

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

288a

DX 33050 Cardiff

DX 235 Edinburgh

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

	ा particulars (use Form 288c))		
Company Numbe	393473>		
Company Name in full	1000 SEADONS MEALTY CARE		
	PROPERTIES (CARE HOMES LIMITED		
Date of appointment			
Appointment Appointment as director	as secretary Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.		
form NAME *Style / Title Notes on completion	MR *Honours etc		
appear on reverse. Forename(s)	HAMILTON DENGLAS		
Sumame	ANSTEAD		
Previous Forename(s)	Previous Surname(s)		
Usual residential address	BEECH ACRE NURTON VILLRA PATTINGHAM		
Post town	WOLVERNAMPTON Postcode WV6749		
County / Region	WOWERHAMPTON COUNTRY ENGLAND		
†Nationality	BRITIJY TBusiness occupation COMBANY DIRECTOR		
†Other directorships (additional space overleaf)	ser lit		
• -	I consent to act as ** director / secretary of the above named company		
Consent signature * Voluntary details.	Ut Day Nead Date 31 MARCH 2000		
† Directors only. **Delete as appropriate	A director, secretary etc must sign the form below.		
Signed	Date 12 APRIL ZOOO		
	(**a director / secretary / strain intrator, administrative receiver / receiver manager / receiver)		
Please give the name, address,	Noboure MANUEL HINTED		
telephone number and, if available,	if available. Lacen Hove, Theobold's Road		
a DX number and Exchange of			
the person Companies House should contact if there is any query.	Lordon WCAX 8 RWTel 0171 524 6000		
	DX number 77 DX exchange Landon / Chancey		
×t.2UEOPNLX	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		
100	Lombanias mouse, Crown Way, Cardin, Cr4 JUZ - DA JJUSU Cardin		

Companies House, Crown Way, Cardiff, CF4 3UZ

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in England and Wales

for companies registered in Scotland

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14/04/00

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Form revised July 1998

COMPANIES HOUSE

,	Company Number	3934732	
† Directors only.	†Other directorships	SEE ATT A CUED LINT	

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.

LIST OF CURRENT DIRECTORSHIPS

HAMILTON DOUGLAS ANSTEAD

Fife Health Care plc

Fife Nursing Services Limited

Fife Developments Limited

Fife Nursing Homes Limited

Four Seasons Group Limited

Acegold Limited

Roseguard Properties Limited

Grandcross Limited

Springfield House (Oaken) Limited

Regency House Limited

Keelex 115 Limited

Cotswold Spa Retirement Hotels Limited

Linecrest Limited

Merricourt Limited

Four Seasons Health Care (England) Limited

Four Seasons Health Care (Northern Ireland) Limited

Four Seasons Health Care (Scotland) Limited

Four Seasons Health Care Properties Limited

Four Seasons Health Care Limited

Four Seasons Health Care Investments Limited

Four Seasons Health Care Holdings Limited

FSHC (UK) Limited

FSHC Holdings (UK) Limited

Arkroy Limited

FSHC Corporate Services Limited

FSHC Holdings Limited

FSHC Management Services (CM) Limited

FSHC Management Services (Galashiels) Limited

FSHC Management Services (Kings Reach) Limited

FSHC Management Services (Saddle Mews) Limited

FSHC Management Developments Limited

Windman Limited

Four Seasons Health Care (Isle of Man) Limited