



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

4286017

Company Name in full

JARVIS PRIMARY HEALTH (GPF) HOLDINGS
LIMITED

Date of
appointment

Day Month Year
01 05 2002

†Date of
Birth

Day Month Year
20 12 1942

**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)

MICHAEL JEFFREY

Surname

SINCLAIR

Previous
Forename(s)

Previous
Surname(s)

Usual residential
address

FLAT 6, 11 HYDE PARK GARDENS

Post town

LONDON

Postcode

W2 2LU

County / Region

Country

ENGLAND

†Nationality

BRITISH

†Business occupation

COMPANY
DIRECTOR

†Other directorships
(additional space overleaf)

see attached list

Consent signature

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

Date

29 10 2002

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

Date

29 10 2002

(*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.

Jarvis plc
Frogmore Park
Watton-at-Stone
Hertford SG14 3RU
Tel: 01920-832800
DX number

Tel

DX exchange

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 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



A14
COMPANIES HOUSE

0396
01/11/02

Form revised July 1998

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.

NAME:	Dr. Michael Jeffrey Sinclair
CURRENT ADDRESS:	Flat 6 11 Hyde Park Gardens London, W2 2LU
OCCUPATION:	Businessman
NATIONALITY:	British
BUSINESS ADDRESS:	YooMedia plc Aspect Gate 166 College Road Harrow Middlesex, HA1 1BH
Telephone:	020 8515 2800
Facsimile:	020 7515 2801

CURRENT DIRECTORSHIPS

Amity Healthcare Capital Limited
 BDS Management Ltd (5.6.97)
 The Caldecott Foundation (pre 18.12.91)
 The CareCatalyst Ltd. (22.8.01)
 Carmel College (pre31.3.91)
 Cost Rent Management Ltd. (21.3.94)
 Eastkings Limited (11.8.92)
 Eqvimont Oy (Finland) (1994)
 Gibbsfield Limited (7.5.97)
 Grovehill Pension Scheme (Trustee)
 The Healthcare Property Co. Ltd.
 Healthcare Property (Leamington Spa) Ltd. (25.10.99)
 Healthcare Property (Wingate) Ltd. (25.10.99)
 The Holding Company Limited (9.12.94)
 The Holding Company Retail PLC (29.3.97)
 i-Desk plc (20.11.2000)
 Independent Maternity Centres Ltd. (31.3.94)
 Jarvis Primary Health Ltd. (21.12.01)
 JPH (Leamington Spa) Limited (25.10.99)
 JPH (Wingate) Limited (25.1.99)
 Kenningdale Limited (7.5.97)
 Keshar Limited (25.10.96)
 Magnet Films Limited (19.3.02)
 Match Healthcare Services Limited
 Montrose Securities Limited (pre 29.11.91)
 Montrose Ventures Limited (pre 5.7.92)
 New Moon Publications PLC (4.4.01)
 Service To The Aged (pre 5.2.93)
 Sinclair Charitable Trust (Trustee)

Michael J. Sinclair
Directorships (Cont.)

Sinclair Medical Partners Limited (23.4.93)
Sinclair Montrose Holdings Limited (ROI)
Sinclair Montrose Trust Limited (pre31.5.91)
Sinclair Montrose Properties Ltd. (29.9.94)
Six-13 Limited (14.3.2000)
Totally plc (28.11.2000)
Union Income Benefit Limited (1.4.98)
Union Income Benefit Holdings PLC. (6.3.2000)
YooMedia plc (13.11.2001)

U.S.A. Directorships

Advica Health Management Inc. incl. Subsidiaries and Associates
Atlantic Medical Management LLC
Atlantic Medical Capital LP
Atlantic Medical Associates LP
Atlantic Medical Partners LLC
Atlantic Medical Investors LLC
Healthcare Capital Resources Inc.
Nursefinders Inc.
Tufts University - Medical School Advisory Board (Trustee)

Former Directorships

Abingworth Atlantic Holdings Limited (5.1.95-19.5.98)
Abingworth Atlantic Management Limited (3.10.94-19.5.98)
ACR Management Ltd. (16.6.93-31.3.98)
Assessment Learning (London) Limited
Chesham Lyall Holdings plc (7.1.97-1.11.2000)
Citywood Limited (24.1.97-13.6.2000)
Cleversource Limited (21.9.92-6.2.96)
Eastkings Films Ltd. (pre29.11.91-15.2.94)
Endotec Limited
Grovehill Limited (1.6.93-31.12.2000)
Healthcare Capital Resources Ltd. (12.1.99-08.2002)
Healthcare Corporation Ltd. (pre9.5.91 – 4.5.93)
Hemco Nominees Limited (pre21.9.91-28.3.95)
HDC Limited
Hospital Capital Corp. (UK) Ltd. (pre14.11.91-08.2002)
Jewish Continuity (Registered Charity) (16.07.93-6.12.99)
Kent House (Knightsbridge) Limited (Trustee) (PREE 31.12.90-7.1.99)
The Liverpool Brewing Company Limited (7.12.2-5.3.96)
London Jewish News Limited (25.4.2000-28.11.2000)

Michael J. Sinclair
Former Directorships (Cont.)

London Locums Limited (pre19.4.91-20.4.99)
Madison Atlantic Partners Limited (23.12.94-6.4.99)
Majorclass Limited
Match Healthcare Ltd. (29.2.96-30.7.99)
Match Healthcare Services Ltd. (29.2.96-30.7.99)
Medicentres (UK) Limited (pre 19.4.91-30.9.96)
Medisource Limited
Modular Medical Systems Ltd. (pre31.12.91-15.6.93)
MPPS Limited
Nationwide Fundraisers (London) Limited (6.10.92-10.8.99)
Nationwide Locums Limited (pre11.7.91-13.7.99)
Neurotech Medical Systems Limited
Notional Rent Ltd. (21.3.94-3.11.98)
Numis Corporation plc (2.7.01)
Numis Leasing Ltd. (2.7.01)
Numis Securities Limited (2.7.01)
Olstar Limited (6.6.95-27.1.98)
Princes Square Gardens Limited (31.12.90-2.12.97)
Shalom Publications Limited (29.7.94-21.3.2000)
Sinclair Montrose Healthcare PLC
Zorn Nominees Limited (2.7.01)

October, 2002