



# 288

## Change of director or secretary or change of particulars.

This form should be completed in black.

Company number

CN

3063468

Company name

HAMS-ON HEALTH  
LIMITED

### Appointment

(Turn over page  
for resignation  
and change of  
particulars).

Date of appointment

Day Month Year

DA

02

06

95

Appointment of director

CD

X

Appointment of secretary

CS

Please mark the appropriate box.  
If appointment is as a director and secretary  
mark both boxes.

Name

\*Style/title

Forenames

SIMON DESMOND

Surname

DOLAN

\*Honours etc

Previous forenames

Previous surname

Usual residential address

AD

10 QUARRY ROAD

WANDSWORTH LONDON

Post town

County/region

Postcode

SW18 2QT Country ENGLAND

Date of birth<sup>†</sup>

DO

28

05

40

Nationality<sup>†</sup>

NA

British

Business occupation<sup>†</sup>

OC

Company Secretary

Other directorships<sup>†</sup>

St Joseph's Society

42 Brook Green

London W6 7BW.

I consent to act as director/secretary of the above named company

Consent signature

Signed

Simon Dolan

Date

02/06/95

### NOTES

Show the full forenames. **NOT INITIALS**  
If the director or secretary is a  
Corporation or Scottish firm, show  
the name on surname line and  
registered or principal office on the  
usual residential address line.

Give previous forenames or surname  
except:

- for a married woman the name before  
marriage need not be given.
- for names not used since the age of 18  
or for at least 20 years.

A peer or individual known by a title  
may state the title instead of or in  
addition to the forenames and surname.

### Other directorships.

Give the name of every company of  
which the person concerned is a  
director or has been a director at any  
time in the past 5 years. Exclude a  
company which either is, or at all  
times during the past 5 years when  
the person was a director, was

- dormant
- a parent company which wholly  
owned the company making the return
- a wholly owned subsidiary of the  
company making the return
- another wholly owned subsidiary  
of the same parent company.

\*Voluntary details <sup>†</sup>Directors only

A serving director etc must also sign the form overleaf.

## Resignation

(This includes any form of ceasing to hold office e.g. death or removal from office).

Date of resignation etc

Resignation etc, as director

Resignation etc, as secretary

Forenames

Surname

Date of birth (directors only)

If cessation is other than resignation, please state reason (eg death)

## Change of particulars

Complete this section in all cases where particulars have changed and then the appropriate section below.

Date of change of particulars

Change of particulars, as director

Change of particulars, as secretary

Forenames

Surname

(name previously notified to Companies House)

Date of birth (directors only)

Change of name (enter new name)

Forenames

Surname

Change of usual residential address (enter new address)

Post town

County/region

Postcode

Other change

(please specify)

DR 02 06 15

XD X

XS

Please mark the appropriate box.

If resignation etc is as a director and secretary mark both boxes.

DEANS GATE COMPANY FORMATIONS LIMITED

DO

DC

ZD

ZS

Please mark the appropriate box.

If change of particulars is as a director and secretary mark both boxes.

DO

NN

AD

A serving director, secretary etc must sign the form below.

Signature

Signed

Date

02/06/15

(by a serving director/secretary/administrator/administrative receiver/receiver). (Delete as appropriate)

Companies House, Crown Way, Cardiff CF4 3UZ

for companies registered in England and Wales

Companies House, 100-102 George Street, Edinburgh EH2 3DJ

for companies registered in Scotland.

GLOBAL COMPANY FORMATIONS LTD

70-74 CITY ROAD, LONDON EC1Y 2BJ

Tel: 0171 251 5656

After signing please return the form to the Registrar of Companies at

or

To whom should Companies House direct any enquiries about the information on this form?