



Companies House
for the record

Please complete in typescript,
or in bold black capitals.

CHWP000

288a

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

Company Number 03417277

Company Name in full CAPITAL CAREERS LIMITED

Date of appointment
Day Month Year
1 9 0 1 2 0 0 6

†Date of Birth
Day Month Year
2 1 0 7 1 9 6 5

Appointment form Appointment as director ☒ as secretary ☐

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

Notes on completion appear on reverse.

NAME *Style / Title

MR

*Honours etc

Forename(s)

JOHN DOUGLAS

Surname

DOWNING

Previous Forename(s)

Previous Surname(s)

†† Tick this box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under the provisions of section 723B of the Companies Act 1985

†† Usual residential address

3 RUSHDEN WAY

Post town

FARNHAM

Postcode

GU9 0QQ

County / Region

SURREY

Country

UK

†Nationality

BRITISH

†Business occupation

Manager

†Other directorships (additional space overleaf)

Surrey Careers Services

Consent signature

[Signature]

Date

* Voluntary details.

† Directors only.

**Delete as appropriate

A director, secretary etc must sign the form below.

Signed

[Signature]

Date

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

You do not have to give any contact information in the box opposite 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



A35
COMPANIES HOUSE

105
12/04/2006

Form April 2002

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

Companies House, Crown Way, Cardiff, CF14 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
or LP - 4 Edinburgh 2

Company Number 03417277

† Directors only.

† Other directorships

London East Advice Partnership

Surrey Connexions Partnership

Sussex Advice and Skills

Careers Enterprises Limited

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 succeeded 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.

LIST OF DIRECTORSHIP OF JOHN DOUGLAS DOWNING

1. LONDON EAST ADVISE PARTNERSHIP	04647785
2. SURREY CONNEXIONS PARTNERSHIP	04376604
3. SUSSEX ADVICE AND SKILLS	05271635
4. CAREERS ENTERPRISES LIMITED	02961588
5. GUIDANCE ENTERPRISES GROUP LIMITED	02881056
6. CAPITAL CAREERS LIMITED	03417277
7. GUIDANCE SERVICES LIMITED	03151477