



COMPANIES HOUSE

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



A04 *AY6Z0JMI* 655
COMPANIES HOUSE 10/09/99

This form should be completed in black.

The information printed below is taken from Companies House records as at 27/07/99
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
10	08	99

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.

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

Day	Month	Year

Registered Office (See note 3)

This is the address registered by Companies House.

MEDIHEALTH HOUSE
10 WALTHAM PARK WAY BILLET ROAD
LONDON
E17 5DU

Principal business activities (See note 4)

Trade classification is
7484 OTHER BUSINESS ACTIVITIES

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

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E15
NATHEED
022171

363s

Annual Return

of company number 03089989

X

company name
MEDIHEALTH LIMITED

company type
PRIVATE COMPANY LIMITED BY SHARES

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

Register of members *(See note 5)*

The register is kept at

REGISTERED OFFICE

Register of debenture holders *(See note 6)*

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

Company Secretary *(See note 7)*

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

MICHAEL
RETTET
~~8 RODEHEATH CLOSE~~
~~WILMSLOW PARK~~
~~WILMSLOW~~
~~CHESHIRE SK9 2DL~~

Day Month Year

11	08	99
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Date of any change.

34 GRNWALL GARDENS
LONDON SW7 4AP

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.

STEPHEN CHRISTOPHER
BRIDGENS
44 ELM ROAD
BISHOPS STORTFORD
HERTFORDSHIRE CM23 2SS

Day Month Year

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Date of any change.

Date of Birth:- 29/08/53

Nat: BRITISH

Occ: CHARTERED ACCOUNTANT

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.

STANLEY MALCOLM
DAVIES
33 FORTISMERE AVENUE
MUSWELL HILL
LONDON
N10 3BN

Date of Birth:- 21/10/48
Nat:BRITISH
Occ:MARKETING CONSULTANT

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

Show any relevant current and previous directorships.

Day Month Year

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Date of any change.

Day Month Year

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Date of resignation.

Particulars.

KAREN ELIZABETH
DEAKIN
34 CORNWALL GARDENS
LONDON
SW7 4AP

Date of Birth:- 21/06/60
Nat:BRITISH
Occ:COMPANY DIRECTOR

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

Show any relevant current and previous directorships.

Day Month Year

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Date of any change.

Day Month Year

06	04	99
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Date of resignation.

Particulars.

WILLIAM WILSON
GERARD
34 CHRISTCHURCH ROAD
WINCHESTER
HAMPSHIRE SO23 9SS

Date of Birth:- 21/08/33
Nat:BRITISH
Occ:DIRECTOR

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

Show any relevant current and previous directorships.

Day Month Year

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Date of any change.

Day Month Year

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Date of resignation.

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

Directors - continued

Particulars.

MICHAEL
RETTTER
~~8 RODEHEATH CLOSE
WILMSLOW PARK
WILMSLOW
CHESHIRE SK9 2DL~~

Day Month Year

1	08	99
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Date of any change.

34 GENWALL GARDENS
LONDON SW7 4AP

Date of Birth:- 22/01/46

Nat:BRITISH

Occ:COMPANY 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.

Particulars.

GEOFFREY OSBORNE
VERO
FCA
THE OLD VICARAGE BAGSHOT ROAD
CHOBHAM
WOKING
SURREY GU24 8DA

Day Month Year

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Date of any change.

Date of Birth:- 09/01/47

Nat:BRITISH

Occ:INVESTMENT 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.

Particulars.

Day Month Year

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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

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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.

Day Month Year

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 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

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 Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day Month Year

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 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

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 Date of resignation.

Show any relevant current and previous directorships.

Particulars.

Day Month Year

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 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

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 Date of resignation.

Show any relevant current and previous directorships.

Issued Share Capital (See note 8)

03089989

Class
(eg Ordinary/
Preference etc)Number of
shares issuedAggregate
nominal value(ie Number of shares
issued multiplied by
nominal value per share)

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

9% REDEEMABLE CUM PREF SHARES @ £1.	5836939	5836939
CONVERTIBLE PREF SHARES @ 50p	327054	163527
ORDINARY SHARES @ 50p	144375	72188
Totals	6308368	6072654

List of past and present members

(See note 9)

(Use attached schedule where appropriate)

Please mark the
appropriate box.

A full list is required.

A full list of members is enclosed

on paper

not on
paper**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**

MR

Signed

Secretary/Director *

*(delete as appropriate)

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

Date

9/9/99

I enclose the fee of £ 15.

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

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?

W. J. BOSTLE
MEDINGHAM ROAD
10 WASHAM PARK WAY WALTHAMSTON
LONDON Postcode E17 5DU

Telephone 0181 523 5500 Ext

LIST OF PAST AND PRESENT MEMBERS

SCHEDULE TO FORM 363

Company Number: 03089989 Company Name: MEDIHEALTH LIMITED	Number of shares or amount of stock held by existing members at date of this return.	Account of Shares		Particulars of shares transferred since the date of the last return, or, in the case of the first return, since the incorporation of the company, by (a) persons who are still members, and (b) persons who have ceased to be members.
		Number Currently Held	Number Transferred	Date of Registration of Transfer
Name and address <u>Redeemable 9 1/2 % Prefs</u>				
BARINGS GUERNSEY LTD				
PO BOX 71 ARNOLD HOUSE				
ST JEWANS AVENUE				
ST PETERS BBS GUERNSEY				
CHANNEL ISLANDS GYI 30A.	5836939			
<u>Convertible Prefs</u>				
AS ABOVE.	327054			
ORDINARY.				
M. ROSSER	110000			
K. DEARDEN	24554			
B. GERARD	9821			
ADDRESS FOR ANNUAL RETURN	144325			

Continued overleaf

SCHEDULE TO FORM 363[illegible]