In accordance with Section 854 of the Companies Act 2006

AR01 2015

Annual Return





Go online to file this information www.gov.uk/companieshouse

A fee is payable with Please see 'How to pay' last page

COMPANIES HOUSE

What this form is for

You may use this form to confirm that the company information is correct as at the date of this return You must file an Annual Return at least once every year

X What this form is NOT for

You cannot use this form to give notice of changes to the company officers, registered office address, company type or information relating to the company records

For furtner into . refer to our guidance at www.gov.uk/companieshouse

Part 1	Co	mp	an	y details	
	The	sect	ion n	nust be completed by all companies	→ Filling in this form Please complete in typescript or in bold black capitals
					All fields are mandatory unless specified or indicated by *
A1	Com	ıpan	ıy de	etails	
Company number	٦	ซ	5	1753	• Company name change If your company has recentl,
Ompany name in full	AL	<u> </u>	AN	CE PHYSIOTHERAPY LAD	changed its name please pro de the company name as at the date o this return
A2	Retu	ırn (date		
-	date	The	annu	annual return made up date The return date must not be a future al return must be delivered within 28 days of the date given below	O Date of this return Your company s return date is usually the anniversary of incorporation or the anniversary
ate of this return o	" 	፟፟፞፞፞፞፞		\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	of the last annual return filed at Companies House You may choose an earlier return date but it must no be a later date
A3	Princ	сіра	l bu	siness activity	
				e trade classification code number(s) for the principal vities	Principal business activity You must provide a trade classification code (SIC code 2007)
lassification code 1	9	6	0	90	or a description of your companys
lassification code 2					A full list of the trade classification
					codes are available on our website vnvw gov uk/companieshouse
lassification code 3	1	ì			!
* *		¦			
* *				etermine a code, please give a brief description of your ty below]
lassification code 4					
lassification code 3 lassification code 4 Principal activity description					

A4	Company type®	
	Please confirm your company type by ticking the appropriate box below (only one box must be ticked) Public limited company Private company limited by shares Private company limited by guarantee Private company limited by shares exempt under section 60 Private company limited by guarantee exempt under section 60 Private unlimited company with share capital Private unlimited company without share capital	Ocompany type If you are unsure of your company type, please check your latest certificate of incorporation or our website www.gov.uk/companieshouse
A5	Registered office address ®	<u> </u>
Building name/number	52B	Change of registered office
Street	ASHINGDON ROAD	This must agree with the address that is held on the Companies House record at the date of this return
Post town	ROCHFORD	If the registered office address has changed, you should complete form AD01 and submit it together with
County/Region	ESSEX	this annual return
Postcode	SSUIRD	
	Single alternative inspection location (SAIL) of the company records (if applicable) •	
Building name/number		● SAIL address
Street		This must agree with the address that is held on the Companies House record at the date of this return
Post town		If the address has changed you should complete form ADO2 and submit it together with this annual
County/Region		return
Postcode		
A7	Location of company records •	-
	Please tick the appropriate box to indicate which records are kept at the SAIL address in Section A6 Register of members Register of directors	O Location of company records If the company records are held as the registered office address do not tick any of the boxes in this section. Certain records must be kept by
	Directors' service contracts Directors' indemnities Register of secretaries Records of resolutions etc	every company while other records are only kept by certain company types where appropriate If the records are not kept at the
:	Contracts relating to purchase of own shares Documents relating to redemption or purchase of own share out of	SAIL address, they must be available at the registered office
	capital by private company Register of debenture holders Report to members of outcome of investigation by public company into interests in its shares Register of interests in shares disclosed to public company Instruments creating charges and register of charges England and Wales	If any of the company records have moved from the registered office to the address in Section A6 since the last annual return, you must complete form AD03 and submit it together with this annual return
	or Northern Ireland Instruments creating charges and register of charges Scotland	

Part 2 Officers of the company

This section should include details of the company as at the made up date of this annual return. All details must agree with those previously notified to Companies House.

