



Companies House
— for the record —

Please complete in typescript,
or in bold black capitals.
CHFP000

288a

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 LTD

Date of
appointment

Day Month Year
31 03 1999

†Date of
Birth

Day Month Year
31 03 1954

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

DR

*Honours etc

Notes on completion
appear on reverse.

Forename(s)

THOMAS OLIVER ROBERT

Surname

JEFFERSON

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

35 MINEHURST ROAD

Post town

MYTCHETT

Postcode

GU16 6JP

County / Region

SURREY

Country

UK

†Nationality

BRITISH

†Business occupation

DOCTOR

†Other directorships
(additional space overleaf)

Consent signature

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

[Signature]

Date

1.4.99

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

[Signature]

Date

1.3.99

(*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.

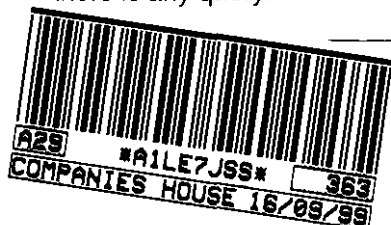
AS ABOVE

MOBILE 07970 679956

Tel 01252 514 356

DX number

DX exchange



Form revised July 1998

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

Company Number

† Directors only.

† Other directorships

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 succeeded 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.