

APPOINTMENT of director or secretary

Please complete in typescript,
or in bold black capitals.

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

CHFP010.

Company Number
Company Name in full

3833448
THE MIND GYM LIMITED

Appointment form

Notes on completion
appear on next
page.

Appointment as director

NAME * Style / Title

Forename(s)

Surname

Previous
forename(s)

**Usual residential
address**

Post town

County / Region

† Nationality

† Other directorships
(additional space next page)

Day	Month	Year	Day	Month	Year
01	04	2002			
† Date of Birth			† Date of Birth		
as secretary ☒			Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.		
MS			* Honours etc BA(Hons) ACA		
SAMANTHA					
FOREMAN					
—			Previous surname(s) —		
FAT 9, 55, HIGHBURY PARK					
LONDON			Postcode N5 1TH		
—			Country ENGLAND		
—			† Business occupation —		
—					

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

Consent signature

Date

Sorevan	04/07/02
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A director, secretary etc must sign the form below.

Signed

Date

Sorevan	04/07/02
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(**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.

Samantha Foreman, The Mind Gym Ltd	
St James House, Kensington Square	
London W8 5TH. Tel: 020 7376 0626	
DX number	DX exchange



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

Company Number

3833448

† Directors only.

† Other directorships

DIRECTOR of THE MINN GYM LTD.

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.



*Please complete in typescript,
or in bold black capitals.*

CHFP010

Company Number

**List of other directorships
Schedule to form 288a**

Company Name in full

Name

Company Name	Resignation
	