Corporate officers

- → For a corporate secretary, go to Section B1
- → For a corporate director, go to Section C1

Individual officers

- → For a secretary who is an individual, go to Section D1
- → For a director who is an individual, go to Section E1 and also complete Part 3

New appointments

You cannot use this form to appoint new officers to the company. To do this, please complete the appropriate form and submit it together with this annual return.

- AP01 for directors who are individuals
- AP02 for a corporate director
- AP03 for secretaries who are individuals
- AP04 for a corporate secretary

Change to officer details

You cannot use this form to change any officer details. To do this, please complete the appropriate form and submit it together with this annual return.

- . CH01 for changes to details of directors who are individuals
- CH02 for changes to details of a corporate director
- CH03 for changes to details of secretary who are individuals
- · CH04 for changes to details of a corporate secretary

Continuation pages

Please use a continuation page if you need to enter more officer details

Corporate secretary

B1	Corporate secretary's details •	
	Please use this section for corporate secretaries of the company For a secretary who is an individual, complete Section D1-D2	O Corporate secretary appointments You cannot use this form to appoint
Corporate body/firm name		a corporate secretary To do this, please complete form APO4 and submit it together with this annual return
Building name/number		Corporate secretary details
Street		All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have
Post town		not notified us please complete form CH04
County/Region		This information will appear on the
Postcode		public record Continuation pages
Country		Please use a continuation page if you need to enter more officer details
B2	Location of the registry of the corporate body or firm	
	Is the corporate secretary registered within the European Economic Area (EEA)? → Yes Complete Section B3 only → No Complete Section B4 only	
В3	EEA companies ®	
	Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register	● EEA A full list of countries of the EEA can be found in our guidance
Where the company/ firm is registered •		www.gov.uk/companieshouse This is the register mentioned in Article 3 of the First Company Law
Registration number		Directive (68/151/EEC)
B4	Non-EEA companies	
	Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register.	O Non EEA Where you have provided details of the register (including state) where the company or firm is registered you must also provide its number in
Legal form of the corporate body or firm		that register
Governing law		
If applicable, where the company/firm is registered •		
If applicable, the registration number		
		1

Corporate director

C1	Corporate director's details •	
	Please use this section for corporate directors of the company For a director who is an individual, complete Section E1-E2 and Part 3	O Corporate director appointments You cannot use this form to appoint a corporate director To do this
Corporate body/firm name		please complete form APO2 and submit it together with this annual return
Building name/number		Corporate director details All details must agree with those
Street		previously notified to Companies House If you have made changes since the last annual return and have not notified us please complete form CH02
Post town		This information will appear on the
County/Region		public record
Postcode Country		Continuation pages Please use a continuation page if you need to enter more officer details
C2	Location of the registry of the corporate body or firm	
	Is the corporate director registered within the European Economic Area (EEA)? → Yes Complete Section C3 only → No Complete Section C4 only	!
C3	EEA companies ®	
	Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register	● EEA A full list of countries of the EEA can be found in our guidance www.gov.uk/companieshouse
Where the company/ firm is registered		This is the register mentioned in Article 3 of the First Company Lavy Directive (68/151/EEC)
Registration number		1
C4	Non-EEA companies	
	Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register.	O Non-EEA Where you have provided details of the register (including state) where the company or firm is registered you must also provide its number in
Legal form of the corporate body or firm		that register
Governing law		
If applicable, where the company/firm is registered •		} }
lf applicable, the registration number		!

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D1	Secretary's details •	
Title*	Please use this section for individual secretaries of the company For a corporate secretary, complete Section B1-B4	O Secretary appointments You may not use this form to appoint a secretary To do this, please complete form APO3 and submit it together with this annual
Full forename(s)		return Corporate details
Former name(s) 9		Please use Section B1 B4 to enter corporate secretary details
		Secretary details All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have not notified us please complete form CH03
		Former name(s) Please provide any previous names (including maiden or married names which have been used for business purposes during the period of this return
		Continuation pages Please use a continuation page if you need to enter more officer details
D2	Secretary's service address •	
Building name/numb	er	Service address If you have previously notified Companies House that the service address is at The Company's Registered Office' please state. The
Post town		Company's Registered Office in the address
County/Region		This information will appear on the
Postcode		public record
Country		

