



Companies House
— for the record —

AR01 (ef)

Annual Return



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Company Name: **THE REALLY USEFUL HEALTH COMPANY LIMITED**

Company Number: **04330832**

Date of this return: **16/11/2010**

SIC codes: **8514**

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

Situation of Registered Office: **23 OLD STEINE
BRIGHTON
EAST SUSSEX
BN1 1EL**

Officers of the company

Company Secretary 1

Type: **Corporate**
Name: **BUSINESSHEADS LIMITED**

*Registered or
principal address:* **23 OLD STEINE
BRIGHTON
EAST SUSSEX
UNITED KINGDOM
BN1 1EL**

European Economic Area (EEA) Company

Register Location: **23 OLD STEINE, BRIGHTON, BN2 9YN**
Registration Number: **3196525**

Company Director ***I***

Type: **Person**
Full forename(s): **MARYON LYNNE**

Surname: **STEWART**

Former names: **FISHER**

Service Address: **162 WARREN ROAD
BRIGHTON
BN2 6DD**

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

Date of Birth: **17/08/1953** *Nationality:* **BRITISH**

Occupation: **NUTRITIONAL ADVISOR**

Statement of Capital (Share Capital)

Class of shares	A	<i>Number allotted</i>	500
		<i>Aggregate nominal value</i>	500
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
FULL RIGHTS AS SET OUT IN THE ARTICLES OF ASSOCIATION			

Class of shares	B	<i>Number allotted</i>	250
		<i>Aggregate nominal value</i>	250
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
FULL RIGHTS AS SET OUT IN THE ARTICLES OF ASSOCIATION			

Class of shares	C	<i>Number allotted</i>	250
		<i>Aggregate nominal value</i>	250
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	0
<i>Prescribed particulars</i>			
NON VOTING.			

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	1000
		<i>Total aggregate nominal value</i>	1000

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 16/11/2010 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

Shareholding 1 : 500 A shares held as at 2010-11-16
Name: MARYON LYNNE STEWART

Shareholding 2 : 250 B shares held as at 2010-11-16
Name: MARYON LYNNE STEWART

Shareholding 3 : 250 C shares held as at 2010-11-16
Name: MARYON LYNNE STEWART

Authorisation

Authenticated

This form was authorised by one of the following:

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