



Companies House

— for the record —

Company Name

GNHC LIMITED

102027
19

363s Annual Return

- > Please check the details printed in blue on this statement.
- > If any details are wrong, strike them through in the "Amended details" column.
- > Please use black pen and write in capital

Company Type

Private Company Limited By Shares

Company Number

3320094

Information extracted from
Companies House records on
25th January 2003



A43 MAGXPHUCUM 0831
COMPANIES HOUSE 18/03/03

A31 0007
COMPANIES HOUSE 04/03/03

Section 1: Company details

Ref: 3320094/09/28

	Current details	Amended details																		
> Registered Office Address <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Neptune House 70 Royal Hill Greenwich London SE10 8RF	Address _____ _____ _____ UK Postcode _ _ _ _ _																		
> Register of Members <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Address where the Register is held At Registered Office	Address _____ _____ _____ UK Postcode _ _ _ _ _																		
> Register of Debenture Holders <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i>	Not Applicable	Address _____ _____ _____ UK Postcode _ _ _ _ _																		
> Principal Business Activities <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>8514</td> <td>Other human health activities</td> </tr> <tr> <td>9304</td> <td>Physical well-being activities</td> </tr> </tbody> </table>	SIC Code	Description	8514	Other human health activities	9304	Physical well-being activities	<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> </tbody> </table>	SIC CODE	Description	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
SIC Code	Description																			
8514	Other human health activities																			
9304	Physical well-being activities																			
SIC CODE	Description																			
_____	_____																			
_____	_____																			
_____	_____																			
_____	_____																			
_____	_____																			
> Please enter additional principal activity code(s) in "Amended details" column. <i>See notes for guidance for list of activity codes.</i>		_____ _____ _____																		

Section 2: Details of Officers of the Company

	Current details	Amended details
> Company Secretary <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> <i>Particulars of a new Company Secretary must be notified on form 288.</i>	Name Carol WILLIAMS Address 237 Court Farm Road London SE9 4LB	Name <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. Address UK Postcode _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Carol WILLIAMS ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _
> Director <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> <i>Particulars of a new Director must be notified on form 288.</i>	Name Donald James KEAN Address Flat 1 17 Charlton Road Blackheath London SE3 7EU Date of birth 06/08/1964 Nationality British Occupation Registered Osteopath	Name <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. Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _ _ _ _ _ Occupation _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Donald James KEAN ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

	Current details	Amended details
> Director <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>	Name Carol Anne PLUMRIDGE Address 16 Broad Walk Blackheath London SE3 8NB Date of birth 08/03/1957 Nationality British Occupation Registered Osteopath	Name <hr/> <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. Address <hr/> <hr/> <hr/> UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Carol Anne PLUMRIDGE ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
> Director <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>	Name Linda Rosemary RAZZELL Address 82 Point Hill London SE10 8QW Date of birth 03/05/1946 Nationality British Occupation Registered Homoeopath	Name <hr/> <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. Address <hr/> <hr/> <hr/> UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Linda Rosemary RAZZELL ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

Particulars of a new Director must be notified on form 288.

Particulars of a new Director must be notified on form 288.

	Current details	Amended details
> Director <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>	Name Patricia Emilia TRUMAN DE REIMERS Address 33 Naylor Road London SE15 1AX Date of birth 10/04/1953 Nationality British Occupation Counsellor Hypnotherapist	Name <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. Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _ _ _ _ _ Occupation _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Patricia Emilia TRUMAN DE REIMERS ceased to be director (if applicable) _ _ / _ _ / _ _ _ _
> Director <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>	Name Carol WILLIAMS Address 237 Court Farm Road London SE9 4LB Date of birth 22/06/1954 Nationality British Occupation Registered Osteopath	Name <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. Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _ _ _ _ _ Occupation _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Carol WILLIAMS ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

Particulars of a new Director must be notified on form 288.

Particulars of a new Director must be notified on form 288.

Issued share capital details

- > Please fill in the details of total share capital by class (eg. ordinary, preference etc) that has been issued to the company's shareholders.

Class of Share

Number of shares issued

Ordinary300

Aggregate Nominal Value of issued shares

£300.00

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

Class of Share

Number of shares issued

Aggregate Nominal Value of issued shares

- > Please fill in the total number of issued shares and their total nominal value.

Number of shares issued

300

Aggregate Nominal Value of issued shares

£300.00**List of past and present members (Tick appropriate box)**

- > Please complete the required information on the attached schedules or in another format agreed by Companies House.

- ☐ There were no changes during the period
☒ A list of changes is enclosed
☒ A full list of members is enclosed

The last full list of members was received on: 18/02/2002

> REMEMBER:

Changes to shareholder particulars or details of shares transferred to be **completed each year**
 A full list of shareholders is required with the first and every third Annual Return thereafter
 List shareholders in alphabetical order or provide an index
 List joint shareholders consecutively

Section 4: Details of New Shareholders and Transfers (A) (ii)

- > Please fill in details of any persons or corporate bodies who have become shareholders since the last annual return.
- > Please fill in details of any persons or corporate bodies that have transferred shares since the last annual return.
- > Please use Section 4B to give details of any persons or corporate bodies who have ceased to be shareholders since the last annual return or, in the case of a first return, since the incorporation of the company.
- > Please copy this page if there is not enough space to enter all the company's current 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 CAROL WILLIAMS Address 237 COURT FARM ROAD MOTT INCHAM LONDON UK Postcode SE9 4LB	71 ORDINARY SHARES		
Name DONALD JAMES KERN Address FLAT 1, 17 CHARLTON ROAD BLACKHEATH LONDON UK Postcode SE3 7EU	71 ORDINARY SHARES		
Name CAROL ANNE PLUMRIDGE Address 16 BROAD WALK BLACKHEATH LONDON UK Postcode SE3 8ND	71 ORDINARY SHARES		
Name LINDA ROSEMARY RAZZELL Address 82 POINT HILL GREENWICH LONDON UK Postcode SE10 8QU	16 ORDINARY SHARES		

Section 4: Details of New Shareholders and Transfers (A)

- > Please fill in details of any persons or corporate bodies who have become shareholders since the last annual return.
- > Please fill in details of any persons or corporate bodies that have transferred shares since the last annual return.
- > Please use Section 4B to give details of any persons or corporate bodies who have ceased to be shareholders since the last annual return or, in the case of a first return, since the incorporation of the company.
- > Please copy this page if there is not enough space to enter all the company's current 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)
<div>Name PATRICIA EMILIA TRUMAN DE Address REINERS 33 MAYLOR ROAD LONDON UK Postcode SE15 1AX</div>	<div>71 ORDINARY SHARES</div>		
<div>Name Address UK Postcode</div>			
<div>Name Address UK Postcode</div>			
<div>Name Address UK Postcode</div>			

Section 4B: Details of Former Shareholders

- > Please fill in details of any persons or corporate bodies who have ceased to be shareholders at the date of this return. Also, please give the dates that their shares were transferred.
- > Please copy this page if there is not enough space to enter all the company's former shareholders.

Former shareholders details	Class and number of shares or amount of stock transferred	Date of registration of transfer
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
Name _____ Address _____ _____ _____ 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

[Signature]
(Director / Secretary)

Date

14/02/03

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 18/2/2003
- 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 18th February 2004
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?

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

CAROL WILKINSON

Telephone number inc code

020 86915408

Address

GRACE, NEPTUNE HOUSE
ROYAL HALL, GREENWICH
LONDON

or 020 86915408 (ext)
DX number if applicable

— — — — —
DX exchange

Postcode

SE10 8RF