Director

E1	Director's details •	
	Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4	O Director appointments You cannot use this form to appoint a director To do this, please
Title*		complete form APO1 and submit it together with this annual return
Full forename(s)	IAN	Corporate details Please use Section C1-C4 to enter
Surname	COWELL	corporate director details
Former name(s) 😉		Director details All details must agree with those previously notified to Companies House If you have made changes
Country/State of residence	ENGLAND	since the last annual return and have not notified us please
Nationality	BRITISH	complete form CH01
Month/year of birth	X X 00% 1/9 6/5	Offormer name(s) Please provide any previous names (including maiden or married names)
Business occupation (if any)	DIRECTOR	which have been used for business purposes during the period of this return
		Month and year of birth Please provide month and year only Provide full date of birth in Part 3 only
•	, saw , en	Continuation pages Please use a continuation page if you need to enter more officer details
		· · · · · · · · · · · · · · · · · · ·

E2	Director's service address •	 -
Building name/num	iber 25	O Service address If you have previously notified
Street	MONKHAMS LANE	Companies House that the service address is at The Company's Registered Office please state. The
Post town	WOODFORD GREEN	Company s Registered Office' in the address
County/Region	ESSEX	This information will appear on the public record
Postcode	IG8 ONJ	
Country	ENGLAND	

Director

E1	Director's details •	
	Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4	O Director appointments You cannot use this form to appoint a director To do this, please complete form AP01 and submit it
Title*		together with this annual return
Full forename(s) Surname	ROSS POY702	Corporate details Please use Section C1-C4 to enter corporate director details
Former name(s) •	104 1010	Director details All details must agree with those previously notified to Companies House If you have made changes
Country/State of residence Nationality	ENGLAND	since the last annual return and have not notified us please complete form CH01
Month/year of birth	BRITISH O G 1 9 7 8	⊘ Former name(s)
Business occupation (if any)	DIRECYOR	Please provide any previous nam (including maiden or married nar which have been used for busine purposes during the period of thi return
		• Month and year of birth Please provide month and year only Provide full date of birth in Part 3 only
		Continuation pages Please use a continuation page if you need to enter more officer details
E2	Director's service address o	
Building name/number	5	O Service address If you have previously notified
Street	COURY WAY	Companies House that the service address is at 'The Company's Registered Office' please state 'The Company's Registered Office in the
Post town	ROMFORD	address
County/Region	ESSEX	This information will appear on the public record
Postcode	RM3 OLD	
Country	ENGLAND	

Director		
E1	Director's details •	
Title*	Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4	O Director appointments You cannot use this form to appoint a director To do this, please complete form APO1 and submit it
Full forename(s)		together with this annual return Corporate details
Surname	EDWARDS	Please use Section C1-C4 to enter corporate director details
Former name(s) 2	COUNTIES	Director details All details must agree with those previously notified to Companies House If you have made changes
Country/State of residence	ENGLAND	since the last annual return and have not notified us please complete form CH01
Nationality	BRITISH	② Former name(s)
Month/year of birth Business occupation (if any)	DIRECTOR	Please provide any previous names (including maiden or married names) which have been used for business purposes during the period of this return
		Month and year of birth Please provide month and year only Provide full date of birth in Part 3 only
		Continuation pages Please use a continuation page if you need to enter more officer details
E2.	Director's service address o	
Building name/numbe	7 39	O Service address If you have previously notified
Street	RUYLAND ROAD	Companies House that the service address is at The Company's Registered Office please state. The Company's Registered Office in the
Post town		address
County/Region	(ONDON)	This information will appear on the public record
Postcode	EIII ZDY	
Country	ENGLAND	
		j 1

