



Companies House

— for the record —

Company Name

FINANCIAL FITNESS RESOURCE TEAM

363s Annual Return



Company Type

Private Company Limited By

Guarantee Exempt Under Sect 30

Company Number

SC260631

Information extracted from

Companies House records on

18th November 2005

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through and write the correct details in the "Amended details" column
- > Please use black pen and write



SCT SM7UCBSU 0343
COMPANIES HOUSE 04/01/06

SCT SLJ1GBCO 1449
COMPANIES HOUSE 19/12/05

Section 1: Company details

Ref: SC260631/15/42

	Current details	Amended details
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	5 Sir Michael Street Greenock Renfrewshire PA15 1PQ	Address _____ _____ _____ UK Postcode _ _ _ _ _
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Address where the Register is held At Registered Office	Address _____ _____ _____ UK Postcode _ _ _ _ _
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address _____ _____ _____ UK Postcode _ _ _ _ _
> Principal Business Activities <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	SIC Code Description 7487 Other business activities	SIC CODE Description _____ _____ _____ _____ _____
> <i>Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.</i>		

Section 2: Details of Officers of the Company

	Current details	Amended details
<p>> Company Secretary If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</p> <p>Particulars of a new Company Secretary must be notified on form 288a.</p>	<p>Name Wilson DUNLOP</p> <p>Address 4 Bannockburn Street Greenock Inverclyde PA16 9DE</p>	<p>Name</p> <hr/> <p><input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.</p> <p>Address</p> <hr/> <hr/> <p>UK Postcode _ _ _ _ _</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date Wilson DUNLOP ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _</p>
<p>> Company Secretary If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</p> <p>Particulars of a new Company Secretary must be notified on form 288a.</p>	<p>Name OSWALDS OF EDINBURGH LIMITED</p> <p>Address 24 Great King Street Edinburgh EH3 6QN</p>	<p>Name</p> <hr/> <p><input type="checkbox"/> Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.</p> <p>Address</p> <hr/> <hr/> <p>UK Postcode _ _ _ _ _</p> <p>Date of change _ _ / _ _ / _ _ _ _</p> <p>Date OSWALDS OF EDINBURGH LIMITED ceased to be secretary (if applicable) _ _</p>

Amended details

Name _____

Norman LOVELL

**31 Grant Street
Greenock
Renfrewshire
PA15 2BP**

Date of birth 02/09/1934

Nationality British

Occupation Retired

Particulars of a new Director must be notified on form 288a.

Name _____



Tick this box if this address is a service address for the beneficiary of a Parentality Order granted under section 723B Companies Act 1985.

Address

UK Postcode _ _ _ _ _ _ _ _

Date of birth / /

Nationality _____

Occupation _____

Date of change 17 / 11 / 2005

Date Norman LOVELL ceased to be
director (if applicable)

17, 11, 2005

Name

Margaret Hastings MCPHAIL

**151 Lynedoch Court
Greenock
Renfrewshire
PA15 4QW**

Date of birth 07/12/1920

Nationality British

Occupation Retired

Particulars of a new Director must be notified on form 288a.

Name

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Tick this box if this address is a service address for the beneficiary of a Parental Order granted under section 723B Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth / /

Nationality _____

Occupation _____

Date of change / /

Date Margaret Hastings MCPHAIL
ceased to be director (if applicable)

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> - Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Current details

Name
Eleanor ROBERTSON

Address
4 Bridgend Road
Greenock
Renfrewshire
PA15 2JW

Date of birth 13/12/1947

Nationality British

Occupation Community Health Worker

Amended details

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _

Nationality

Occupation

Date of change _ _ / _ _ / _ _ _ _

Date Eleanor ROBERTSON ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _

> Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Name
Mary SANDERSON

Address
22B Kelburn Terrace
Port Glasgow
Renfrewshire
PA14 6SD

Date of birth 21/08/1954

Nationality British

Occupation Auxilliary Teacher

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _

Nationality

Occupation

Date of change _ _ / _ _ / _ _ _ _

Date Mary SANDERSON ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _

Current details

Amended details

> Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Name
John SHARPE

Address
5 Ardmore Road
Port Glasgow
Renfrewshire
PA14 5RY

Date of birth 04/02/1937

Nationality British

Occupation Retired

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _

Nationality _ _ _ _ _

Occupation _ _ _ _ _

Date of change _ _ / _ _ / _ _ _ _

Date John SHARPE ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _

> Director

If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.

Particulars of a new Director must be notified on form 288a.

Name
Dorothy THOMSON

Address
137 South Street
Greenock
Renfrewshire
PA16 8TD

Date of birth 07/10/1931

Nationality British

Occupation Retired

Name

☐ Tick this box if this address is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985.

Address

UK Postcode _ _ _ _ _

Date of birth _ _ / _ _ / _ _ _ _

Nationality _ _ _ _ _

Occupation _ _ _ _ _

Date of change _ _ / _ _ / _ _ _ _

Date Dorothy THOMSON ceased to be director (if applicable)

_ _ / _ _ / _ _ _ _



Companies House

— for the record —

363s Annual Return Declaration

- > When you have checked all the sections of this form, please complete this page and sign the declaration below.
- > If you want to change the made up date of this annual return, please complete 2 below.

1. Declaration

- ☐ I confirm that the details in this annual return are correct as at the made-up-date (shown at 2 below). I enclose the filing fee of £30.

Signature

John Plouffe
(Director / Secretary)

Date

11 / 12 / 2005

*This date must not be earlier than the
return date at 2 below*

What to do now

Complete this page then send the whole of the Annual Return and the declaration to the address shown at 4 below.

2. Date of this return

- ☐ This AR is made up to **11/12/2005** If you are making this return up to an earlier date, please give the date here

— / — / —

Note: The form must be delivered to CH within 28 days of this date

3. Date of next return

- ☐ If you wish to change your next return to a date earlier than **11th December 2006** please give the new date here:

— / — / —

4. Where to send this form

- ☐ Please return this form to:

Registrar of Companies
Companies House
37 Castle Terrace
Edinburgh EH1 2EB

Have you enclosed the filing fee with the company number written on the reverse of the cheque?

Contact Address

You do not have to give any contact information below, but if you do, it will help Companies House to contact you if there is a query on the form. The contact information that you give will be visible to searchers of the public record.

Contact Name

Telephone number *inc code*

Address

DX number *if applicable*

DX exchange

Postcode