In accordance with Section 555 of the Companies Act 2006

# **SH01**

## Return of allotment of shares



		can use e go to						flie this form uk	online.					
1	You m	this fo nay use of sha coration	e this for	orm to			×	notice of sha on formation for an allotm	form is NOT use this for ares taken to not the comment of a new multimited c	ATURDAY	A10	05/11	KZYZX* 1/2011 IJES HOUSE	307
1	Com	pany o	detail	S							<del></del>			
Company number	7	0 7	7 7	3	5	6		•			_		in this form complete in typesca	dat ar in
Company name in full	HEL	P TRA	INI	NG C	OURS	SES	LTD					bold bla	eck capitals,	
						_							s are mandatory un od or indicated by *	iess
2	Allot	mento	Jates	0										
From Date	2	6	m\	ď	-	12	· o	y l y l				Allotme     If all sha	ent date ares were allotted o	n tha
To Date	d d	<u>;</u>	m	m	-	У	У	УУ				same da	ay enter that date in ate' box. If shares w	n the
	•		•	•		•	•	•				allotted	over a period of limite both from date' a	10,
3	Share	es allo	otted								<del></del>			
	Please give details of the shares allotted, including bonus share (Please use a continuation page if necessary)					nus shares		Currency If currency details are not completed we will assume currency is in pound sterling.						
Class of shares (E.g. Ordinary/Preference etc.)			Cum	Сштепсу 😉					Nominal value each share	of	Amount paid (including share premium) on each share		Amount (if any) unpaid (including share premium) on each share	
"A" ORDINARY			£				l	280		1.00		71.43		0.00
					_		<u> </u>							
	If the allotted shares are fully or partly paid up otherwise than in cash, please state the consideration for which the shares were allotted							ase	Continuation page Please use a continuation page if necessary					
Details of non-cash consideration.														
If a PLC, please attach valuation report (if appropnate)														
}														

	SH01 Return of allotmo	ent of shares				
	Statement of ca	pital	<del></del>			
		ection 5 and Section 6, if capital at the date of this		ect the		
4	Statement of ca	pital (Share capital in p	cound sterling (£))	. ,;		
		each class of shares held Section 4 and then go to		our	-	
Class of shares (E.g. Ordinary/Preference etc.)		Amount paid up on each share	Amount (if any) unpaid on each share	Number of shares 2	Aggregate nominal value	
ORDINARY SHARES		1.00	0.00	1120	£ 1,120.00	
"A" ORDINARY	HARES	71.43	0.00	280	280.00	
	<del></del>				£	
					£	
			Totals	1400	£ 1,400.00	
Currency Zass of shares E.g. Ordinary / Preference	ekc)	Amount paid up on each share	Amount (if any) unpaid on each share	Number of shares 2	Aggregate nominal value	
Ly Oldsay/Ficients		Salat State	on soon share.			
			Totals			
	ſ				<del></del> -	
Currency  Class of shares E.g. Ordinary/Preference etc.)		Amount paid up on each share 1	Amount (if any) unpaid on each share	Number of shares 2	Aggregate nominal value	
······································		<u> </u>	Totals			
	Statement of cap	oltal (Totals)				
	Please give the total number of shares and total aggregate nominal value of issued share capital.  Total aggregate nominal value Please list total aggregate values in different currences separately For					
tal number of shares				exampl	e,£100 +€100 +\$10 etc.	
otal aggregate ominal value 4						
Including both the nomin share premium.  Total number of issued:		Eg Number of shares issu nominal value of each share	re. Plea	tinuation Pages se use a Statement of Capita e If necessary.	d continuation	

## SH01

Return of allotment of shares

7	Statement of capital (Prescribed particulars of rights attached to share	es)		
	Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in Section 4 and Section 5	Prescribed particulars of rights attached to shares     The particulars are.		
Class of share	ORDINARY SHARES	a particulars of any voting rights, including rights that arise only in		
Prescribed particulars	SEE CONTINUATION PAGE	certain droumstances, b particulars of any rights, as respects dividends, to participate in a distribution, c particulars of any rights, as respects capital, to participate in a distribution (including on winding up); and d whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder and any terms or conditions relating to redemption of these shares.		
Class of share	"A" ORDINARY SHARES	A separate table must be used for		
Prescribed particulars	SEE CONTINUATION PAGE	each class of share  Continuation page  Please use a Statement of Capital continuation page if necessary		
Class of share				
Prescribed particulars				
8	Signature			
ſ	I am signing this form on behalf of the company	Societas Europaea If the form is being filed on behalf		
Signature	X  This form may be signed by  Director Administrator Administrator Administrator Administrator	of a Societas Europaea (SE) please delete 'director' and Insert details of which organ of the SE the person signing has membership.  3 Person authorised Under either section 270 or 274 of the Companies Act 2006.		
	Director , Secretary, Person authorised , Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager	and configurator and account		

