



COMPANIES HOUSE

Please complete in typescript,
or in bold black capitals.

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number

3089989

Company Name in full

MEDIHEALTH PLC



F288A018

Date of appointment Day Month Year
01 04 97

†Date of Birth Day Month Year
13 01 1958

Appointment form Appointment as director ☒ as secretary ☐

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

NAME *Style / Title

DR

*Honours etc

Notes on completion appear on reverse.

Forename(s)

ZAHEED

Surname

SUBHAN

Previous Forename(s)

Previous Surname(s)

Usual residential address

HOLLY COTTAGE, WHITEGATES CLOSE, CROXLEY GREEN

Post town

LUCKMANSWORTH

Postcode

WD3 3JY

County / Region

HERTFORDSHIRE

Country

UK

†Nationality

BRITISH

†Business occupation

MARKETING DIRECTOR

†Other directorships (additional space overleaf)

NONE

I consent to act as ** director / secretary of the above named company

Consent signature

[Signature]

Date

26/6/97

* Voluntary details.
† Directors only.

A director, secretary etc must sign the form below.

Signed

[Signature]

Date

4.6.97

** Please delete as appropriate

(**a director / secretary / administrator / administrative receiver / receiver manager / receiver)

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. C. BRIDGENS

MEDIHEALTH PLC, BOURNE COURT, SOUTHEND RD.,

E17 8HD

Tel 0181.551.6600

DX number

DX exchange



A11 *ASOMGBZ* 506
COMPANIES HOUSE 06/06/97

Form revised March 1995

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

Company Number

† Directors only.

† Other directorships

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or preceded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.