In accordance with Section 854 of the Companies Act 2006

AR01 **Annual Return**

A fee is payable with this form



	A fee is payable with this form Please see 'How to pay' on the last page			rm							ing se				is fo	orm c	nline	: 	L 61 12 8	_			
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Company number	0	4	4	1	8	8	1 [9												me ch		h,	_
Company name in full	58	Cent	ral F	Road	Wes	t Did	sbury	/ Ma	ana	gen	nent (Comp	pany	Limite	ed_		If your company has recently changed its name, please pro the company name as at the this return			rovide			
A2	Ret	urn	date	е																			_
Data of the sale of G		e The					e delr	vere		ıthın — —	28 da			not be			Yo 15	ur coi usuall	npany y the	annive	m date	f	
Date of this return 9	ļ1	17		ĮΟ	4		įž	ŏ	1	12	2						of Co an	the la mpar earle	ist and	nual re ouse Yo irn dat	turn fill ou may e but it	ed at choo	
A3	Prir	cipa	al b	usin	ess a	ictiv	ity							-								-	_
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Classification code 1	9	8	0	0	0												de	script	ion of		ompar		
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Classification code 4																					5		
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Principal activity description																							

AR01 Annual Return A4 Company type 0 Company type Please confirm your company type by ticking the appropriate box below (only If you are unsure of your company one box must be ticked) type, please check your latest Public limited company certificate of incorporation or our Private company limited by shares website www.companieshouse.gov.uk Private company limited by guarantee Private company limited by shares exempt under section 60 Private company limited by guarantee exempt under section 60 Private unlimited company with share capital Private unlimited company without share capital **A5** Registered office address 9 Building name/number 2 WATERLOO COURT O Change of registered office This must agree with the address Street that is held on the Companies House WATERLOO ROAD record at the date of this return If the registered office address has changed, you should complete form Post town STOCKPORT AD01 and submit it together with this annual return County/Region CHESHIRE Postcode K 3 D S ļυ A6 Single alternative inspection location (SAIL) of the company records (if applicable) € SAIL address Building name/number This must agree with the address Street that is held on the Companies House record at the date of this return If the address has changed, you should complete form AD02 and Post town submit it together with this annual County/Region Postcode **A7** Location of company records o Occurrence Location of company records Please tick the appropriate box to indicate which records are kept at the SAIL If the company records are held at address in Section A6 the registered office address, do not Register of members tick any of the boxes in this section Register of directors Certain records must be kept by Directors' service contracts every company while other records are only kept by certain company Directors' indemnities types where appropriate Register of secretaries Records of resolutions etc If the records are not kept at the SAIL address, they must be available Contracts relating to purchase of own shares at the registered office Documents relating to redemption or purchase of own share out of If any of the company records have capital by private company moved from the registered office Register of debenture holders to the address in Section A6 since Report to members of outcome of investigation by public company into the last annual return, you must interests in its shares complete form AD03 and submit it

Register of interests in shares disclosed to public company

Instruments creating charges and register of charges Scotland

or Northern Ireland

Instruments creating charges and register of charges England and Wales

CHFP000 10/11 Version 4.2

together with this annual return

Part 2	Officers of the company	<u> </u>
	This section should include details of the company at the date to which this annual return is made up → For a secretary who is an individual, go to Section B1 → For a corporate secretary, go to Section C1 → For a director who is an individual, go to Section D1. → For a corporate director, go to Section E1	Continuation pages Please use a continuation page if you need to enter more officer details
Secretary		
B1	Secretary's details •	
	Please use this section to list all the secretaries of the company For a corporate secretary, complete Section C1-C4	O Secretary appointments You may not use this form to appoint a secretary To do this,
Title*	MR	please complete form APO3 and submit it together with this annual
Full forename(s)	RICHARD EDWARD	return
Surname	CULLEN	Corporate details Please use Section C1-C4 to enter
Former name(s) •		Secretary details All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have not notified us, please complete form CH03 Former name(s) Please provide any previous names which have been used for business purposes during the period of this return Married women do not need to give former names unless previously used for business purposes
B2	Secretary's service address	05
Building name/number		Service address If you have previously notified Common through the service and the service address.
Street	ENVILLE ROAD	Companies House that the service address is at 'The Company's
8	BOWDEN	Registered Office', please state 'The Company's Registered Office' in the
Post town	ALTRINCHAM	address
County/Region	CHESHIRE	This information will appear on the public record
Postcode	W A 1 4 2 P F	
Country		

Corporate secretary

C1	Corporate secretary's details •	
Corporate body/firm name	Please use this section to list all the corporate secretaries of the company	◆ Corporate secretary appointments You cannot use this form to appoint a corporate secretary To do this, please complete form AP04 and submit it together with this annual return
Building name/number		Corporate secretary details
Street		All details must agree with those previously notified to Companies House If you have made changes since the last annual return and have
Post town		not notified us, please complete form CH04
County/Region		This information will appear on the public record
Postcode		public record
Country		
C2	Location of the registry of the corporate body or firm	
	Is the corporate secretary registered within the European Economic Area (EEA)? → Yes Complete Section C3 only → No Complete Section C4 only	
C3	EEA companies	
	Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register	● EEA A full list of countries of the EEA can be found in our guidance www.companieshouse.gov.uk
Where the company/ firm is registered •		This is the register mentioned in Article 3 of the First Company Law
Registration number		Directive (68/151/EEC)
C4	Non-EEA companies	
	Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register.	O Non-EEA Where you have provided details of the register (including state) where the company or firm is registered, you must also provide its number in
Legal form of the corporate body or firm		that register
Governing law		
If applicable, where the company/firm is registered 9		
If applicable, the registration number		

