

COMPANIES HOUSE



# Annual Return

of company number 03063468

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company name

HANDS-ON HEALTH LIMITED

company type

PRIVATE COMPANY LIMITED BY SHARES

THE REGISTRAR OF COMPANIES COMPANIES HOUSE CROWN WAY

CARDIFF CF4 3UZ



#### 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
0 11	016	9   7

#### 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. 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.

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Day	Month	Year
1		,

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#### Registered Office (See note 3)

This is the address registered by Companies House.

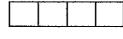
10 QUARRY ROAD WANDSWORTH LONDON SW18 2QJ

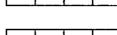
## Principal business activities (See note 4)

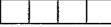
Trade classification is
7499 NON-TRADING COMPANY

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

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03063468 Register of members (See note 5)	If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.
The register is kept at	
REGISTERED OFFICE	
Register of debenture holders (See note 6)	
Any register of debenture holders (or duplicate) is kept at	
	·
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	
If this person has ceased to be secretary, please state when.	Day Month Year
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	
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.	
Page 2	

03063468	If the information shown needs amendment, give details below and the date of any change.		
Directors - continued	Day Month Year		
Particulars. SIMON DESMOND	Date of any change.		
DOLAN 10 QUARRY ROAD WANDSWORTH LONDON			
SW18 2QJ			
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.	Day Month Year Date of any change.		
NO MORE DIRECTORS - ADDITIONAL SECRETARIES OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.			
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.	Day Month Year		
NO MORE DIRECTORS - ADDITIONAL SECRETARIES OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.			
STEPHEN LAY  CHARLER ACCORNEYS S  17 Gorzidine and Free alam with  Loader Syne are			
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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03063468 Issued Share Capital (See note 8)	Class (eg Ordinary/	Number of shares issued	Aggregate nominal value
Enter details of all shares in issue at the date of this return.	Preference etc)		(ie Number of shares issued multiplied by nominal value per share)
	ORDINARY	1	<u> </u>
	Totals	ì	fi
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.	There were no	changes in the pe	Please mark the appropriate box.  eriod  not on
The last full members list was at 01/06/96	A list of chang A full list of n	ges is enclosed	on paper paper
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	Signed D	ide D	Daw Secretary/Director *
I certify that the information given in this return is true to the best of my knowledge and belief.	Date	197	*(delete as appropriate)
I enclose the fee of £15.		cludes NovE	continuation sheets.
Cheques should be made payable to Companies House.	(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?>	17.0	STEPHEN JA RTERED ACCO Geraldine Road W London SW18 1-874 2592 (F)	UNTAN <b>TS</b> /andswo <b>rth</b>
•	Telephone	-,	Ext