



Companies House

for the record

Company Name

CERES HEALTH FOODS LIMITED

## 363s Annual Return

Company Type

Private Company Limited By  
Shares

Company Number

4841983

Information extracted from  
Companies House records on  
25th June 2005

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column.
- > Please use black pen and write in capital letters.

### Section 1: Company details



Ref: 4841983/03/10

	Current details	Amended details																																
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	31 Nottingham Road Eastwood Nottingham NG16 3AN	Address _____ _____ _____ UK Postcode    - - - - -																																
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Address where the Register is held</b> At Registered Office	Address _____ _____ _____ UK Postcode    - - - - -																																
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address _____ _____ _____ UK Postcode    - - - - -																																
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>5227</td> <td>Other retail food etc specialised</td> </tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC Code	Description	5227	Other retail food etc specialised													<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table>	SIC CODE	Description														
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> Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.																																		

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## Section 2: Details of Officers of the Company

	Current details	Amended details
<b>&gt; Company Secretary</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>    <i>Particulars of a new Company Secretary must be notified on form 288a.</i>	<b>Name</b> Adrian Michael DRUMMOND  <b>Address</b> Ironville House Ironville Nottingham NG16 5NN	<b>Name</b>   <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.  <b>Address</b> THURSFORD SLEDGE GATE LANE, LEA, MATLOCK  UK Postcode DE4 5GL Date of change 06/07/2005 Date Adrian Michael DRUMMOND ceased to be secretary (if applicable) _ _ / _ _ / _ _ _
<b>&gt; Director</b> <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>    <i>Particulars of a new Director must be notified on form 288a.</i>	<b>Name</b> Adrian Michael DRUMMOND  <b>Address</b> Ironville House Ironville Nottingham NG16 5NN  <b>Date of birth</b> 04/10/1946  <b>Nationality</b> British  <b>Occupation</b> Retailer	<b>Name</b>   <input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.  <b>Address</b> THURSFORD SLEDGE GATE LANE LEA, MATLOCK  UK Postcode DE4 5GL Date of birth 06/07/2005 Nationality _____ Occupation _____  Date of change _ _ / _ _ / _ _ _ Date Adrian Michael DRUMMOND ceased to be director (if applicable) _ _ / _ _ / _ _ _

## &gt; Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

## Current details

## Name

Susanne Maria DRUMMOND

## Address

~~Ironville House  
Ironville  
Nottingham  
NG16 5NN~~

Date of birth 14/10/1955

Nationality British

Occupation Retailer

## Amended details

## Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

## Address

THURSFORD  
SLEDGE GATE LANE  
LEA, MATLOCK

UK Postcode DE4 5GL

Date of birth -- / -- / -- --

Nationality

Occupation

Date of change -- / -- / -- --

Date Susanne Maria DRUMMOND  
ceased to be director (if applicable)

-- / -- / -- --

## Section 3: Share Capital

	Current details	Amended details
<b>&gt; Issued Share Capital</b> <i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i>	<b>Class of share</b> Ordinary <b>Nominal value of each share</b> £1.00 <b>Number of shares issued</b> 200 <b>Aggregate Nominal Value of issued shares</b> £200.00	<b>Class of share</b> _____ <b>Nominal value of each share</b> _____ <b>Number of shares issued</b> _____ <b>Aggregate Nominal Value of issued shares</b> _____
<b>&gt; Total shares issued and value</b> <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	<b>Total number of shares issued</b> 200 <b>Total Nominal value of shares issued</b> £200.00	<b>Total number of shares issued</b> _____ <b>Total Nominal value of shares issued</b> _____
<b>&gt; At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at <a href="http://www.companieshouse.gov.uk">www.companieshouse.gov.uk</a> or by ringing 0870 3333636.</b>		

**Section 4: Details of Shareholders**

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

Current details		Amended details		Shares transferred	
>	<b>Shareholder Name</b> Adrian Michael DRUMMOND  <b>Address</b> Ironville House Ironville Nottingham NG16 5NN  <b>Shares held</b> Class Ordinary	<b>Number</b> 100	<b>Name</b>  <b>Address</b> <u>THURSFORD, SLEDGE GATE LA.,</u> <u>LEA, MATLOCK</u> <u>DERBYSHIRE</u> <b>UK Postcode</b> <u>DE4 5GL</u> <b>Shares held</b> Class Number Class Number	<b>Shares transferred by</b> Adrian Michael DRUMMOND  Class Number Class Number	<b>Date of transfer</b> --/--/-- --/--/--
>	<b>Shareholder Name</b> Susanne Maria DRUMMOND  <b>Address</b> Ironville House Ironville Nottingham NG16 5NN  <b>Shares held</b> Class Ordinary	<b>Number</b> 100	<b>Name</b>  <b>Address</b> <u>THURSFORD, SLEDGE GATE LA.</u> <u>LEA, MATLOCK,</u> <u>DERBYSHIRE</u> <b>UK Postcode</b> <u>DE4 5GL</u> <b>Shares held</b> Class Number Class Number	<b>Shares transferred by</b> Susanne Maria DRUMMOND  Class Number Class Number	<b>Date of transfer</b> --/--/-- --/--/--

**Section 5: Details of Other Shareholders**

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

Shareholders details	Class and number of shares or amount of stock held	Class and number of shares or amount of stock transferred (If appropriate)	Date of registration of transfer (If appropriate)
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			
Name _____ Address _____ _____ _____ UK Postcode    _ _ _ _ _			



Companies House

— for the record —

## 363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

### 1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £30.

Signature A. Drummond  
(Director / Secretary)

Date 30/07/2005

*This date must not be earlier than the return date at 2 below*

#### What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

### 2. Date of this return

- ☐ This AR is made up to 23/7/2005 If you are making this return up to an earlier date, please give the date here

— / — / —

*Note: The form must be delivered to CH within 28 days of this date*

### 3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **23rd July 2006** please give the new date here:

— / — / —

### 4. Where to send this form

- ☐ Please return this form to:

Registrar of Companies  
Companies House  
Crown Way  
Cardiff CF14 3UZ

OR

For members of the Hays Document  
Exchange service  
DX 33050 Cardiff

**Have you enclosed the filing fee with the company number written on the reverse of the cheque?**

### Contact Address

You do not have to give any contact information below, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Contact Name  
A. M. DRUMMOND

Telephone number inc code  
01773 - 769540

Address  
CERES HEALTH FOODS LTD  
EASTWOOD  
NOTTINGHAM

DX number if applicable  
—

DX exchange  
—

Postcode  
NG16 3AN