



C O M P A N I E S H O U S E

Please complete in typescript,
or in bold black capitals.

288b

RESIGNATION of director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

2067828

Company Name in full

FOOD FOR THOUGHT (UK) LIMITED



F288B019

Resignation form

Date of resignation

Day Month Year
31 07 98

Resignation as director

☒

as secretary

☐

Please mark the appropriate box. If resignation
is as a director and secretary mark both boxes.

NAME

*Style / Title

MR

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

JOHN

Surname

POOLE

†Date of Birth

Day Month Year
24 07 53

If cessation is other than
resignation, please state reason

A serving director, secretary etc must sign the form below.

Signed

[Signature]

Date

19.8.98

(by a serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

* Voluntary details.
† Directors only.

Please give the name, address,
telephone number and, if available,
a DX number and Exchange of
the person Companies House should
contact if there is any query.

S N SIMPSON		Food For Thought
LEECHMERE		SUNDERLAND TYNE&WEAR
SR2 9TE		Tel 0191 5213323
DX number	DX exchange	

When you have completed and signed the form please send it to the
Registrar of Companies at:

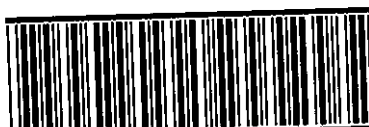
Companies House, Crown Way, Cardiff, CF4 3UZ DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB

for companies registered in Scotland

DX 235 Edinburgh



A40 *A0H8U8XY* 335
COMPANIES HOUSE 21/08/98