In accordance with Section 854 of the Companies Act 2006

AR01

Annual Return



A fee is payable with this form You can use the WebFiling Please go to www companies Please see 'How to pay' on the last page What this form is NOT for What this form is for You cannot use this form to You may use this form to confirm notice of changes to the col that the company information JNI 09/03/2010 correct as at the date of this return IMP of the Engistered of fice ad **COMPANIES HOUSE** You must file an Annual Return as Ecompany type or informatic least once every year ~23/02/2010 **COMPANIES HOUSE** BELFAST **Company details** Part 1 → Filling in this form The section must be completed by all companies Please complete in typescript or in bold black capitals All fields are mandatory unless specified or indicated by 1 **Company details** Α1 Oceanny name change Company number If your company has recently TRAINING AND CONSULTANCY changed its name, please provide Company name in full the company name as at the date of (ERVICES this return Return date O Date of this return Please give the annual return made up date. The return date must not be a future Your company's return date date The annual return must be delivered within 28 days of the date given below is usually the anniversary of incorporation or the anniversary m/m2 1/2 1/0 0 1/9 Date of this return @ of the last annual return filed at Companies House You may choose an earlier return date but it must not be a later date Principal business activity Α3 O Principal business activity Please show the trade classification code number(s) for the principal You must provide a trade activity or activities 6 classification code (SIC code) or a description of your company's main Classification code 1 business in this section Classification code 2 A full list of the trade classification codes are available on our website Classification code 3 www.companieshouse.gov.uk Classification code 4 If you cannot determine a code, please give a brief description of your business activity below Principal activity description

AR01	
Annual	Return

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	● Company type If you are unsure of your company type, please check your latest certificate of incorporation or our website www.companieshouse.gov.uk
A5	Registered office address ®	
Building name/number	THOMAS HOUSE	Change of registered office This must agree with the address
Street	14-16 TAMES STREET SOUTH	that is held on the Companies House record at the date of this return
Post town	BELFAST	If the registered office address has changed, you should complete form ADO1 and submit it together with
County/Region		this annual return
Postcode	8 T 2 7 G A	
	Single alternative inspection location (SAIL) of the company records (if applicable)	<u> </u>
Building name/number		⊕ SAIL address
Street		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 ADOZ and submit it together with this annual
County/Region	 	return
Postcode		<u> </u>
A7	Location of company records o	·
	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 at 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	every company while other records are only kept by certain company types where appropriate
	Records of resolutions etc Contracts relating to purchase of own shares Documents relating to redemption or purchase of own share out of	If the records are not kept at the 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	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
	Register of interests in shares disclosed to public company Instruments creating charges and register of charges England and Wales or Northern (reland Instruments creating charges and register of charges Scotland	together with this annual return

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Officers of the company Part 2 Continuation pages This section should include details of the company at the date to which this Please use a continuation page annual return is made up if you need to enter more officer details → For a secretary who is an individual, go to Section B1 → For a corporate secretary, go to Section C1 → For a director who is an individual, go to Section D1 → For a corporate director, go to Section E1 **Secretary** Secretary's details • • Secretary appointments Please use this section to list all the secretaries of the company You may not use this form to For a corporate secretary, complete Section C1-C4 appoint a secretary To do this, please complete form AP03 and Title* submit it together with this annual return CATHERINE Full forename(s) Corporate details WALSH Surname Please use Section C1-C4 to enter corporate secretary details Former name(s) @ 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 which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.

B2	Secretary's service address ⁶	
Building name/nur	mber RIVENDELL	S Service address If you have previously notified
Street	HILLHEAD ROAD	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Post town	LISBURN	Company's Registered Office' in the address
County/Region	ANTRIM	This information will appear on the public record
Postcode	BT283X6	
Country	N IRELAND	

Corporate secretary

C1	Corporate secretary's details •	
	Please use this section to list all the corporate secretaries of the company	Ocrporate secretary appointments You cannot use this form to appoint
Corporate body/firm name		a corporate secretary To do this, please complete form AP04 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
Country		
C2	Location of the registry of the corporate body or firm	
	Is the corporate secretary registered within the European Economic Area (EEA)? → Yes Complete Section C3 only → No Complete Section C4 only	
C3	EEA companies ®	
w	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.companieshouse.gov.uk
Where the company/ firm is registered ©		This is the register mentioned in Article 3 of the First Company Law
Registration number		Directive (68/151/EEC)
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.	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		

