



**Companies House**

— for the record —

Company Name

**BACK 2 HEALTH LIMITED**

10152515

## 363s Annual Return

Company Type

**Private Company Limited By Shares**

Company Number

**2924348**

Information extracted from  
Companies House records on  
**6th April 2002**

- > 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 in capitals.

### Section 1: Company details



Ref: 2924348/03/10

|                                                                                                                                                                 | Current details                                                                                                                                                                                                                                                   | Amended details                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|-------------|-------------|--------------------------------------|-------------|----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|-------------|--|--|--|--|--|--|--|--|--|--|--|--|
| > Registered Office Address<br><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>     | <b>2 Charles Street<br/>Petersfield<br/>Hampshire GU32 3EH</b>                                                                                                                                                                                                    | Address<br><br><br><br>UK Postcode    _ _ _ _ _ |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
| > Register of Members<br><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>           | <b>Address where the Register is held<br/><br/>At Registered Office</b>                                                                                                                                                                                           | Address<br><br><br><br>UK Postcode    _ _ _ _ _ |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
| > Register of Debenture Holders<br><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | <b>Not Applicable</b>                                                                                                                                                                                                                                             | Address<br><br><br><br>UK Postcode    _ _ _ _ _ |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
| > Principal Business Activities<br><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | <table border="1"> <thead> <tr> <th>SIC Code</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td><b>8514</b></td> <td><b>Other human health activities</b></td> </tr> <tr> <td><b>7499</b></td> <td><b>Non-trading company</b></td> </tr> </tbody> </table> | SIC Code                                        | Description | <b>8514</b> | <b>Other human health activities</b> | <b>7499</b> | <b>Non-trading company</b> | <table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> <tr><td> </td><td> </td></tr> </tbody> </table> | SIC CODE | Description |  |  |  |  |  |  |  |  |  |  |  |  |
| SIC Code                                                                                                                                                        | Description                                                                                                                                                                                                                                                       |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>8514</b>                                                                                                                                                     | <b>Other human health activities</b>                                                                                                                                                                                                                              |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
| <b>7499</b>                                                                                                                                                     | <b>Non-trading company</b>                                                                                                                                                                                                                                        |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
| SIC CODE                                                                                                                                                        | Description                                                                                                                                                                                                                                                       |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                 |                                                                                                                                                                                                                                                                   |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                 |                                                                                                                                                                                                                                                                   |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                 |                                                                                                                                                                                                                                                                   |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                 |                                                                                                                                                                                                                                                                   |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                 |                                                                                                                                                                                                                                                                   |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
|                                                                                                                                                                 |                                                                                                                                                                                                                                                                   |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |
| > Please enter additional principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes.                            |                                                                                                                                                                                                                                                                   |                                                 |             |             |                                      |             |                            |                                                                                                                                                                                                                                                                                                     |          |             |  |  |  |  |  |  |  |  |  |  |  |  |

## Section 2: Details of Officers of the Company

|                                                                                                                                                                                                                                                                          | Current details                                                                                                                                                                                                                                                                                        | Amended details                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>&gt; Company Secretary</b><br><i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i><br><br><br><br><i>Particulars of a new Company Secretary must be notified on form 288.</i> | <b>Name</b><br><b>Sheila Margaret HICKMAN</b><br><br><b>Address</b><br><b>11 Bell Hill</b><br><b>Petersfield</b><br><b>Hampshire</b><br><b>GU32 2EH</b>                                                                                                                                                | <b>Name</b><br><br><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.<br><b>Address</b><br><br><br><br><b>UK Postcode</b> _ _ _ _ _<br><b>Date of change</b> _ _ / _ _ / _ _ _ _<br><b>Date Sheila Margaret HICKMAN</b><br><b>ceased to be secretary (if applicable)</b><br>_ _ / _ _ / _ _ _ _                                                                                                                    |
| <b>&gt; Director</b><br><i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i><br><br><br><br><i>Particulars of a new Director must be notified on form 288.</i>                   | <b>Name</b><br><b>Mark Nicolai Karstoft</b><br><b>CHRISTENSEN</b><br><br><b>Address</b><br><b>Bel Air</b><br><b>Soames Lane</b><br><b>Ropley</b><br><b>Hampshire</b><br><b>SO24 0ER</b><br><br><b>Date of birth</b> 24/05/1969<br><br><b>Nationality</b> British<br><br><b>Occupation</b> Chiropractor | <b>Name</b><br><br><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.<br><b>Address</b><br><br><br><br><b>UK Postcode</b> _ _ _ _ _<br><b>Date of birth</b> _ _ / _ _ / _ _ _ _<br><b>Nationality</b> _____<br><b>Occupation</b> _____<br><b>Date of change</b> _ _ / _ _ / _ _ _ _<br><b>Date Mark Nicolai Karstoft</b><br><b>CHRISTENSEN ceased to be director (if</b><br><b>applicable)</b> _ _ / _ _ / _ _ _ _ |

## &gt; 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 288.

## Current details

Name  
Jonathan Roger FIELD

Address  
~~Hopkin Cottage Uplands Lane~~  
~~Hawkey~~  
~~Hampshire~~  
~~GU33 6NH~~

Date of birth 05/04/1964

Nationality British

Occupation Chiropractor

## 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

~~Roggy and Jonathan Field~~  
Garden House  
3 The Mews, Rogate  
Hants GU31 5HE  
01730 821772  
jonathan@b2h.co.uk

