



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



XXF86V1J

Received for filing in Electronic Format on the: **16/06/2011**

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*Company Name:* **THE ABBEY PRACTICE LIMITED**

*Company Number:* **04015432**

*Date of this return:* **15/06/2011**

*SIC codes:* **8512**

*Company Type:* **Private company limited by shares**

*Situation of Registered Office:* **243 ABBEY ROAD  
BARROW IN FURNESS  
CUMBRIA  
LA14 5JY**

## Single Alternative Inspection Location (SAIL)

*The address for an alternative location to the company's registered office for the inspection of registers is:*

CLINT MILL CORNMARKET  
PENRITH  
CUMBRIA  
CA11 7HW

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*The following records have moved to the single alternative inspection location:*

Register of members (section 114)  
Register of directors (section 162)  
Register of secretaries (section 275)  
Records of resolutions and meetings (section 358)

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### Officers of the company

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*Company Director*    ***I***

*Type:*                      **Person**

*Full forename(s):*        **DR JULIE**

*Surname:*                **BARKER**

*Former names:*

*Service Address:*        **PINE COTTAGE 29 THE EVERS  
SAVES LANE  
ASKAM-IN-FURNESS  
CUMBRIA  
LA16 7EB**

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **10/10/1953**

*Nationality:*    **BRITISH**

*Occupation:*    **DOCTOR**

*Company Director* 2

*Type:* **Person**

*Full forename(s):* **HILARY**

*Surname:* **HEARN**

*Former names:*

*Service Address:* **BAILIFF GROUND HOUSE  
KIRKBY IN FURNESS  
CUMBRIA  
LA17 7TS**

*Country/State Usually Resident:* **UNITED KINGDOM**

*Date of Birth:* **11/08/1953**

*Nationality:* **BRITISH**

*Occupation:* **DOCTOR**

*Company Director*    **3**

*Type:*                                **Person**

*Full forename(s):*                **DR ARUN**

*Surname:*                                **MANDEPANDA THIMMIAH**

*Former names:*

*Service Address recorded as Company's registered office*

*Country/State Usually Resident:*    **UNITED KINGDOM**

*Date of Birth:*    **14/01/1978**

*Nationality:*    **INDIAN**

*Occupation:*    **DOCTOR**

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*Company Director* 4

*Type:* **Person**

*Full forename(s):* **DR ELIZABETH JANE**

*Surname:* **WATKIN**

*Former names:*

*Service Address:* **VALE VIEW PENNINGTON  
ULVERSTON  
CUMBRIA  
LA12 0RR**

*Country/State Usually Resident:* **UNITED KINGDOM**

*Date of Birth:* **23/01/1964**

*Nationality:* **BRITISH**

*Occupation:* **DOCTOR**

*Company Director*    **5**

*Type:*                      **Person**

*Full forename(s):*        **DOCTOR MEGAN**

*Surname:*                **WYATT**

*Former names:*

*Service Address recorded as Company's registered office*

*Country/State Usually Resident:*   **UNITED KINGDOM**

*Date of Birth:*   **13/07/1965**

*Nationality:*   **BRITISH**

*Occupation:*    **DOCTOR**

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## Statement of Capital (Share Capital)

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<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>1500</b>
		<i>Aggregate nominal value</i>	<b>75</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.05</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

A) FULL VOTING RIGHTS B) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION WITH REGARD TO DIVIDENDS RELATING TO THIS CLASS OF SHARE C) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION ON WINDING UP

<b>Class of shares</b>	<b>ORDINARY B</b>	<i>Number allotted</i>	<b>273</b>
		<i>Aggregate nominal value</i>	<b>13.65</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.05</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

A) FULL VOTING RIGHTS B) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION WITH REGARD TO DIVIDENDS RELATING TO THIS CLASS OF SHARE C) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION ON WINDING UP

<b>Class of shares</b>	<b>ORDINARY C</b>	<i>Number allotted</i>	<b>273</b>
		<i>Aggregate nominal value</i>	<b>13.65</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.05</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

A) FULL VOTING RIGHTS B) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION WITH REGARD TO DIVIDENDS RELATING TO THIS CLASS OF SHARE C) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION ON WINDING UP



<b>Class of shares</b>	<b>ORDINARY D</b>	<i>Number allotted</i>	<b>181</b>
		<i>Aggregate nominal value</i>	<b>9.05</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.05</b>
		<i>Amount unpaid per share</i>	<b>0</b>

