

Companies House

— for the record – Company Name

ASSOCIATED STRESS CONSULTANTS LIMITED

Company Type
Private Company Limited By
Shares
Company Number

3819370Information extracted from Companies House records on

22nd July 2000

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.

Section 1: Company details



A29 0079 COMPANIES HOUSE 21/09/00

Ref: 3819370/01/01	Current details	Amended details
Registered Office Address If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.	8 Baker Street London W1M 1DA	Address UK Postcode
> Register of Members If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.	Address where the Register is held At Registered Office	Address UK Postcode
> Register of Debenture Holders If any of the details are wrong, strike them through and fill in the correct details in the "Amended details" column.	Not Applicable	Address UK Postcode
> Principal Business Activities Please enter principal activity code(s) in "Amended details" column. See notes for guidance for list of activity codes. Please use the most appropriate code in the list, or write a short description of your company's activities.	None held, please enter SIC code or description in the amended details column.	SIC CODE Description 7499 NON-TRADING

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	Name Philip Paul LANIADO	Name
them through and fill in the		Address
correct details in the "Amended details" column.	Address 19 Greenaway Gardens	
	London NW3 7DH	
	1110 ; 511	LUC Dantas da
		UK Postcode
Particulars of a new		Date Philip Paul LANIADO
Company Secretary must		ceased to be secretary (if applicable)
be notified on form 288.	<u> </u>	
Director If any of the details for this	Name Deborah LANIADO	Name
person are wrong, strike them through and fill in the		Address
correct details in the	Address	FLAT & 192 GOLDHURST TERRAC
"Amended details" column.	19 Greenaway Gardens	LONDON NWG
	NW9 7DH	
		UK Postcode NM6 3 HN
		Date of birth / /
	Date of birth 14/01/1974	Nationality
	Nationality British	Occupation
	Occupation Director	Date of change / / /
Particulars of a new Director	Occupation Director	Date Deborah LANIADO ceased to be
must be notified on form 288.		director (if applicable)
Director	Name	Name
If any of the details for this person are wrong, strike	Philip Paul LANIADO	<u> </u>
them through and fill in the		Address
correct details in the "Amended details" column.	Address 19 Greenaway Gardens	
Tunonada dottano commit,	London	
	NW3 7DH	
		UK Postcode
		Date of birth / /
	Date of birth 06/04/1966	Nationality
	Nationality British	Occupation
	•	Date of change / / /
Particulars of a new Director must be notified on form	Occupation Director	Date Philip Paul LANIADO ceased to be director (if applicable)
288.		/ /

Section 3: Total Issued Share Capital

(B)

> Please enter the details of the company's total share capital in the space provided below.

		Issued share capital details	
de ca or etc iss	Please fill in the details of total share	Class of Share	Number of shares issued
	capital by class (eg.	ORDINARY	ONE
	ordinary, preference etc) that has been issued to the company's shareholders.	, , , , , , , , , , , , , , , , , , ,	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
		Class of Share	Number of shares issued
	···		Aggregate Nominal Value of issued shares
	> Please fill in the a number of issued shares and their nominal value.	d	Number of shares issued OWE Aggregate Nominal Value of issued shares

> Please send a full list of shareholders with this annual return. Use Sections 4A (and 4B if appropriate) to give the details. You must name all the shareholders.

Section 4: Details of Current Shareholders

- (A) ,..
- > Please fill in the details of any persons or corporate bodies who are shareholders at the date of this 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 seperately.
- 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)	
Name PHILIP PAUL LANIADO Address 19 GREENAWAY GARDENS LONDON UK Postcode NW3_70H	I ORDINARY SHARE	I ORDINARY STARE	4-08-99
Name Address UK Postcode			
Name Address UK Postcode			
Name Address UK Postcode			

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 EDEN NOMINEES LIMITED		
Address	1 ORDINARY	
THE GLASSMILL I BATTERSEA BRIDGE ROAD	1 ORDINARY SHARE	4-08-99
1 BATTERSEA BRIDGE KOAD	SHARE	ļ
LONDON		
UK Postcode SW113BG		
Name		
Address		
UK Postcode		
Name		
Address		
UK Postcode		
Name		
Address		
LIV Danta da		
UK Postcode	<u> </u>	
Name		
Address		
UK Postcode		

Company Number - 3819370



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 (shown at 2 below). I encl			correct as at the made-up-date	
	Signature (Director / S	Secretary)		Date OGIO This date must not be earlier than to return date at 2 below	he
	What to do now Complete this page then s declaration to the address				
2.	Date of this return		·		
7	This AR is made up to If you are making this return up to an earlier date, please give the date here				
			orm must be d	டட்டை elivered to CH within 28 days of this date	е
3.	Date of next return				
	If you wish to change your please give the new date h		to a date e	earlier than 4th August 2001	
		<u>. </u>	- / /	L. L. L	
4.	Where to send this f	orm	_		
	Please return this form to: Registrar of Companies Companies House Crown Way Cardiff CF14 3UZ	OR	E	or members of the Hays Docume xchange service X 33050 Cardiff	∍n
	Have you enclosed the fireverse of the çheque?	ling fee wit	th the com	pany number written on the	
	Cheque Postal Ord	der 🗆	-	Postal Order	
	(Please complete as appro	opriate)			
C	ontact Address			- 100	
	ase give the name and addr re are any queries about this	-	person who	should be contacted if	
Cor	ntact Name		Telephone	e number <i>inc code</i>	
Add	dress		DX numbe	er if applicable	
L			DX exchai	nge	

Postcode