Director

Full forename(s) PAUL JAMES Surname CRIPPS COrporate details Please use Section E1-E4 to enter corporate director details Please use Section E1-E4 to enter corporate director details All details must agree with those previously notified to Companies House if you have made changes since the last annual return and have not notified us, please complete form CH01 Date of birth Date of birth Date of Dirth COMPANY DIRECTOR COMPANY DIRECTOR COMPANY DIRECTOR Together with this annual return Corporate details All details must agree with those previously notified to Companies House if you have made changes since the last annual return and have not notified us, please complete form CH01 Former name(s) Please provide any previous names which have been used for business purposes during the period of this return Married women do not need to give former names unless previously used for business purposes	D1	Director's details •	
Title* MR Full forename(s) PAUL JAMES Surname CRIPPS CORPORT details Please use Section E1-£4 to enter corporate details Please use Section E1-£4 to enter corporate director details Director details All details must agree with those previously notified to Companies since the last annual return and have not notified us, please complete form CH01 Pate of birth			You cannot use this form to
Surname CRIPPS Please use Section E1-£4 to enter corporate director details Director details All details must agree with those previously notified to Companies House if you have made changes since the last annual return and have not notified us, please complete form CH01 Former name(s) Date of birth Date of birth Date of birth COMPANY DIRECTOR DIrector's service address Business occupation (if any) D2 Director's service address Building name/number APARTMENT 408 Street D3 Building name/number APARTMENT 408 Street D8 D8 D8 D8 D8 D8 D8 D8 D8 D	Title*	MR	complete form APO1 and submit it
Surname CRIPPS Corporate director details Director details Director details All details must agree with those perviously notified to Companies House If you have made changes since the last annual return and have not notified us, please complete form CH01 Date of birth D D D D D D D D D	Full forename(s)	PAUL JAMES	
All details must agree with those previously notified to Companies House flyou have previously notified to Companies of the last annual return and have not notified us, please complete form CH01 Date of birth	Surname	CRIPPS	
Country/State of residence Nationality Date of birth Date of birth COMPANY DIRECTOR Business occupation (if any) Director's service address Building name/number APARTMENT 408 Street Description 108 ESPLANADE WEST Post town County/Region BRITISH COLOMBIA Postcode V 7 M 3 M 8	Former name(s) ②		All details must agree with those previously notified to Companies
Date of birth	Country/State of residence		since the last annual return and have not notified us, please
Date of birth 0 9 0 8 1 9 7 0 Please provide any previous names which have been used for business purposes during the period of this return Married women do not need to give former names unless previously used for business purposes Director's service address Building name/number APARTMENT 408 Street 108 ESPLANADE WEST Post town VANCOUVER County/Region BRITISH COLOMBIA Postcode V 7 M 3 M 8 Please provide any previous names which have been used for business purposes during the period of this return Married women do not need to give former names unless previously used for business lify unless previously notified Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the address. This information will appear on the public record	Nationality		['
Business occupation (if any) COMPANY DIRECTOR purposes during the period of this return Married women do not need to give former names unless previously used for business purposes Building name/number APARTMENT 408 Service address If you have previously notified Companies House that the service address is at "The Company's Registered Office", please state 'The Company's Registered Office', please state 'The Company's Registered Office' in the address This information will appear on the public record V 7 M 3 M 8 The Company is Registered Office' in the public record V 7 M 3 M 8 The Company is Registered Office' in the public record V 7 M 3 M 8 This information will appear on the public record V 7 M 3 M 8 V 7	Date of birth	0 8 T 9 7 0	Please provide any previous names
Building name/number APARTMENT 408 Street 108 ESPLANADE WEST Post town VANCOUVER County/Region BRITISH COLOMBIA Postcode V 7 M 3 M 8	Business occupation (if any)	COMPANY DIRECTOR	purposes during the period of this return. Married women do not need to give former names unless previously used for business
Street 108 ESPLANADE WEST Post town VANCOUVER County/Region BRITISH COLOMBIA Postcode V 7 M 3 M 8 If you have previously notified Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the address This information will appear on the public record	D2	Director's service address	· · · · · · · · · · · · · · · · · · ·
Street 108 ESPLANADE WEST Companies House that the service address is at 'The Company's Registered Office', please state 'The Company's Registered Office' in the address County/Region BRITISH COLOMBIA Postcode V 7 M 3 M 8	Building name/number	APARTMENT 408	
Post town VANCOUVER address County/Region BRITISH COLOMBIA Postcode V 7 M 3 M 8 This information will appear on the public record	Street	108 ESPLANADE WEST	Companies House that the service address is at 'The Company's Registered Office', please state 'The
Postcode V 7 M 3 M 8	Post town	VANCOUVER	
Postcode V 7 M 3 M 8	County/Region	BRITISH COLOMBIA	
Country	Postcode	V 7 M 3 M 8	
	Country	CANADA	

