



Companies House

— for the record —

Company Name

THE MIND GYM LIMITED

Company Type

Private Company Limited By Shares

Company Number

3833448

Information extracted from
Companies House records on
16th August 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.



A36
COMPANIES HOUSE

ACYUFU48

0314
22/09/00

Section 1: Company details

Ref: 3833448/01/01

	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>	17 Lansdowne Walk London W11 3AH	Address <hr/> <hr/> <hr/> 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 <hr/> <hr/> <hr/> 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 <hr/> <hr/> <hr/> UK Postcode _ _ _ _ _										
> Principal Business Activities <i>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.</i>	<i>None held, please enter SIC code or description in the amended details column.</i>	<table border="1"> <thead> <tr> <th>SIC CODE</th> <th>Description</th> </tr> </thead> <tbody> <tr> <td>9305</td> <td>PROMOTION OF MINDS DEVELOPMENT</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	9305	PROMOTION OF MINDS DEVELOPMENT	— — —	— — — — —	— — —	— — — — —	— — —	— — — — —
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9305	PROMOTION OF MINDS DEVELOPMENT											
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Section 2: Details of Officers of the Company

	Current details	Amended details
> Company Secretary <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Company Secretary must be notified on form 288.</i>	Name Murray POOLE-CONNOR Address Furzeffield House Cowfold West Sussex RH13 8BU	Name Address UK Postcode _ _ _ _ _ Date of change _ _ / _ _ / _ _ _ _ Date Murray POOLE-CONNOR ceased to be secretary (if applicable) _ _ / _ _ / _ _ _ _
> Director <i>If any of the details for this person are wrong, strike them through and fill in the correct details in the "Amended details" column.</i> <i>Particulars of a new Director must be notified on form 288.</i>	Name Brinsley Graham BLACK Address 17 Lansdowne Walk London W11 3AH Date of birth 05/11/1929 Nationality British Occupation Consultant	Name Address UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Brinsley Graham BLACK ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

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

- > Please fill in the details of total share capital by class (eg. ordinary, preference etc) that has been issued to the company's shareholders.

Class of Share

ORDINARY

Number of shares issued

2

Aggregate Nominal Value of issued shares

£2

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 total number of issued shares and their total nominal value.

Number of shares issued

2

Aggregate Nominal Value of issued shares

£2

- > 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 separately.
- > 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)	Date of registration of transfer (If appropriate)
Name <u>OCTAVIUS SLACK</u> Address <u>FLAT 3</u> <u>6 PHILLIMORE GARDENS</u> <u>LONDON</u> UK Postcode <u>W8 2QD</u>	2 ORDINARY SHARES OF £1 EACH		
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 _____ Address _____ _____ _____ UK Postcode _ _ _ _ _		
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

[Handwritten Signature]
(Director / Secretary)

Date

21 / 09 / 2000

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 31/8/2000
- 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 31st August 2001 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?

Cheque ☒ Postal Order ☐

Cheque / Postal Order

Number 100027

(Please complete as appropriate)

Contact Address

Please give the name and address of the person who should be contacted if there are any queries about this form.

Contact Name

THE COMPANY SECRETARY

Telephone number inc code

01403 864778

Address

AS HEREIN

DX number if applicable

DX exchange

Postcode

__ __ __ __ __