

001879/30

Companies House  
— for the record —Company Name  
**QUIET MINDS LTD****363s Annual Return**

Company Type

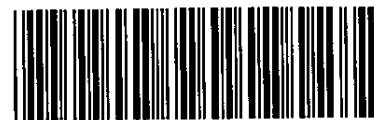
**Private Company Limited by Shares**

> Please check the details printed in the "Current details" column  
 > If any details are wrong, strike them through in the "Amended details" column

Company Number

**5776195**

Information extracted from  
 Companies House records on  
**29th August 2008**

**Section 1: Company details**WEDNESDAY  
THURSDAY

\*ALZ744KT\*

A62

05/11/2008

14

COMPANIES HOUSE

A63

18/09/2008

95

COMPANIES HOUSE

Ref 5776195/09/28

**Current details****Amended details**

> Registered Office  
 Address  
*If any of the details are  
 wrong, strike them through  
 and fill in the correct details  
 in the "Amended details"  
 column*

**Sentinel House, Peasholme Green  
 York  
 North Yorkshire  
 YO1 7PP**

Address

UK Postcode

> Register of Members  
*If any of the details are  
 wrong, strike them through  
 and fill in the correct details  
 in the "Amended details"  
 column*

**Address where the Register is held  
 At Registered Office**

Address

UK Postcode

> Register of Debenture  
 Holders  
*If any of the details are  
 wrong, strike them through  
 and fill in the correct details  
 in the "Amended details"  
 column*

**Not Applicable**

Address

UK Postcode

> Principal Business  
 Activities  
*If any of the details are  
 wrong, strike them through  
 and fill in the correct details  
 in the "Amended details"  
 column*

SIC Code	Description
<b>7499</b>	<b>Non-trading company</b>
<b>8514</b>	<b>Other human health activities</b>

SIC CODE Description

L L L L

L L L L

L L L L

L L L L

> Please enter additional  
 principal activity code(s) in  
 "Amended details" column  
 See notes for guidance for  
 list of activity codes

10

## 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> <b>Samantha Jane BLAKE</b>  <b>Address</b> <b>5 Audby Court</b> <b>Wetherby</b> <b>LS22 7FE</b>	<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>    <b>UK Postcode</b> <u>      </u> <u>      </u> <b>Date of change</b> <u>  </u> / <u>  </u> / <u>      </u> <b>Date Samantha Jane BLAKE</b> <b>ceased to be secretary (if applicable)</b> <u>  </u> / <u>  </u> / <u>      </u>
<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> <b>Brenton Bedford WILLIAMS</b>  <b>Address</b> <b>5 Audby Court</b> <b>Wetherby</b> <b>West Yorkshire</b> <b>LS22 7FE</b>   <b>Date of birth</b> <b>16/08/1954</b>  <b>Nationality</b> <b>British</b>  <b>Occupation</b> <b>Director</b>	<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>    <b>UK Postcode</b> <u>      </u> <u>      </u> <b>Date of birth</b> <u>  </u> / <u>  </u> / <u>      </u> <b>Nationality</b> <u>                    </u> <b>Occupation</b> <u>                    </u> <b>Date of change</b> <u>  </u> / <u>  </u> / <u>      </u> <b>Date Brenton Bedford WILLIAMS</b> <b>ceased to be director (if applicable)</b> <u>  </u> / <u>  </u> / <u>      </u>

**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

2

Aggregate Nominal Value of issued shares

£2.00

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

2

Aggregate Nominal Value of issued shares

£2.00**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: 10/04/2007

**> 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
<div>Name</div> <div></div> <div>Address</div> <div></div> <div></div> <div></div> <div>UK Postcode</div> <div></div> <div></div> <div></div> <div></div> <div></div>		
<div>Name</div> <div></div> <div>Address</div> <div></div> <div></div> <div></div> <div>UK Postcode</div> <div></div> <div></div> <div></div> <div></div> <div></div>		
<div>Name</div> <div></div> <div>Address</div> <div></div> <div></div> <div></div> <div>UK Postcode</div> <div></div> <div></div> <div></div> <div></div> <div></div>		
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<div>Name</div> <div></div> <div>Address</div> <div></div> <div></div> <div></div> <div>UK Postcode</div> <div></div> <div></div> <div></div> <div></div> <div></div>		

**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

B. Williams

(Director / Secretary)

Date

16 / 09 / 2009

*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 10/4/2008 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 **10th April 2009** 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

B. WilliamsTelephone number *inc code*01937 581368

Address

5, AUDDY COURT  
WETHERBYDX number *if applicable*   /    /   

DX exchange

Postcode

LS22 7FE