Director

D1	Director's details •	
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4	O Director appointments You cannot use this form to appoint a director To do this, please
Title*	MR	complete form APO1 and submit it together with this annual return
Full forename(s)	JoHN	Corporate details Please use Section E1-E4 to enter
Surname	WALSH	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	N. IREVAND BRITISH	since the last annual return and have not notified us, please complete form CH01
Nationality ——-		② Former name(s)
Date of birth	1 d d T P T P T P T P T P T P T P T P T P	Please provide any previous names which have been used for business
Business occupation (if any)	MANAGING DIRECTOR	purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes
D2	Director's service address [⊕]	
Building name/numbe		Service address If you have previously notified
Street	HILLITEAD 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	LISBURN	address
County/Region	ANTRIM	This information will appear on the public record
Postcode	BT283X6	
Country	N. IRELAND	

Director

D1	Director's details •	
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4	O Director appointments You cannot use this form to appoint a director To do this, please
Title*	MRS	complete form AP01 and submit it together with this annual return
Full forename(s)	MLKINLEY	Corporate details
Surname	MCKINLEY	Please use Section E1-E4 to enter corporate director details
Former name(s) 9		Director details All details must agree with those previously notified to Companies
Country/State of residence	N IRELAND	House. If you have made changes since the last annual return and have not notified us, please
Nationality	BRITISH	complete form CH01
Date of birth	06 70 3 119 77 71	Former name(s) Please provide any previous names
Business occupation (if any)	FERENCE BUSINESS CONSULTANT	which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.
D2	Director's service address ⁹	
Building name/number	i i j	Service address If you have previously notified
Street	CRAIGOARRAGH 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	HELFNS RAY	address
County/R egion	Down	This information will appear on the public record
Postcode	BTIBILIVE	F
Country		

Director

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D1	Director's details •	
_	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4.	Objector appointments You cannot use this form to appoint a director. To do this, please
Title*	MRS	complete form APO1 and submit it together with this annual return
Full forename(s)	CATHERINE WALSH	Corporate details Please use Section E1-E4 to enter
Surname	WALSH	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	N. IRELAND	since the last annual return and have not notified us, please
Nationality	L3 BRITISH	complete form CH01. Some name(s)
Date of birth	MARKETING DIRECTOR	Please provide any previous names which have been used for business
Business occupation (if any)	MARKETING DIRECTOR	purposes during the period of this return Married women do not need to give former names unless previously used for business purposes.
D2	Director's service address ●	
Building name/number		Service address If you have previously notified
Street	HILLHEAD - ROIFA	Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the
Post town	LISBURN	address.
County/Region	ANTRIM	This information will appear on the public record.
Postcode	BT283X6	
Country		

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Corporate director

E1	Corporate director's details •	
Corporate body/firm	Please use this section to list all the corporate director's of the company	O Corporate director appointments You cannot use this form to appoint a corporate director To do this, please complete form APO2 and submit it together with this annual
name		retum Corporate director details
Building name/number		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		
E2	Location of the registry of the corporate body or firm	
	Is the corporate director registered within the European Economic Area (EEA)? → Yes Complete Section E3 only → No Complete Section E4 only	
E3	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.companieshouse.gov.uk
Where the company/ firm is registered ■		This is the register mentioned in Article 3 of the First Company Law Directive (68/151/EEC)
Registration number		Directive (00/131/EEC)
E4	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.	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		