in accordance with Section 555 of the \* Companies Act 2006

### SH01 - continuation page

Return of allotment of shares

### Statement of capital (Prescribed particulars of rights attached to shares)

Class of share

ORDINARY SHARES

Prescribed particulars | THE SHARES HAVE ATTACHED TO THEM FULL VOTING RIGHTS AND DO NOT CONFER ANY RIGHTS OF REDEMPTION. THE "A" ORDINARY SHARES HAVE A RIGHT TO A PREFERRED DIVIDEND OF 6% PER ANNUM AFTER WHICH THE ORDINARY SHARES RANK PARI PASSU WITH THE "A" ORDINARY SHARES FOR DIVIDENDS.

ON A RETURN OF CAPITAL:-

- 1. THE "A" ORDINARY SHARES HAVE A RIGHT TO RECEIVE ANY DECLARED BUT UNPAID PREFERRED DIVIDENDS; THEN 2.THE "A" ORDINARY SHARES HAVE A RIGHT TO THE ISSUE PRICE OF THE "A" ORDINARY SHARES; THEN
- 3 THE ORDINARY SHARES HAVE A RIGHT TO RECEIVE ANY DECLARED BUT UNPAID DIVIDENDS; FOLLOWING WHICH 4. THE ASSETS SHALL BE DISTRIBUTED PARI PASSU TO THE HOLDERS OF THE ORDINARY SHARES AND THE "A" ORDINARY SHARES.

in accordance with Section 555 of the Companies Act 2006

### SH01 - continuation page

Return of allotment of shares

7

### Statement of capital (Prescribed particulars of rights attached to shares)

Class of share

"A" ORDINARY SHARES

### Prescribed particulars

THE SHARES HAVE ATTACHED TO THEM FULL VOTING RIGHTS AND DO NOT CONFER ANY RIGHTS OF REDEMPTION. THE "A" ORDINARY SHARES HAVE A RIGHT TO A PREFERRED DIVIDEND OF 6% PER ANNUM AFTER WHICH THE ORDINARY SHARES RANK PARI PASSU WITH THE "A" ORDINARY SHARES FOR DIVIDENDS

ON A RETURN OF CAPITAL:-

- 1. THE "A" ORDINARY SHARES HAVE A RIGHT TO RECEIVE ANY DECLARED BUT UNPAID PREFERRED DIVIDENDS; THEN 2. THE "A" ORDINARY SHARES HAVE A RIGHT TO THE ISSUE PRICE OF THE "A" ORDINARY SHARES; THEN 3. THE ORDINARY SHARES HAVE A RIGHT TO RECEIVE ANY DECLARED BUT UNPAID DIVIDENDS; FOLLOWING WHICH
- 4. THE ASSETS SHALL BE DISTRIBUTED PARI PASSU TO THE HOLDERS OF THE ORDINARY SHARES AND THE "A" ORDINARY SHARES.

## SH01

Return of allotment of shares

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	Please note that all information on this form will appear on the public record.				
visible to searchers of the public record	Where to send				
Contact name CATHERINE WILLIS	You may return this form to any Companies House address, however for expediency we advise you to				
Dickinson Dees LLP	return it to the appropriate address below:				
Address St Ann's Wharf	For companies registered in England and Wales. The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ.				
112 Quayside	DX 33050 Cardiff				
Newcastle Upon Tyne	For companies registered in Scotland: The Registrar of Companies, Companies House,				
CountyRegion	Fourth floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, Scotland, EH3 9FF				
Positoode N E 1 3 D X	DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post)				
Country	For companies registered in Northern Ireland:				
DX DX 61191 Newcastle Upon Tyne	The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street,				
Telephone Tel 0191 279 9000	Belfast, Northern Ireland, BT2 8BG. DX 481 N.R. Belfast 1.				
✓ Checklist	7 Further Information				
We may return the forms completed incorrectly or with information missing.	For further Information please see the guidance notes				
Please make sure you have remembered the	on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk				
following:					
The company name and number match the information held on the public Register.	This form is available in an				
You have shown the date(s) of aliotment in section 2	alternative format. Please visit the forms page on the website at				
You have completed all appropriate share details in section 3.	www.companieshouse.gov.uk				
You have completed the appropriate sections of the Statement of Capital.	, management of the second of				
You have signed the form.					