Director

Director's details •	
Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4	O Director appointments You cannot use this form to appoint a director To do this, please complete form APO1 and submit it together with this annual return
	Corporate details Please use Section C1-C4 to enter
	corporate director details Director details
	All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have not notified us, please complete form CH01
y y y y y	• Former name(s)
	Please provide any previous names (including maiden or married names) which have been used for business purposes during the period of this return
	● Month and year of birth Please provide month and year only Provide full date of birth in Part 3 only
	Continuation pages Please use a continuation page It you need to enter more officer details
Director's service address o	
	O Service address
	If you have previously notified
	If you have previously notified Companies House that the service address is at 'The Company's Registered Office' please state. The Company's Registered Office' in the
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	Companies House that the service address is at 'The Company's Registered Office' please state. The Company's Registered Office' in the address. This information will appear on the
	Please use this section to list individual directors of the company For a corporate director, complete Section C1-C4 X X M M M Y Y Y Director's service address •



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Part 4	Statement of capital o					
	Does your company have share capital? → Yes Complete the sections below and the following Part 5 → No Go to Part 6 (Signature)				This should reflect the company's capital status at the made up date of this annual return	
F1	Share capital in pound sterling (£)					
		r each class of shares he y complete Section F1	eld in pound sterling and then go to Section F4			
Class of shares (E.g. Ordinary/Preference etc	:)	Amount paid up on each share 9	Amount (if any) unpaid on each share •	Number of shar	es Ø	Aggregate nominal value 0
ORDINAR	H	£1		3		f 3
						f
ļ <u>-</u>					······	£
						£
I			Totals		3	£ 3
F2	Share capital	n other currencie	s			
Please complete the to Please complete a sep		any class of shares hel n currency	d in other currencies			
Currency						
Class of shares (E.g. Ordina y/Preference etc.)		Amount paid up on each share 🔮	Amount (if any) unpaid on each share	Number of share		Aggregate nominal value Q
						
			Totals			
Currency						
Class of shares (E.g. Ordinary/Preference etc.)		Amount paid up on each share	Amount (if any) unpaid on each share	Number of shares • Aggregate nominal		Aggregate nominal value 3
	····					
				1		
			Totals 			
B	Totals					
	Please give the total number of shares and total aggregate nominal value of issued share capital • Total aggregate nominal value of Please list total aggregate value of the share capital is total aggregate value.			list total aggregate values in		
Total number of shares	different currencies separately. For example £100 + €100 + \$10 etc					
Total aggregate nominal value ©	£ 3					
 Including both the noming share premium Total number of issued signs 	-	• Number of shares issue nominal value of each	share Plea	tinuation Page se use a Statemo e if necessary		oital continuation

F4	Statement of capital (Voting rights)				
	Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in Sections F1 and F2				
Class of share	ORDINARY				
Voting rights	EACH SHARE IS ENTITLED TO ONE VOTE EN ANY CIRCUMSTANCES				
Class of share					
Voting rights					
	•				
Class of share					
Voting rights					
Class of share					
Voting rights					
	11/15 Version 7.0				

Part 5	Shareholders					
	Does your company have share capital? → Yes go to Section G1 'Companies with share capital' → No Go to Part 6 (Signature)					
G1	Companies with share capital					
Question 1	Were any of the company's shares admitted to trading on a market at any time during this return period? Please tick the appropriate box below • No go to Section G2 'Past and present shareholders' Yes go to Question 2	◆ A market is one established under the rules of a UK recognised investment exchange or any other regulated markets in or outside of the UK, or any other market outside				
Question 2	Please only refer to Question 2 below if you have answered 'Yes' to Question 1. If you answered 'No', please go to Section G2 'Past and present shareholders'	of the UK. The current UK recognize investment exchanges and regulate markets can be found at www.fsa.gov.uk/register/exchanges.c				
	Did the company, throughout the return period, have any shares admitted to trading on a relevant market and was it, throughout the return period, an issuer to which DTR5 applies? Please tick the appropriate box below No go to Section G4 'Shareholders who hold at least 5% of any class of shares of the company as at the made up date of the return' Yes go to Part 6 'Signature'	DTR5 refers to the Vote Holder and Issuei Notification Rules contained in Chapter 5 of the Disclosure and Transparency Rules source book issued by the Financial Services Authority. Notification is required when the percentage acquisition of a shareholder in the company has reached a certain threshold (starting at 3%).				
G2	List of past and present shareholders ®					
	The company is required to provide a full list of past and present shareholders if one was not included with either of the last two returns. Please tick the appropriate box below There were no shareholder changes in this period. Go to Part 6 (Signature). A full list of shareholders is enclosed. A list of shareholder changes is enclosed. How is the list of shareholders enclosed. Please tick the appropriate box below. The list of shareholders is enclosed on paper. Go to Section G3. 'List of past and present shareholders.' The list of shareholders is enclosed in another format. Go to Part 6 (Signature).	This section only applies to companies answering 'No in Section G1				