Part 3	Statement	of capital o				
Does your company have share capital? → Yes Complete the sections below and the following Part 4 → No Go to Part 5 (Signature)					This should reflect the company's capital status at the made up date of this annual return	
F1	Share capital i	n pound sterling ((£)		_	
Please complete the ta If all your issued capit			eld in pound sterling and then go to Section F4			
Class of shares (E.g. Ordinary/Preference etc.)	Amount paid up on each share	Amount (if any) unpaid on each share ②	Number of sha	res 😉	Aggregate nominal value 🍑
ORDINAR	·y	1.00		112.	50	£ 11250
						£
						£
						£
			Totals	1125	0	£ 11250
F2	Share capital i	n other currencies	5			
Please complete the ta Please complete a sep			d in other currencies			
Currency						
Class of shares (E.g. Ordinary/Preference etc	:)	Amount paid up on each share	Amount (if any) unpaid on each share	Number of sha	res 🕄 💳	Aggregate nominal value O
		_		<u> </u>		<u> </u>
	<u></u>		Totals	<u> </u>		
· · · · · · · · · · · · · · · · · · ·				<u> </u>		
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 ❸ Aggregate in		Aggregate nominal value 4
			Totals	S		
F3	Totals					
	Please give the to issued share capit		nd total aggregate nominal	value of	Please	ggregate nominal value list total aggregate values in
Total number of shares						it currencies separately For e £100 + €100 + \$10 etc
Total aggregate nominal value ©					<u> </u>	
 Including both the noming share premium Total number of issued s 	-	Number of shares issu nominal value of each	share Ple	ntinuation Pag ase use a Staten ge if necessary		ital continuation

F4	Statement of Please give the p			attached to	shares for each class		
	of share shown i	n the statement	of capital sha	re tables in S	ections F1 and F2		
Class of share	URP1	NARY					
Voting rights	PNE	VOTE	PER	ONE	SHARE		
Class of share		<u> </u>		<u> </u>			
Voting rights		-		-			
	·				*		
					<u> </u>	-	
Class of share							
Voting rights							
Class of share	<u> </u>	·		···-··		-	
Voting rights				<u>-</u>			
-							

Part 4	Shareholders						
	Does your company have share capital? → Yes Complete the sections below → No Go to Part 5 (Signature)	This should reflect the shareholder details at the made up date of this annual return					
G1	Traded public companies ®						
	Please tick the box if your company was a traded public company at any time during the period of this return	● Traded company definition A traded company means a compan any of whose shares are admitted to trading on a regulated market					
G2	List of past and present shareholders						
	Private and non-traded public companies are required to provide a 'full list' if one was not included with either of the last two returns						
	Traded public companies are required to provide a list of shareholders who held at least 5% of the issued shares of any share class if a list was not provided with either of the last two returns	<u>:</u>					
	Please tick the appropriate box below						
	A full list of shareholders for a private or non-traded public company is enclosed. Please complete Section G3 , or						
·	A list of shareholders holding at least 5% of the issued shares of any share class for a traded public company is enclosed. Please complete Section G4	- #**** 23***					
	A list of shareholder changes is enclosed → For private or non-traded public companies, please complete Section G3 → For traded public companies, please complete Section G4						
	There were no shareholder changes in this period → Go to Part 5 (Signature)						
	Please tick the appropriate box below to indicate the format of your shareholder details						
	The list of shareholders is enclosed on paper The list of shareholders is enclosed in another format						
		<u> </u>					

Private or non-traded public companies – list of past and present shareholders

This section should only be completed by companies that have not traded on a regulated market at any time during the period of this return

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 'Private or non-traded public companies – list of past and present shareholders' continuation page if necessary

'		Shares or stock currently held	Shares or stock transferred (if appropriate)		
Shareholder'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	
				1 1	
				1 1	
			<u> </u>	, ,	
				1 1	
				f I	
				1 1	
				1 1	
				1 1	
				1 1	
				, ,	
				1 1	
				1 1	

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Traded public companies - list of past and present shareholders

This section should show the shareholders that hold at least 5% of any class of share(s) of the company at the date of this return. It should only be completed by public companies that have traded on a regulated market at any time during the period of this return.

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 'Traded public
companies — list of past and present
shareholders' continuation page if
necessary

'		Shares or stock currently held	Shares or stock transferred (if appropriate)	
Shareholder's details	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer
Name				1 1
Address				1 1
The state of the s	-	36		, ,
Name			1	1 1
Address				, ,
				1 1
Name				1 1
Address				1 1
				1 1
Name				1 1
Address				1 1
				1 1

Part 5	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 Catula MCCaly	of which organ of the SE the person signing has membership Person authorised 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				

Important information		
Please note that all information on this form will appear on the public record		
f How to pay		
A fee of £30 is payable to Companies House in respect of an Annual Return		
Make cheques or postal orders payable to 'Companies House'		
☑ 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 ¹ 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		
<i>i</i> 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		