



C O M P A N I E S   H O U S E

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



A40 \*ACAMB10I\* 146  
COMPANIES HOUSE 03/12/97

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
13	12	97

**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.

**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

**Principal business activities** (See note 4)

Trade classification is  
5139 NON-SPECIALISED WHOLESALE FOOD, ETC

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

363s

**Annual Return**

of company number 02067828

N

company name  
FOOD FOR THOUGHT (U.K.) LTD.

company type  
PRIVATE COMPANY LIMITED BY SHARES

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
30	09	98

--	--	--	--

--	--	--	--

--	--	--	--

--	--	--	--

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.

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

Day Month Year  

--	--	--

 Date of any change.

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

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

Day Month Year  

--	--	--

 Date of resignation.

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

## Directors *(See note 7)*

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

RONALD  
 DRYBURGH  
 49 WOODLAND DRIVE  
 BROMHAM  
 BEDFORD  
 BEDFORDSHIRE MK43 8LA

Day Month Year  

--	--	--

 Date of any change.

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

Date of Birth:- 20/02/44  
 Nat:BRITISH  
 Occ:SALES DIRECTOR

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

Day Month Year  

--	--	--

 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.**

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

Date of Birth:- 14/09/43

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

--	--	--

Date of any change.

Day Month Year

--	--	--

Date of resignation.

**Particulars.**

JOHN  
POOLE  
HAMBLETON HOUSE  
OVER SILTON  
THIRSK  
NORTH YORKSHIRE YO7 2LJ

Date of Birth:- 24/07/53

Nat:BRITISH

Occ:TECHNICAL DIRECTOR

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

Show any relevant current and previous directorships.

Day Month Year

--	--	--

Date of any change.

Day Month Year

--	--	--

Date of resignation.

Day Month Year

--	--	--

Date of any change.

**Particulars.**

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

Date of Birth:- 28/01/59

Nat:BRITISH

Occ:CHARTERED ACCOUNTANT

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

Show any relevant current and previous directorships.

Day Month Year

--	--	--

Date of resignation.

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

## Directors - continued

Particulars.

RALPH EDWARD  
WALSH  
1 LONGDEN WALK  
LEPTON  
HUDDERSFIELD  
WEST YORKSHIRE HD8 0HG

Date of Birth:- 01/08/57

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

Date of any change.

Day	Month	Year

Date of resignation.

Particulars.

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

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

Show any relevant current and previous directorships.

Day	Month	Year

Date of any change.

Day	Month	Year

Date of resignation.

Particulars.

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

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

Show any relevant current and previous directorships.

Day	Month	Year

Date of any change.

Day	Month	Year

Date of resignation.

**LIST OF PAST AND PRESENT MEMBERS (continued)**

**SCHEDULE TO FORM 363**[illegible]

## LIST OF PAST AND PRESENT MEMBERS

**SCHEDULE TO FORM 363**[illegible]

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

## Directors - continued

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.

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.

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)

02067828

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	30600	£ 30600
_____	_____	_____
_____	_____	_____
Totals	30600	£ 30600

**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**

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 (UK) LTD

LEECHMERE SUNDERLAND

MNE AWEAR Postcode SP2 9TE

Telephone 0191 5213323 Ext