UK Postcode \_ \_ \_ \_ \_

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

Nationality \_ \_ \_ \_ \_

Occupation \_ \_ \_ \_ \_

Date of change 01 / 08 / 2001

Date Jonathan Roger FIELD ceased to be director (if applicable)

\_ / \_ / \_ \_ \_

## Section 3: Share Capital

|                                                                                                                                                                                                                            | Current details                                                                                                                                                                     | Amended details                                                                                                                                                                      |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>&gt; Issued Share Capital</b><br><i>This table shows the total number of shares that have been issued by your company and their Nominal Value. If any of the details are wrong, please fill in the correct details.</i> | <b>Class of share</b><br>Ordinary<br><b>Nominal value of each share</b><br>£1.00<br><b>Number of shares issued</b><br>2<br><b>Aggregate Nominal Value of issued shares</b><br>£2.00 | <b>Class of share</b><br>_____<br><b>Nominal value of each share</b><br>_____<br><b>Number of shares issued</b><br>_____<br><b>Aggregate Nominal Value of issued shares</b><br>_____ |
| <b>&gt; Total shares issued and value</b><br><i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>                                                  | <b>Total number of shares issued</b><br>2<br><b>Total Nominal value of shares issued</b><br>£2.00                                                                                   | <b>Total number of shares issued</b><br>_____<br><b>Total Nominal value of shares issued</b><br>_____                                                                                |

- > At the date of this Annual Return, if the company has altered or changed its share capital in any way or allotted new shares, please refer to the guidance notes for details of the appropriate form that should be sent with this Annual Return. Annual return guidance notes are available on the Companies House web site at [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk) or by ringing 0870 333636.

- | Current details |                                                                                                                                                                                          | Amended details    |                                                                                                                                                                                               | Shares transferred                                                                                                                                |  |  |
|-----------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--|--|
| >               | <b>Shareholder Name</b><br>Mark CHRISTENSEN<br><br><b>Address</b><br>Bel Air<br>Soames Lane Ropley,<br>Alresford<br>Hampshire<br>SO24 0ER<br><br><b>Shares held</b><br>Class<br>Ordinary | <b>Number</b><br>1 | <b>Name</b><br><br><b>Address</b><br><br><br><b>UK Postcode</b> _ _ _ _ _<br><b>Shares held</b><br>Class<br><br><br>Class<br><br>Number                                                       | <b>Shares transferred by</b><br>Mark CHRISTENSEN<br><br>Class<br><br>Number<br><br>Date of transfer<br>_ _ / _ _ / _ _ _<br>_ _ / _ _ / _ _ _     |  |  |
| >               | <b>Shareholder Name</b><br>Jonathan Roger FIELD<br><br><b>Address</b><br>Hopkin Cottage, Uplands<br>Lane<br>Hawkey Hampshire<br>GU33 6NH<br><br><b>Shares held</b><br>Class<br>Ordinary  | <b>Number</b><br>1 | <b>Name</b><br><br><b>Address</b><br>GARDEN HOUSE,<br>3 THE MEWS, ROTATE<br>HAMPSHIRE<br><br><b>UK Postcode</b> G U 3 1 S H I E<br><b>Shares held</b><br>Class<br><br><br>Class<br><br>Number | <b>Shares transferred by</b><br>Jonathan Roger FIELD<br><br>Class<br><br>Number<br><br>Date of transfer<br>_ _ / _ _ / _ _ _<br>_ _ / _ _ / _ _ _ |  |  |

**Section 5: Details of Other Shareholders**

- > Please fill in details of any persons or corporate bodies who are shareholders of the company at the date of this return, but whose details are not printed in Section 4.
- > Also, provide the details of any persons who became but have ceased to be shareholders of the company since the date of the last annual return.
- > For jointly held shares please list those joint shareholders consecutively on the form. If a joint shareholder also holds shares in their own right, list that holding separately.
- > Please copy this page if there is not enough space to enter all the company's other shareholders.

| Shareholders details                                                            | Class and number of shares or amount of stock held | Class and number of shares or amount of stock transferred (If appropriate) | Date of registration of transfer (If appropriate) |
|---------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------|
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |                                                    |                                                                            |                                                   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |                                                    |                                                                            |                                                   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |                                                    |                                                                            |                                                   |
| Name<br>_____<br>Address<br>_____<br>_____<br>_____<br>UK Postcode    _ _ _ _ _ |                                                    |                                                                            |                                                   |



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 £15.

Signature

(Director / Secretary)

Date

\_ \_ / \_ \_ / \_ \_ \_ \_

*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  
**29/4/2002**

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 **29th April 2003** please give the new date here:

\_ \_ / \_ \_ / \_ \_ \_ \_

### 4. Where to send this form

- ☐ Please return this form to:

Registrar of Companies  
Companies House  
Crown Way  
Cardiff CF14 3UZ

OR

For members of the Hays Document  
Exchange service  
DX 33050 Cardiff

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

Cheque ☒ Postal Order ☐ Cheque / Postal Order  
Number \_\_\_\_\_

*(Please complete as appropriate)*

### 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*

\_ \_ \_ \_ \_

#### Tenon

Clifton House, Bunnian Place  
Basingstoke, Hampshire  
RG21 7JE  
Tel: 01256 370370  
Fax: 01256 370380

DX number *if applicable*

\_ \_ \_ \_ \_

DX exchange

\_\_\_\_\_

Postcode

\_ \_ \_ \_ \_