



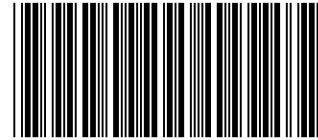
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Companies House
— for the record —

Annual Return

Company Name: HEALTHY & ESSENTIAL LIMITED

Company Number: 04533216



Received for filing in Electronic Format on the: 02/10/2006

XZVTEJBS

Company Details

Period Ending: 12/09/2006

Company Type: PRIVATE COMPANY LIMITED BY SHARES

Principal Business Activities:

SIC Codes

5212

5227

5190

Registered Office:
Address:

Register of
Members Address:

Register of Debenture
Holders Address:

4 ALBERT SQUARE
FLEETWOOD
FY7 6DH

At Registered Office

Not Applicable

Details of Officers of the Company

Company Secretary:

Name: CANDY CHO LAI GARDNER

Address: 32 STAINING RISE
STAINING
BLACKPOOL
LANCS FY3 0BU

Director 1:

Name: PAUL LESLIE FARQUHAR
Date of Birth: 02/03/1958
Nationality: BRITISH
Occupation: HEALTH MANAGER

Address: 34 PRIMROSE WAY
POULTON LE FYLDE
LANCASHIRE FY6 7FB

Director 2:

Name: **CANDY CHO LAI GARDNER** *Address:* **32 STAINING RISE**
Date of Birth: **18/08/1961** **STAINING**
Nationality: **BRITISH** **BLACKPOOL**
Occupation: **HEALTH MANAGER** **LANCS FY3 0BU**

Director 3:

Name: **PHILIP PATTISON** *Address:* **42 BARONSWOOD**
Date of Birth: **12/07/1960** **GOSFORTH**
Nationality: **BRITISH** **NEWCASTLE UPON TYNE**
Occupation: **DIRECTOR** **TYNE & WEAR NE3 3UB**

Director 4:

Name: **DR MARK RANDLE** *Address:* **23 THE PARKS**
Date of Birth: **02/07/1966** **CHESTER LE STREET**
Nationality: **BRITISH** **COUNTY DURHAM DH3 3QX**
Occupation: **DIRECTOR**

Share Capital

Issued Share Capital Details:

<i>Class of share</i>	<i>Number of shares issued</i>	<i>Aggregate nominal value of issued shares</i>
ORDINARY	100	GBP100
ORDINARY B	10	GBP10
ORDINARY C	10	GBP10
ORDINARY D	10	GBP10
TOTALS	130	GBP130

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 12/09/2006, or that had ceased to be shareholders since the made up date of the previous Annual Return.

Shareholding 1:

10 ORDINARY D Shares held as at 12/09/2006

Name: **PAUL FARQUHAR**

Address: **34 PRIMROSE WAY
POULTON-LE-FYLDE
LANCASHIRE FY6 7FB**

Shareholding 2:

20 ORDINARY Shares held as at 12/09/2006

Name: **PAUL FARQUHAR**

Address: **34 PRIMROSE WAY
POULTON-LE-FYLDE
LANCASHIRE FY6 7FB**

Shareholding 3:

10 ORDINARY C Shares held as at 12/09/2006

Name: **CANDY CHO LAI GARDNER**

Address: **32 STAINING RISE
STAINING
BLACKPOOL
LANCASHIRE FY3 0BU**

Shareholding 4:

8 ORDINARY Shares held as at 12/09/2006

Name: **CANDY CHO LAI GARDNER**

Address: **KOWLOON
32 STAINING RISE STAINING
BLACKPOOL FY3 0BU**

Shareholding 5:

10 ORDINARY B Shares held as at 12/09/2006

Name: **RAMSAY MICHAEL MCCLELLAN**

Address: **32 STAINING RISE
STAINING
BLACKPOOL FY3 0BU**

Shareholding 6:

72 ORDINARY Shares held as at 12/09/2006

Name: **RAMSAY MCCLELLAN**

Address: **KOWLOON
32 STAINING RISE STAINING
BLACKPOOL FY3 0BU**

Authorisation

Authoriser Designation: **DIRECTOR** *Date Authorised:* **02/10/2006** *Authenticated:* **Yes (E/W)**