

200036/30

Peter

Company Name

RUDE HEALTH FOODS LIMITED, **363s Annual Return**

Company Type

Private Company Limited By Shares

Company Number

5602067Information extracted from
Companies House records on
12th December 2007

> Please check the details printed in the "Current details" column

> If any details are wrong, strike them through in the "Amended details" column

> Please complete in black ink and use capital letters

Section 1: Company details

WEDNESDAY



A65

09/01/2008

191

COMPANIES HOUSE

Ref 5602067/09/28

	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>	14 St Ann's Park Road Wandsworth London SW18 2RW	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>	Address where the Register is held 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>1589</td> <td>Mfr of other food products</td> </tr> </tbody> </table>	SIC Code	Description	1589	Mfr of other food products	<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> </tbody> </table>	SIC CODE	Description	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
SIC Code	Description																	
1589	Mfr of other food products																	
SIC CODE	Description																	
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_____	_____																	
> Please enter additional principal activity code(s) in "Amended details" column <i>See notes for guidance for list of activity codes</i>																		

Section 2: Details of Officers of the Company

	Current details	Amended details
<p>> Company Secretary <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></p> <p><i>Particulars of a new Company Secretary must be notified on form 288a</i></p>	<p>Name Camilla Jane Lambre BARNARD</p> <p>Address 80 St Ann's Hill Wandsworth London SW18 2RP</p>	<p>Name _____</p> <p><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</p> <p>Address _____ _____ _____</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Camilla Jane Lambre BARNARD ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _</p>
<p>> Director <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></p> <p><i>Particulars of a new Director must be notified on form 288a</i></p>	<p>Name Camilla Jane Lambre BARNARD</p> <p>Address 80 St Ann's Hill Wandsworth London SW18 2RP</p> <p>Date of birth 24/11/1970</p> <p>Nationality British</p> <p>Occupation Company Director</p>	<p>Name _____</p> <p><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</p> <p>Address _____ _____ _____</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of birth _ _ / _ _ / _ _ _ _</p> <p>Nationality _____</p> <p>Occupation _____</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Camilla Jane Lambre BARNARD ceased to be director (if applicable) _ _ / _ _ / _ _ _ _</p>

	Current details	Amended details
<p>> Director</p> <p><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></p> <p><i>Particulars of a new Director must be notified on form 288a</i></p>	<p>Name Nicholas BARNARD</p> <p>Address 80 St Ann's Hill London SW18 2RP</p> <p>Date of birth 12/03/1958</p> <p>Nationality British</p> <p>Occupation Publisher</p>	<p>Name</p> <p><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</p> <p>Address</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of birth _ _ / _ _ / _ _ _ _</p> <p>Nationality _ _ _ _ _</p> <p>Occupation _ _ _ _ _</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Nicholas BARNARD ceased to be director (if applicable) _ _ / _ _ / _ _ _ _</p>
<p>> Director</p> <p><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></p> <p><i>Particulars of a new Director must be notified on form 288a</i></p>	<p>Name Katie Jane FREESTONE</p> <p>Address 14 St Ann's Park Road Wandsworth London SW18 2RW</p> <p>Date of birth 29/12/1971</p> <p>Nationality British</p> <p>Occupation Pr Consultant</p>	<p>Name</p> <p><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</p> <p>Address</p> <p>UK Postcode _ _ _ _ _</p> <p>Date of birth _ _ / _ _ / _ _ _ _</p> <p>Nationality _ _ _ _ _</p> <p>Occupation _ _ _ _ _</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Katie Jane FREESTONE ceased to be director (if applicable) _ _ / _ _ / _ _ _ _</p>

> 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

David VINES

Address

14 St Ann's Park Road
Wandsworth
London
SW18 2RW

Date of birth 06/01/1968

Nationality British

Occupation Company Director

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

UK Postcode L L L L L L L L

Date of birth L L / L L / L L L L

Nationality _____

Occupation _____

Date of change L L / L L / L L L L

Date David VINES ceased to be director
(if applicable)

L L / L L / L L L L

Issued share capital details

> Please fill in the details of total share capital by class (eg ordinary, preference etc) that has been issued to the company's shareholders

Class of Share

Ordinary

Number of shares issued

1000

Aggregate Nominal Value of issued shares

£10

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

> Please fill in the total number of issued shares and their total nominal value

Number of shares issued

1000

Aggregate Nominal Value of issued shares

£10**List of past and present members** (Tick appropriate box)

> Please complete the required information on the attached schedules or in another format agreed by Companies House

- ☒ There were no changes during the period
☐ A list of changes is enclosed
☐ A full list of members is enclosed

The last full list of members was received on. 25/10/2006

REMEMBER.

Changes to shareholder particulars or details of shares transferred to be **completed each year**
 A full list of shareholders is required with the first and every third Annual Return thereafter
 List shareholders in alphabetical order or provide an index
 List joint shareholders consecutively

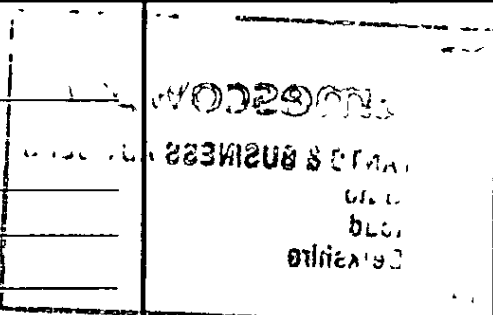
Section 4: Details of New Shareholders and Transfers (A) (ii)

- > Please fill in details of any persons or corporate bodies who have become shareholders since the last annual return
- > Please fill in details of any persons or corporate bodies that have transferred shares since the last annual return
- > Please use Section 4B to give details of any persons or corporate bodies who have ceased to be shareholders since the last annual return or, in the case of a first return, since the incorporation of the company
- > Please copy this page if there is not enough space to enter all the company's current 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 _ _ _ _ _			

Section 4B: Details of Former Shareholders

- > Please fill in details of any persons or corporate bodies who have ceased to be shareholders at the date of this return. Also, please give the dates that their shares were transferred
- > Please copy this page if there is not enough space to enter all the company's former shareholders

Former shareholders details	Class and number of shares or amount of stock transferred	Date of registration of transfer
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		

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

Nicholas Leonard

(Director / Secretary)

Date

07/01/2008

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 **25/10/2007** 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 **25th October 2008** 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

Telephone number *inc code*

DX number *if applicable*

DX exchange

 jamescowper	
ACCOUNTANTS & BUSINESS ADVISERS	
3 Wesley Gate	
Queen's Road	
Reading, Berkshire	
RG1 4AP	Postcode _____