*    **2**

*Type:*                                **Person**

*Full forename(s):*                **MR SIMON DESMOND**

*Surname:*                                **DOLAN**

*Former names:*

*Service Address:*                **10 QUARRY ROAD  
WANDSWORTH  
LONDON  
SW18 2QJ**

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **28/05/1940**

*Nationality:*    **BRITISH**

*Occupation:*    **SECRETARY**

## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1</b>
		<i>Aggregate nominal value</i>	<b>1</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

**EACH SHARE IS ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES-THESE WORDING WILL REFLECT THE GENERAL LEGAL POSITION OF ONE MEMBER ONE VOTE UNDER SECTION 284 COMPANIES ACT 2006**

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## Statement of Capital (Totals)

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<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>1</b>
		<i>Total aggregate nominal value</i>	<b>1</b>

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## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 01/06/2010 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

*Shareholding 1* : **1 ORDINARY shares held as at 2010-06-01**  
*Name:* **DEIRDRE DOLAN**

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## *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.