



Companies House

— for the record —

Company Name

THE MIND GYM 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

3833448

Information extracted from
Companies House records on
6th August 2005

Section 1: Company details



A85 *AHAW48X6* 0114
COMPANIES HOUSE 23/09/05

Ref: 3833448/03/10

	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>	St James House Kensington Square London W8 5HD	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>9305</td> <td>Other service activities n.e.c.</td> </tr> </tbody> </table>	SIC Code	Description	9305	Other service activities n.e.c.	<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> <tr><td>_____</td><td>_____</td></tr> </tbody> </table>	SIC CODE	Description	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
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> 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 <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 288a.</i>	Name Samantha ASPINALL Address 75 Elgin Mansions Elgin Avenue London W9 1JN	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 Samantha ASPINALL 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 288a.</i>	Name Samantha ASPINALL Address 75 Elgin Mansions Elgin Avenue London W9 1JN Date of birth 30/01/1974 Nationality British Occupation 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 Samantha ASPINALL ceased to be director (if applicable) _ _ / _ _ / _ _ _ _

	Current details	Amended details
> 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 288a.</i>	Name Sebastian Mark BAILEY Address 19 Churchfield Mansions 321 New Kings Road London SW6 4RA Date of birth 29/03/1975 Nationality British Occupation Director	Name <hr/> <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 <hr/> <hr/> <hr/> UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Sebastian Mark BAILEY ceased to be director (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 288a.</i>	Name Octavius Orlando Irvine Casati BLACK Address Flat 3, 6 Phillimore Gardens London W8 7QD Date of birth 02/05/1968 Nationality British Occupation Director	Name <hr/> <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 <hr/> <hr/> <hr/> UK Postcode _ _ _ _ _ Date of birth _ _ / _ _ / _ _ _ _ Nationality _____ Occupation _____ Date of change _ _ / _ _ / _ _ _ _ Date Octavius Orlando Irvine Casati BLACK 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	Class of share
	Ordinary A	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	840	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£840.00	_____
	Class of share	Class of share
	Ordinary B	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	100	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£100.00	_____
	Class of share	Class of share
	Ordinary C	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	50	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£50.00	_____
	Class of share	Class of share
	Ordinary D	_____
	Nominal value of each share	Nominal value of each share
	£1.00	_____
	Number of shares issued	Number of shares issued
	10	_____
	Aggregate Nominal Value of issued shares	Aggregate Nominal Value of issued shares
	£10.00	_____
> 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	Total number of shares issued
	1,000	_____
	Total Nominal value of shares issued	Total Nominal value of shares issued
	£1,000.00	_____

Current details**Amended details**

- > 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 333636.

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 Samantha ASPINALL Address Flat 9 55 Highbury Park London N5 1TH Shares held Class Ordinary A Number 54		Name _____ Address 75 Elgin Mansions Elgin Avenue London _____ UK Postcode W9 1JN Shares held Class _____ Number _____ _____ _____		Shares transferred by Samantha ASPINALL Class Number Date of transfer _____ _____		
> Shareholder Name Samantha ASPINALL Address 75 Elgin Mansions Elgin Avenue London W9 1JN Shares held Class Ordinary C Number 50		Name _____ Address _____ _____ _____ UK Postcode _____ Shares held Class _____ Number _____ _____ _____		Shares transferred by Samantha ASPINALL Class Number Date of transfer _____ _____		
> Shareholder Name Sebastian Mark BAILEY Address 19 Churchfield Mansions 321 New Kings Road London SW6 4RA Shares held Class Ordinary B Number 100 Ordinary A 56		Name _____ Address _____ _____ _____ UK Postcode _____ Shares held Class _____ Number _____ _____ _____		Shares transferred by Sebastian Mark BAILEY Class Number Date of transfer _____ _____		

Current details		Amended details		Shares transferred		
> Shareholder Name Octavius Orlando Irvine Casati BLACK Address Flat 3, 6 Phillimore Gardens London W8 7QD Shares held Class Ordinary A Number 730		Name		Shares transferred by Octavius Orlando Irvine Casati BLACK Class Number Date of transfer _____ _____		
		Address				
		UK Postcode	_____			
		Shares held Class	Number			
> Shareholder Name Professor Guy CLAXTON Address Lower Cobberton Dartington Totnes Devon TQ9 6DS Shares held Class Ordinary D Number 5		Name		Shares transferred by Professor Guy CLAXTON Class Number Date of transfer _____ _____		
		Address				
		UK Postcode	_____			
		Shares held Class	Number			
> Shareholder Name Sam SCOTT Address 31 Beechcroft Avenue New Malden Surrey KT3 3EG Shares held Class Ordinary D Number 5		Name		Shares transferred by Sam SCOTT Class Number Date of transfer _____ _____		
		Address				
		UK Postcode	_____			
		Shares held Class	Number			

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 £30.

Signature

[Handwritten Signature]
(Director / Secretary)

Date

16, 09, 2005
_ _ / _ _ / _ _ _ _

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 31/8/2005

N/A

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 2006** please give the new date here:

N/A

_ _ / _ _ / _ _ _ _

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

BEN OXHAM

Telephone number inc code

0207 3760626

Address

ST JAMES HOUSE
KENSINGTON SQUARE
LONDON

DX number if applicable

DX exchange

Postcode

W8 7SHD