



Companies House

for the record

225

Change of accounting reference date

Please complete in typescript,
or in bold black capitals

CHWP000

Company Number

5602067

Company Name in Full

Rude Health Foods Ltd

NOTES

You may use this form to change the accounting date relating to either the current or the immediately previous accounting period.

- You **may not** change a period for which the accounts are already overdue.
- You **may not** extend a period beyond 18 months unless the company is subject to an administration order.
- You **may not** extend periods more than once in five years unless:
 - the company is subject to an administration order, or
 - you have the specific approval of the Secretary of State, (please enclose a copy), or
 - you are extending the company's accounting reference period to align with that of a parent or subsidiary undertaking established in the European Economic Area, or
 - the form is being submitted by an overseas company.

The accounting reference period ending

Day	Month	Year
3	1	1 0 2 0 0 6

is **shortened** ☐ so as to end on
extended ☒

Day	Month	Year
3	1	0 3 2 0 0 7

please tick appropriate box

Subsequent periods will end on the same day and month in future years.

If extending more than once in five years, please indicate in the box the number of the provision listed in note c. on which you are relying.

Signed

Nicholas Barnard

Date

26 MARCH 07

† Please delete as appropriate

† a director / ~~secretary~~ / administrator / administrative receiver / receiver and manager / receiver (Scotland) / person authorised on behalf of an overseas company

You do not have to give any contact information in the box opposite 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.

Nick Barnard

Tel

DX number

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

DX 235 Edinburgh

TUESDAY



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27/03/2007

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COMPANIES HOUSE