



Companies House

100530 / 15

for the record

Company Name

THE I PRACTICE LIMITED

363s Annual Return

- > 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.

Company Type

Private Company Limited By Shares

Company Number

3623544

Information extracted from
Companies House records on
31st July 2004

Section 1: Company details



A81
COMPANIES HOUSE

0120
21/09/04

Ref: 3623544/03/10

| | 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> | 11 Queens Road Brentwood Essex CM14 4HE | 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> </tbody> </table> | SIC Code | Description | 8514 | Other human health 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> </tbody> </table> | SIC CODE | Description | _____ | _____ | _____ | _____ | _____ | _____ | _____ | _____ |
| SIC Code | Description | | | | | | | | | | | | | | | |
| 8514 | Other human health activities | | | | | | | | | | | | | | | |
| 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 |
|---|--|---|
| > Company Secretary 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 Company Secretary must be notified on form 288a. | Name Sarah Frances PEETERS Address 2 Shotley Mews Hanchett Manor Haverhill Suffolk CB9 7WL | 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 Sarah Frances PEETERS ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _ |
| > 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 288a. | Name Rhiannon CHAPPELL Address Geranium Cottage Great Sampford Saffron Walden Essex CB10 2RL Date of birth 05/05/1974 Nationality British Occupation Company Director | 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 Rhiannon CHAPPELL ceased to be director (if applicable) _ _ / _ _ / _ _ _ _ |

Section 3: Share Capital

| | Current details | Amended details |
|--|---|--|
| > Issued Share Capital <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> | Class of share Ordinary Nominal value of each share £1.00 Number of shares issued 80,000 Aggregate Nominal Value of issued shares £80,000.00 | Class of share Nominal value of each share Number of shares issued Aggregate Nominal Value of issued shares |
| > Total shares issued and value <i>If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> | Total number of shares issued 80,000 Total Nominal value of shares issued £80,000.00 | Total number of shares issued Total Nominal value of shares issued |

> 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 or by ringing 0870 3333636.

Section 4: Details of Shareholders

- > The details we hold on your company's shareholders and their shareholdings are printed below. These are based on your last Annual Return.
- > If any details have changed, or if any shares have been transferred, please fill in the details in the "Amended details" or "Shares transferred" column.
- > Please give details of any other shareholders in Section 5.

| Current details | | Amended details | | Shares transferred | | |
|---|--|--|--|--|---------------|-------------------------|
| > Shareholder Name Robert William CHAPPELL | | Name <hr/> | | Shares transferred by Robert William CHAPPELL | | |
| | | Address <hr/> | | | | |
| Address 2 Pyrland Road London N5 2JD | | <hr/> | | | | |
| | | UK Postcode <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> <u> </u> | | | | |
| Shares held Class Ordinary | | Shares held Class <hr/> | | Class | Number | Date of transfer |
| Number 80000 | | <hr/> | | <hr/> | <hr/> | <hr/> |
| | | <hr/> | | <hr/> | <hr/> | <hr/> |

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 _____ 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

(Director / Secretary)

Date

13 / 9 / 2004

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
28/8/2004

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 **28th August 2005** 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

TIFFIN GREEN

Telephone number inc code

01237 224422

Address

11 QUEENS ROAD

DX number if applicable

N/A

BRENTWOOD

DX exchange

ESSEX

N/A

Postcode

CM14 4HE