



C O M P A N I E S H O U S E

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£15

000300

363s

Annual Return

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



A35 *AS3LEY9B* 695
COMPANIES HOUSE 15/08/97

of company number 03063468

G

company name
HANDS-ON HEALTH 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 19/05/97

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
01	06	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.

10 QUARRY ROAD
WANDSWORTH
LONDON
SW18 2QJ

Principal business activities *(See note 4)*

Trade classification is
7499 NON-TRADING COMPANY

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

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

Register of members (See note 5)

The register is kept at
REGISTERED OFFICE

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Register of debenture holders (See note 6)

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

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Company Secretary (See note 7)

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

Day	Month	Year

Date of any change.

DEIRDRE ELIZABETH
DOLAN
10 QUARRY ROAD
WANDSWORTH
LONDON
SW18 2QJ

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.....

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.

Day	Month	Year

Date of any change.

DEIRDRE ELIZABETH
DOLAN
10 QUARRY ROAD
WANDSWORTH
LONDON
SW18 2QJ

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Date of Birth:- 28/03/44
Nat:BRITISH
Occ:NURSE & TEACHER

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

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

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.....
.....

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

Directors - continued

Particulars.

SIMON DESMOND
DOLAN
10 QUARRY ROAD
WANDSWORTH
LONDON
SW18 2QJ

Day	Month	Year

Date of any change.

Date of Birth:- 28/05/40

Nat:BRITISH

Occ:SECRETARY

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

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

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

Day	Month	Year

Date of any change.

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

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

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

Day	Month	Year

Date of any change.

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

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

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	1	£1
Totals	1	£1

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 ☒

The last full members list was at 01/06/96

A list of changes is enclosed ☐

on paper

not on
paper

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 Deirdre D'Souza
Secretary/Director*
(delete as appropriate)

Date 11/8/97

This return includes NONE continuation sheets.
(enter number)

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?----->

STEPHEN JAY
CHARTERED ACCOUNTANTS
17 Geraldine Road Wandsworth
London SW18 2NR
(T) 0181-874 2592 (F) 0181-355 4134

Telephone Ext