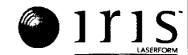
In accordance with Section 167 of the Companies Act 2006.

CH01

Change of director's details



You can use the WebFiling service to file this form online. Please go to www.companieshouse.gov.uk What this form is for What this form is NOT for You cannot use this form to char You may use this form to change the details of an individual who is a the details of a corporate directo To do this, please use form CH0 'Change of corporate director's details'. **COMPANIES HOUSE** Company details Filling in this form 6 Company number Please complete in typescript or in bold black capitals. APM HEALTHCAKE Company name in full All fields are mandatory unless specified or Indicated by * Director's current details on the Register • Current details 0 7 Date of birth * 2 This information is used to identify your details on the public record. Title * MR This is voluntary information and if PHILIP Full forename(s) ANDREW completed it will be placed on the public record. MUKRAY Sumame 3 Date of change of details °2 °5 12 0009 Date of change of details Please complete the appropriate sections to indicate which of your details have changed. Change of name details New name Title * Please enter your new name. Full forename(s) 3 Sumame 3 5 Change of service address • Service address This is the address that will appear Building name/number on the public record. This does not have to be your usual residential address. Street Please state 'The Company's Registered Office' if your service address is recorded in the company's Post town register of directors as the company's registered office. County/Region If you provide your residential Postcode address here it will appear on the

I confirm that there has been no change in the company's register of

directors' residential addresses.

Country

public record.

changed.

Please complete Section 5a if your usual residential address has

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6	Change of other details	
Change of Country/ State of residence		
Change of nationality		
Change of business occupation		
7	Signature	
	I am signing this form on behalf of the company.	Societas Europaea If the form is being filed on behalf
Signature	X A	of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership.
	This form may be signed by: Director ①, Secretary, Person authorised ②, Administrator, Administrative receiver, Receiver, Receiver manager, Charity commission receiver and manager, CIC manager, Judicial factor.	Person authorised Under either section 270 or 274 of the Companies Act 2006.

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Presenter information	Important information		
You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.	Please note that all information on this form will appear on the public record, apart from information relating to usual residential addresses.		
Contact name	Where to send		
Post town County/Region Postoode Country DX Telephone Checklist We may return forms completed incorrectly or with information missing. Please make sure you have remembered the following: The company name and number match the information held on the public Register. You have completed in Section 3 the date of change of details. If you have changed the services address, you have ticked the no change box in Section 5 to indicate no change in your usual residential address or provided your new usual residential address in Section 5a. Any new address must be a physical location. They cannot be a PO Box number (unless part of a full service address), DX or LP (Legal Post in Scotland) number. You have entered the relevant change of details.	You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below: For companies registered in England and Wales: The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ. DX 33050 Cardiff. For companies registered in Scotland: The Registrar of Companies, Companies House, Fourth floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, Scotland, EH3 9FF. DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post). For companies registered in Northern Ireland: The Registrar of Companies, Companies House, First Floor, Waterfront Plaza, 8 Laganbank Road, Belfast, Northern Ireland, BT1 3BS. DX 481 N.R. Belfast 1. Section 243 exemption If you are applying for, or have been granted a section 243 exemption, please post this whole form to the different postal address below: The Registrar of Companies, PO Box 4082, Cardiff, CF14 3WE. Further information For further information, please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk		