



Companies House

for the record

Please complete in typescript,  
or in bold black capitals.

CHWP000

288b

**Terminating appointment as director or secretary  
(NOT for appointment (use Form 288a) or change  
of particulars (use Form 288c))**

Company Number

3833448

Company Name in full

The Mind Gym Limited

Date of termination of appointment

Day Month Year  
0 3 0 2 2 0 0 6

as director



as secretary



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

NAME

\*Style / Title

Mrs

\*Honours etc

Please insert  
details as  
previously  
notified to  
Companies House.

Forename(s)

Samantha Helen

Surname

Aspinall

†Date of Birth

Day Month Year  
3 0 0 1 1 9 7 4

A serving director, secretary etc must sign the form below.

Signed

*S Aspinall*

Date

3 Feb 2006

\* Voluntary details.

† Directors only.

\*\* Delete as appropriate

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.

(\*\* serving director / secretary / administrator / administrative receiver / receiver manager / receiver)

Ben Oxnam

The Mind Gym, 2, Kensington Square, London, W8 5EW

Tel 020 7376 0626

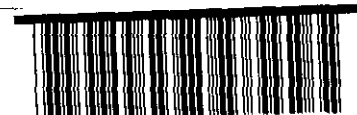
DX number

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  
or LP - 4 Edinburgh



A24  
COMPANIES HOUSE

14/02/2006