



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **28/12/2011**

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Company Name: **PROHEALTHCARE LIMITED**

Company Number: **04345156**

Date of this return: **24/12/2011**

SIC codes: **78109**
78200

Company Type: **Private company limited by shares**

Situation of Registered Office: **15 WHEATSTONE COURT**
DAVY WAY WATERWELLS BUSINESS PARK QUEDGELEY
GLOUCESTER
GLOUCESTERSHIRE
GL2 2AQ

Single Alternative Inspection Location (SAIL)

The address for an alternative location to the company's registered office for the inspection of registers is:

**MANSFIELD HOUSE 139 SHIRLEY ROAD
CROYDON
SURREY
UNITED KINGDOM
CR0 7LR**

The following records have moved to the single alternative inspection location:

Register of members (section 114)
Register of directors (section 162)
Register of secretaries (section 275)
Records of resolutions and meetings (section 358)

Officers of the company

Company Secretary 1

Type: **Person**

Full forename(s): **JOHN**

Surname: **PLINSTON**

Former names:

Service Address: **MANSFIELD HOUSE 139 SHIRLEY ROAD
CROYDON
SURREY
UNITED KINGDOM
CR0 7LR**

Company Director **1**

Type: **Person**

Full forename(s): **JONATHAN DAVID**

Surname: **BENN**

Former names:

Service Address: **15 WHEATSTONE COURT
DAVY WAY WATERWELLS BUSINESS PARK QUEDGELEY
GLOUCESTER
GLOUCESTERSHIRE
GL2 2AQ**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **26/04/1952** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Company Director 2

Type: **Person**
Full forename(s): **CHRISTINE JULIE**

Surname: **BUFFERY**

Former names:

Service Address: **178 MOUNT HILL ROAD
HANHAM
BRISTOL
BS15 9SU**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **11/01/1961** *Nationality:* **BRITISH**
Occupation: **DIRECTOR**

Company Director **3**

Type: **Person**

Full forename(s): **CAROL MARGUERITE**

Surname: **EVANS**

Former names:

Service Address: **20 HILLMEAD
LANGFORD
BRISTOL
BS40 5HA**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **09/01/1964** *Nationality:* **BRITISH**

Occupation: **COMPANY DIRECTOR**

Company Director 4

Type: **Person**
Full forename(s): **MR JOHN ANTHONY**

Surname: **PLINSTON**

Former names:

Service Address: **MANSFIELD HOUSE 139 SHIRLEY ROAD
CROYDON
SURREY
UNITED KINGDOM
CR0 7LR**

Country/State Usually Resident: **UNITED KINGDOM**

Date of Birth: **09/01/1947** *Nationality:* **BRITISH**
Occupation: **CHARTERED ACCOUNTANT**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	50
		<i>Aggregate nominal value</i>	50
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0

Prescribed particulars

MEMBERS SHALL HAVE ONE VOTE FOR EVERY SHARE OF WHICH HE IS THE HOLDER. THE COMPANY MAY, BY ORDINARY RESOLUTION DECLARE DIVIDENDS, BUT NO DIVIDEND SHALL EXCEED THE AMOUNT RECOMMENDED BY THE DIRECTORS. THE DIRECTORS MAY, WITH THE AUTHORITY OF AN ORDINARY RESOLUTION, CAPITALISE ANY UNDIVIDED PROFITS OF THE COMPANY AND APPROPRIATE THE SUM TO THE MEMBERS WHO WOULD HAVE BEEN ENTITLED TO IT IF IT WERE DISTRIBUTED BY WAY OF A DIVIDEND. IF THE COMPANY IS WOUND UP THE LIQUIDATOR MAY DIVIDE AMONG THE MEMBERS IN SPECIE THE WHOLE OR ANY PART OF THE ASSETS OF THE COMPANY AND MAY, FOR THAT PURPOSE, VALUE ANY ASSETS AND DETERMINE HOW THE DIVISION SHALL BE CARRIED OUT AS BETWEEN THE MEMBERS OR DIFFERENT CLASSES OF MEMBERS. THE SHARES ARE NOT TO BE REDEEMED AND ARE NOT LIABLE TO BE REDEEMED.

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	50
		<i>Total aggregate nominal value</i>	50

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 24/12/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

A full list of shareholders for the company are shown below

Shareholding 1 : **0 ORDINARY shares held as at the date of this return**
Name: **CHRISTINE JULIE BUFFERY**

Shareholding 2 : **0 ORDINARY shares held as at the date of this return**
Name: **CAROL MARGUERITE EVANS**

Shareholding 3 : **50 ORDINARY shares held as at the date of this return**
Name: **OPERA HOLDINGS LIMITED**

Authorisation

Authenticated

This form was authorised by one of the following:

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.