



Please complete in typescript,  
or in bold black capitals.

CHFP096

# 288a

## APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

6435012

Company Name in full

LIFESTYLE MENTORS LIMITED

Date of  
appointment

Day Month Year  
2 2 1 1 2 0 0 7

<sup>1</sup>Date of  
Birth

1 9 1 2 1 9 5 2

### Appointment Form

Appointment as director



as secretary



Please mark the appropriate box. If appointment is  
as a director and Secretary mark both boxes

Notes on completion  
appear on reverse

NAME \*Style / Title

MR

\*Honours etc

Forename(s)

DAVID MICHAEL

Surname

HOWARD

Previous  
Forename(s)

Previous  
Surname(s)

Usual residential  
address

23 YSPITTY RD, BYNEA

Post town

LLANELLI

Postcode

SA14 9TD

County / Region

CARMARTHENSHIRE

Country

UK

<sup>†</sup>Nationality

BRITISH

<sup>1</sup>Business occupation

DIRECTOR

<sup>†</sup>Other directorships  
(additional space overleaf)

I consent to act as \*\* director / secretary of the above named company

Consent signature

Date

22/11/07

A director, secretary etc must sign the form below.

Signed

Date

22/11/07

(\*\* director / secretary / administrator / administrative receiver / receiver manager / receiver)

7Side Limited (FF/10951)

14/18 City Road

Cardiff CF24 3DL

Tel 029 20451444

DX number DX 33044

DX exchange Cardiff 1

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

for companies registered in Scotland

DX 235 Edinburgh

\* Voluntary details

<sup>†</sup> Directors only

\*\* Delete as appropriate

Please give the name, address,  
telephone number and, if available,  
a DX number and Exchange of  
the person Companies House should  
contact if there is a query



A58

\*A3TGLX8C\*  
15/02/2008  
COMPANIES HOUSE

257

FRIDAY

**Company Number**<sup>†</sup>Directors only<sup>†</sup>Other directorships**NOTES**

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line

Give previous forenames or surname(s) except

- for a married woman, the name by which she was known before marriage need not be given
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or succeeded to it

**Other directorships.**

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company