



COMPANIES HOUSE

THE REGISTRAR OF COMPANIES  
COMPANIES HOUSE  
CROWN WAY  
CARDIFF  
CF4 3UZ



A40 \*ACAMC10J\* 147  
COMPANIES HOUSE 03/12/97

363s

## Annual Return

of company number 02568052

K

company name

FOOD FOR THOUGHT (HOLDINGS) LIMITED

company type

PRIVATE COMPANY LIMITED BY SHARES

This form should be completed in black.

The information printed below is taken from Companies House records as at 21/11/97

If this information requires amendment use the spaces opposite.

### Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
12	12	97

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

Day	Month	Year

### Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day	Month	Year
30	09	98

### Registered Office (See note 3)

This is the address registered by Companies House.

UNIT B SUNRISE ENTERPRISE PARK  
FERRYBOAT LANE CASTLETOWN  
SUNDERLAND  
TYNE & WEAR SR5 3RX

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.....  
.....  
.....

### Principal business activities (See note 4)

Trade classification is

7415 MANAGEMENT ACTIVITIES HOLDING COMPS

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If the code cannot be determined from the notes, give a brief description of principal activity.

02568052

## Register of members *(See note 5)*

The register is kept at

THE REGISTERED OFFICE

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

## Register of debenture holders *(See note 6)*

Any register of debenture holders (or duplicate) is kept at

55 GILDREDGE ROAD  
EASTBOURNE  
EAST SUSSEX  
BN21 4SF

THE REGISTERED OFFICE

## Company Secretary *(See note 7)*

Particulars of a new secretary **must** be notified on form 288.

STEVEN NORMAN  
SIMPSON  
GARESFIELD LODGE  
LINTZFORD GRANGE  
ROWLANDS GILL  
TYNE AND WEAR NE39 1HL

Day Month Year

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Date of any change.

If this person has ceased to be secretary, please state when.

Day Month Year

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Date of resignation.

## Directors *(See note 7)*

Particulars of a new director **must** be notified on form 288.

ALAN HOWARD  
HAWLEY  
DALE HOUSE THE PARK  
TWO DALES  
MATLOCK  
DERBYSHIRE DE4 2FB

Day Month Year

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Date of any change.

Date of Birth:— 14/09/43  
Nat:BRITISH  
Occ:DIRECTOR

If this person has ceased to be director, please state when.

Day Month Year

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Date of resignation.

Show any relevant current and previous directorships.

If the information shown needs amendment,  
give details below and the date of any change.

**Directors - continued**

Particulars.

STEVEN NORMAN  
SIMPSON  
GARESFIELD LODGE  
LINTZFORD GRANGE  
ROWLANDS GILL  
TYNE AND WEAR NE39 1HL

Day	Month	Year

Date of any change.

Date of Birth:- 28/01/59

Nat:BRITISH

Occ:CHARTERED ACCOUNTANT

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

Day	Month	Year

Date of any change.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day	Month	Year

Date of any change.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES  
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please  
state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

**Issued Share Capital** (See note 8)

Enter details of all shares in issue at the date of this return.

Class (eg Ordinary/ Preference etc)	Number of shares issued	Aggregate nominal value (ie Number of shares issued multiplied by nominal value per share)
ORDINARY	522	£522
'A' ORDINARY	90	£90
<b>Totals</b>	<b>612</b>	<b>£612</b>

**List of past and present members**

(See note 9)

(Use attached schedule where appropriate)

A full list is required if one was not included with either of the last two returns.

Please mark the appropriate box.

There were no changes in the period ☒

on paper not on paper

The last full members list was at 12/12/96

A list of changes is enclosed ☐

A full list of members is enclosed ☐

**Elective resolutions** (See note 10)

(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, *mark this box.* ☐

If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, *mark this box.* ☐

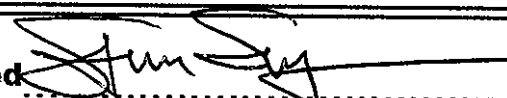
**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief.

I enclose the fee of **£15.**

Cheques should be made payable to **Companies House.**

Signed



Secretary/Director\*

\*(delete as appropriate)

Date 1.12.97

This return includes continuation sheets.  
(enter number)

**Please ensure that you have completed all sections on this page.**

To whom should Companies House direct any enquiries about the information shown in this return?----->

SN SIMPSON  
FOOD FOR THOUGHT (HOLDINGS) LTD  
LEECHMERE SUNDERLAND  
TINK & WARR Postcode SR2 9TE  
0191  
Telephone 5213323 Ext