

288A

Please complete in typescript,  
or bold block capitals

# APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company number

3254462

Company name in full

HEALTH REVIEWS LIMITED



\*F288AD20\*

Date of appointment

Day Month Year

25/9/96

§ Date of Birth

Day Month Year

24 11 54

## Appointment form

Appointment as director

as secretary

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

NAME

\*Style/Title

-

\*Honours etc

-

Notes on completion  
appear on reverse

Forename(s)

VALERIE MARGARET

Surname

JEFFERSON

Previous  
Forename(s)

-

Previous  
Surname(s)

-

Usual residential  
address

35 MINEHURST ROAD

Post town

MITCHETT

Postcode

GU16 6JP

County/Region

SURREY

Country

ENGLAND

§Nationality

BRITISH

§Business occupation

-

§Other directorships  
(additional space overleaf)

-

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

Consent Signature

Date

25/9/96

\* Voluntary details

§ Directors only

A director, secretary etc must sign the form below

Signed

Date

25/9/96

§§ Please delete as appropriate

§§ a director/secretary/administrator/administrative receiver/receiver-manager/receiver

Please give the name, address,  
telephone number and, if available,  
a DX number and Exchange of  
the person Companies House should  
contact if there is any query.

Waterlow Company Services

Classic House, 174-180 Old Street

London EC1V 9BP

Tel 0171-250 3350

DX number 122031 DX exchange Finsbury 3



KLO \*K24VOPA8\* 1318  
COMPANIES HOUSE 26/09/96

Form revised March 1995

When you have completed and signed the form please send it to the  
Registrar of Companies at:  
Companies House, Crown Way, Cardiff CF4 3UZ DX 33050 Cardiff  
for companies registered in England and Wales  
or  
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB  
for companies registered in Scotland DX 235 Edinburgh

CED001/119827/CS /

**Company Number**

3254462

§Other directorships

§Directors only


#### 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 line.

Give previous forenames or surname(s) except :

- for a married woman, the name by which she was known 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 and need not give the name by which that person was known before he or she adopted the title or preceded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

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