

DON'T
STAPLE**SH02**Notice of consolidation, sub-division, redemption of
shares or re-conversion of stock into shares

Oyez

☒ **What this form is for**
You may use this form to give
notice of consolidation,
sub-division, redemption of
shares or re-conversion of stock
into shares.

☐ **What this form is NOT for**
You cannot use this form to
give notice of a conversion of stock
into stock.

WEDNESDAY

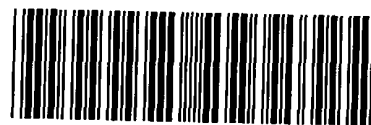


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A05

24/08/2022

#7

COMPANIES HOUSE

1 Company details

Company number 1 0 6 5 5 0 4 6
Company name in full Rude Health Consulting Limited

Filling in this form
Please complete in typescript or in bold
black capitals.

All fields are mandatory unless
specified or indicated by *

2 Date of resolution

Date of resolution ^d1 ^d1 ^m0 ^m8 ^y2 ^y2 ^y2 ^y2

3 Consolidation

Please show the amendments to each class of share.

Class of shares (E.g. Ordinary/Preference etc.)	Previous share structure		New share structure	
	Number of issued shares	Nominal value of each share	Number of issued shares	Nominal value of each share

4 Sub-division

Please show the amendments to each class of share.

Class of shares (E.g. Ordinary/Preference etc.)	Previous share structure		New share structure	
	Number of issued shares	Nominal value of each share	Number of issued shares	Nominal value of each share
Ordinary	150	1.00	15,000	0.01
Redeemable	25	1.00	2,500	0.01

5 RedemptionPlease show the class number and nominal value of shares that have been
redeemed. Only redeemable shares can be redeemed.

Class of shares (E.g. Ordinary/Preference etc.)	Number of issued shares	Nominal value of each share

SH02

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6

Re-conversion

Please show the class number and nominal value of shares following re-conversion from stock.

New share structure

Value of stock	Class of shares (E.g. Ordinary/Preference etc.)	Number of issued shares	Nominal value of each share

7

Statement of capital

Complete the table(s) below to show the issued share capital. It should reflect the company's issued capital following the changes made in this form.

Complete a separate table for each currency (if appropriate). For example, add pound sterling in 'Currency table A' and Euros in 'Currency table B'.

Continuation page

Use a Statement of capital continuation page if necessary.

Currency Complete a separate table for each currency	Class of shares E.g. Ordinary/Preference etc.	Number of shares	Aggregate nominal value (£, €, \$, etc) Number of shares issued multiplied by nominal value	Total aggregate amount unpaid, if any (£, €, \$, etc) Including both the nominal value and any share premium
GBP	Ordinary	15,000	150	
	Redeemable	2,500	25	
	Totals	17500	175	0
	Totals			
	Totals			
Complete this table to show your total issued share capital. Add the totals from all currency tables, including continuation pages.		Total number of shares	Total aggregate nominal value 1	Total aggregate amount unpaid 1 2
Grand total		17500	175	0

1 Show different currencies separately. For example: £100 + €100 + \$10

2 Total aggregate amount unpaid

Enter 0 or 'nil' if the shares are fully paid. We'll assume the shares are fully paid if you leave this blank.

SH02

Notice of consolidation, sub-division, redemption of shares or re-conversion of stock into shares

8

Statement of capital (prescribed particulars of rights attached to shares)

Please give the prescribed particulars of rights attached to shares for each class of share shown in the share capital tables in Section 7.

Class of share

Ordinary

Prescribed particulars
1

Voting Rights: They shall each carry the right to receive notice of and to attend, speak and vote at all general meetings of the Company and the right to one vote. Dividend Rights: They shall each carry the right to participate equally with the other ordinary shareholders in such dividends (if any) as the company or the directors of the Company may decide to declare on the ordinary shares and redeemable shares (as if they constituted shares of the same class) from time to time. Capital Rights: They shall each carry the right to participate equally with Redeemable shares on liquidation, capital reduction or otherwise (other than a conversion or purchase of shares).

Class of share

Redeemable

Prescribed particulars
1

Voting Rights: They shall each carry the right to receive notice of and to attend, speak and vote at all general meetings of the Company and the right to one vote. Dividend Rights: They shall each carry the right to participate equally with the other ordinary shareholders in such dividends (if any) as the company or the directors of the Company may decide to declare on the ordinary shares and redeemable shares (as if they constituted shares of the same class) from time to time. Capital Rights: They shall each carry the right to participate equally with Ordinary shares on liquidation, capital reduction or otherwise (other than a conversion or purchase of shares).

Class of share

Prescribed particulars
1

1 Prescribed particulars of rights attached to shares

The particulars are:

- a particulars of any voting rights, including rights that arise only in certain circumstances;
- 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.

A separate table must be used for each class of share.

Please use a Statement of capital continuation page if necessary.

9

Signature

I am signing this form on behalf of the company.

Signature

Signature

X  X

This form may be signed by:

Director 2, Secretary, Person authorised 3, Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager.

2 Societas Europaea

If the form is being filed on behalf 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.

SH02

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Presenter 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.

Contact name

Mungo Graham

Company name

Harrison Clark Rickerbys Limited

Address

Ellenborough House

Cheltenham

Post town

County/Region

Postcode

G L 5 0 1 Y D

Country

DX

DX 7415 Cheltenham

Telephone

01242 224 422



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 entered the date of resolution in Section 2.
- ☐ Where applicable, you have completed Section 3, 4, 5 or 6.
- ☐ You have completed the Statement of capital.
- ☐ You have signed the form.



Important information

Please note that all information on this form will appear on the public record.



Where to send

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.

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.



Further information

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