In accordance with Section 167 of the Companies Act 2006

AP01

Appointment of director



You can use the WebFiling service to file this form online. Please go to www.companieshouse gov uk

✓ What this form is for

You may use this form to appoint
an individual as a director

What this form is NOT for You cannot use the form to a a corporate director To do the please use form AP02 'Appo of corporate director'



A8R86UP6* 04/06/2011
COMPANIES HOUSE

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	Company details		
Company number	0 3 8 8 6 6 4 7	Filling in this form Please complete in typescript or in bold black capitals All fields are mandatory unless specified or indicated by *	
Company name in full	B & S HOUSE OF HEALTH LIMITED		
2	Date of director's appointment		
Date of appointment	13 1 10 5 12 0111		
3	New director's details	Former name(s)	
Title *	MR	Please provide any previous names which have been used for business purposes in the past 20 years Marned woman do not need to give former names unless previously used for business purposes	
Full forename(s)	MICHAEL NEAL		
Surname	SWIFT		
Former name(s) •		Continue in section 6 if required	
Country/State of residence 2	UNITED STATES OF AMERICA	Country/State of residence This is in respect of your usual residential address as stated in Section 4a	
Nationality	AMERICAN		
Date of birth	[©] 2	Business occupation If you have a business occupation, please enter here If you do not, please leave blank.	
Business occupation (if any)	HEAD OF CONSUMER HEALTH		
4	New director's service address ⊙		
	Please complete your service address below You must also complete your usual residential address in Section 4a.	on the public record. This does not have to be your usual residential address. Please state 'The Company's	
Building name/number	THE COMPANY'S REGISTERED OFFICE		
Street			
		Registered Office' if your service address is recorded in the company	
Post town		register of directors as the company's registered office if you provide your residential	
County/Region			
Postcode		address here it will appear on the public record	
Country			

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5	Signatures			
	I consent to act as director of the above named company	Societas Europaea If the form is being filed on behalf of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership Person authorised Under either section 270 or 274 of the Companies Act 2006.		
New director's signature	Signature X			
Authorising signature	Signature X			
	This form may be signed and authorised by Director ①, Secretary, Person authorised ②, Administrator, Administrative Receiver, Receiver, Receiver manager, Chanty commission receiver and manager, CIC manager, Judicial factor			
6	Additional former names (continued from Section 3)	111111111111111111111111111111111111111		
Former names 3		Additional former names Use this space to enter any additional names		

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Appointment of director

Presenter information	Important information	
You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record	Please note that all information on this form will appear on the public record, apart from information relating to usual residential addresses.	
Contact name	Where to send	
Company mane Shoosmiths	You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below: For companies registered in England and Wales: The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ. DX 33050 Cardiff.	
Address		
Post town	For companies registered in Scotland:	
County/Region Postcode P O 1 5 7 A G Country	The Registrar of Companies, Companies House, Fourth floor, Edinburgh Quay 2, 139 Fountainbindge, Edinburgh, Scotland, EH3 9FF DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post)	
OX DX124693 Whiteley	For companies registered in Northern Ireland:	
Takephone 03700 866800	The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG	
✓ Checklist	DX 481 N R. Belfast 1	
We may return forms completed incorrectly or with information missing. Please make sure you have remembered the following: The company name and number match the	Section 243 exemption If you are applying for, or have been granted a section 243 exemption, please post this whole form to the different postal address below: The Registrar of Companies, PO Box 4082, Cardiff, CF14 3WE	
information held on the public Register You have provided a business occupation if you	Further information	
have one		
You have provided a correct date of birth You have completed the date of appointment You have completed the nationality box in Section 3	For further information please see the guidance notes on the website at www companieshouse.gov.uk or email enquiries@companieshouse.gov.uk	
You have provided both the service address and the usual residential address	This form is available in an	
Addresses must be a physical location. They cannot be a PO Box number (unless part of a full service address), DX or LP (Legal Post in Scotland) number.	alternative format. Please visit the forms page on the website at	
You have included all former names used for business purposes over the last 20 years	www.companieshouse.gov.uk	
You have enclosed a relevant section 243 application if applying for this at the same time as completing this form		
The new director has signed the form. You have provided an authorising signature.		
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