	c

List of past and present shareholders o

Changes during this period to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year

You must provide a 'full list' of all company shareholders on

- The company's first annual return following incorporation,
- Every third annual return after a full list has been provided

Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

Further shareholders

Please use a 'List of past and present shareholders' continuation page if necessary.

This section only applies to companies answering 'No to Question 1 in Section G1

			l	
·		Shares or stock currently held	Shares or stock transfer	red (if appropriate)
hareholder s Name Address not required)	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer
IAN COWELL	ORDINARY EI	(1 1
IAN COWELL IAN EDWARDS	ORDZNARY &	(, ,
Ross Porton	ORDZNARY £	•		1 1
				1 1
				, ,
				1 1
				1 1
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				1 1
				1 1
				1 1
				1 1

G4

Shareholders who hold at least 5% of any class of share(s) of the company as at the made up date of this return

This section should show only the shareholders that hold at least 5% or any class of share(s) of the company at the date of this return

It should only be completed by companies that have answered 'Yes' to Question 1 in Section G1, and 'No' to Question 2 in Section G1

If there were no shareholders holding at least 5% of any class of share(s) at the date of this return, this section may be left blank

→ Go to Part 6 (Signature)

This section only applies to companies answering 'No to Question 2 in Section G1

Please list the company shareholders in alphapetical order

Joint shareholders should be listed consecutively

Further shareholders

Please use a 'Shareholders who hold at least 5% of any class of share(s) of the company as at the made up date of this return continuation page if necessary

Shares or stock currently held Shareholder's address Class of share Number of shares or Shareholder's name amount of stock

Part 6	Signature				
	This must be completed by all companies	• Societas Europaea If the form is being filed on behalf			
	I am signing this form on behalf of the company	of a Societas Europaea (SE) please delete director and insert details			
Signature	Signature X	of which organ of the SE the person signing has membership Person authorised			
	X14	Under either section 270 or 274 of the Companies Act 2006			
	This form may be signed by Director •, Secretary, Person authorised •, Charity commission receiver and manager, CIC manager, Judicial factor				



Do not cover this barcode

AR01 2015

Annual Return

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	
	E How to pay	
Company name DARREN WZLIAMS 4Co	A fee of £40 is payable to Companies House in respect of a paper Annual Return Make cheques or postal orders payable to	
Address	'Companies House'	
	☑ Where to send	
Pos. town	You may return this form to any Companies House address, however for expediency we advise you return it to the appropriate address below	
Country Country	For companies registered in England and Wales The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ DX 33050 Cardiff	
Telephone OITH3 THELLEH Checklist	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	
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	or LP - 4 Edinburgh 2 (Legal Post) For companies registered in Northern Ireland The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG DX 481 N R Belfast 1	
 You have completed your principal business activity 	Further information	
 You have not used this form to make changes to the registered office address You have not used this form to make changes to secretary and director details You have provided the full date of birth for all individual directors in Part 3 You have fully completed the Statement of capital (if applicable) You have signed the form You have enclosed the correct fee 	For further information, please see the guidance notes on the website at www.gov.uk/companieshouse or email enquiries@companieshouse gov.uk This form is available in an alternative format. Please visit the forms page on the website at www.gov.uk/companieshouse	