*Prescribed particulars*

A) FULL VOTING RIGHTS B) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION WITH REGARD TO DIVIDENDS RELATING TO THIS CLASS OF SHARE C) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION ON WINDING UP

<b>Class of shares</b>	<b>ORDINARY E</b>	<i>Number allotted</i>	<b>273</b>
		<i>Aggregate nominal value</i>	<b>13.65</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.05</b>
		<i>Amount unpaid per share</i>	<b>0</b>

*Prescribed particulars*

A) FULL VOTING RIGHTS B) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION WITH REGARD TO DIVIDENDS RELATING TO THIS CLASS OF SHARE C) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION ON WINDING UP

<b>Class of shares</b>	<b>ORDINARY F</b>	<i>Number allotted</i>	<b>273</b>
		<i>Aggregate nominal value</i>	<b>13.65</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.05</b>
		<i>Amount unpaid per share</i>	<b>0</b>

*Prescribed particulars*

A) FULL VOTING RIGHTS B) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION WITH REGARD TO DIVIDENDS RELATING TO THIS CLASS OF SHARE C) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION ON WINDING UP

<b>Class of shares</b>	<b>ORDINARY G</b>	<i>Number allotted</i>	<b>273</b>
		<i>Aggregate nominal value</i>	<b>13.65</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>0.05</b>
		<i>Amount unpaid per share</i>	<b>0</b>

*Prescribed particulars*

A) FULL VOTING RIGHTS B) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION WITH REGARD TO DIVIDENDS RELATING TO THIS CLASS OF SHARE C) FULL RIGHTS TO PARTICIPATE IN ANY DISTRIBUTION ON WINDING UP

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>3046</b>
		<i>Total aggregate nominal value</i>	<b>152.3</b>

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 15/06/2011 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for a private or non-traded public company are shown below*

<i>Shareholding 1</i>	<b>: 273 ORDINARY shares held as at 2011-06-15</b>
<i>Name:</i>	<b>HILARY HEARN</b>
<i>Shareholding 2</i>	<b>: 273 ORDINARY C shares held as at 2011-06-15</b>
<i>Name:</i>	<b>HILARY HEARN</b>
<i>Shareholding 3</i>	<b>: 273 ORDINARY E shares held as at 2011-06-15</b>
<i>Name:</i>	<b>MEGAN WYATT</b>
<i>Shareholding 4</i>	<b>: 273 ORDINARY shares held as at 2011-06-15</b>
<i>Name:</i>	<b>MEGAN WYATT</b>
<i>Shareholding 5</i>	<b>: 181 ORDINARY shares held as at 2011-06-15</b>
<i>Name:</i>	<b>ELIZABETH NUGENT</b>
<i>Shareholding 6</i>	<b>: 181 ORDINARY D shares held as at 2011-06-15</b>
<i>Name:</i>	<b>ELIZABETH NUGENT</b>
<i>Shareholding 7</i>	<b>: 0 ORDINARY B shares held as at 2011-06-15</b>
<i>Name:</i>	<b>ELIZABETH NUGENT</b>
<i>Shareholding 8</i>	<b>: 0 ORDINARY shares held as at 2011-06-15</b>
<i>Name:</i>	<b>JOHN JOSEPH NUGENT</b>
<i>Shareholding 9</i>	<b>: 250 ORDINARY shares held as at 2011-06-15</b>
<i>Name:</i>	<b>DR JULIE BARKER</b>
<i>Shareholding 10</i>	<b>: 273 ORDINARY G shares held as at 2011-06-15</b>
<i>Name:</i>	<b>DR JULIE BARKER</b>
<i>Shareholding 11</i>	<b>: 250 ORDINARY shares held as at 2011-06-15</b>

*Name:* ELIZABETH JANE WATKIN

*Shareholding 12* : 273 ORDINARY F shares held as at 2011-06-15

*Name:* ELIZABETH JANE WATKIN

*Shareholding 13* : 273 ORDINARY shares held as at 2011-06-15

*Name:* ARUN MANDEPANDA THIMMIAH

*Shareholding 14* : 273 ORDINARY B shares held as at 2011-06-15

*Name:* ARUN MANDEPANDA THIMMIAH

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### *Authorisation*

*Authenticated*

*This form was authorised by one of the following:*

Director, Secretary, Person Authorised, Charity Commission Receiver and Manager, CIC Manager, Judicial Factor.