Director

D1	Director's details •				
	Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4	O Director appointments You cannot use this form to appoint a director To do this, please			
Title*	MR	complete form APO1 and submit it together with this annual return			
Full forename(s)	RICHARD EDWARD	Corporate details			
Surname	CULLEN	Please use Section E1-E4 to enter corporate director details			
Former name(s) ②		Director details All details must agree with those previously notified to Companies			
Country/State of residence	UNITED KINGDOM	House If you have made chang since the last annual return and have not notified us please			
Nationality	BRITISH	complete form CH01			
Date of birth	2 1 b 3 1 b 6 3	Please provide any previous names			
Business occupation (if any)	COMPANY DIRECTOR	which have been used for business purposes during the period of this return. Married women do not need to give former names unless previously used for business purposes.			
D2	Director's service address ®				
Building name/number	13	Service address If you have previously notified			
Street	ENVILLE ROAD	Companies House that the service address is at 'The Company's			
	BOWDEN	Registered Office', please state 'The Company's Registered Office' in the			
Post town	ALTRINCHAM	address			
County/Region	CHESHIRE	This information will appear on the public record			
Postcode	W A 1 4 2 P F	F-2			
Country					

Corporate director

E1	Corporate director's details •	
	Please use this section to list all the corporate director's of the company	O Corporate director appointments You cannot use this form to appoint a corporate director To do this, please complete form APO2 and
Corporate body/firm name		submit it together with this annual return
Building name/number		Corporate director details All details must agree with those
Street		previously notified to Companies House If you have made changes since the last annual return and have not notified us, please complete
Post town		form CH02
County/Region		This information will appear on the public record
Postcode		
Country		
E2	Location of the registry of the corporate body or firm	
	is the corporate director registered within the European Economic Area (EEA)? → Yes Complete Section E3 only → No Complete Section E4 only	
E3	EEA companies ®	
	Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register	● EEA A full list of countries of the EEA can be found in our guidance
Where the company/ firm is registered ●		This is the register mentioned in Article 3 of the First Company Law
Registration number		Directive (68/151/EEC)
E4	Non-EEA companies	
	Please give details of the legal form of the corporate body or firm and the law by which it is governed. If applicable, please also give details of the register in which it is entered (including the state) and its registration number in that register.	Where you have provided details of the register (including state) where the company or firm is registered, you must also provide its number in
Legal form of the corporate body or firm		that register
Governing law		
If applicable, where the company/firm is registered •		
If applicable, the registration number		

Part 3	Statement of capital ^o								
	Does your company have share capital? → Yes Complete the sections below and the following Part 4 → No Go to Part 5 (Signature)					This should reflect the company's capital status at the made up date o this annual return			
F1 .	hare capital in	hare capital in pound sterling (£)							
Please complete the tail of all your issued capita			eld in pound sterling and then go to Section F4						
Class of shares (E.g. Ordinary/Preference etc.))	Amount paid up on each share	Amount (if any) unpaid on each share •	Number of sha	res Ø	Aggregate nominal value 4			
ORDINARY SHARE	S	£1 00		2		£ 2 00			
						£			
						£			
	11 188417					£			
			Totals			£ 2 00			
F2	Share capital ii	n other currencie	S		_				
Please complete the ta Please complete a sepa			d in other currencies						
Currency					-				
Class of shares (E.g. Ordinary/Preference etc.)		Amount paid up on each share 2	Amount (if any) unpaid on each share	Number of shares ⊙		Aggregate nominal value 4			
				!					
			Total	<u> </u>					
Currency									
Class of shares (E g Ordinary/Preference etc)	Amount paid up on each share 2	Amount (if any) unpaid on each share	Number of sha	res 🖸	Aggregate nominal value 🧿			
			Total	<u> </u>					
F3	Totals								
	Please give the to issued share capit		nd total aggregate nominal	value of	Please	ggregate nominal value list total aggregate values in			
Total number of shares	TWO (2)					nt currencies separately For e £100 + €100 + \$10 etc			
Total aggregate nominal value 9	£2 00								
Including both the noming share premium Total number of issued s	•	• Number of shares issue nominal value of each	h share Ple	ntinuation Pag lase use a Staten ge if necessary		ital continuation			

F4	Statement of capital (Voting rights)						
	Please give the prescribed particulars of rights attached to shares for each class of share shown in the statement of capital share tables in Sections F1 and F2	- , ,, , , , -					
Class of share	ORDINARY SHARES						
Voting rights	ONE VOTE PER SHARE						
Class of share							
Voting rights							
Class of share							
Voting rights							
Class of share							
Voting rights							
			_				

CHFP000 10/11 Version 4 2

Shareholders	
Does your company have share capital? → Yes Complete the sections below. → No Go to Part 5 (Signature)	This should reflect the shareholder details at the made up date of this annual return
Traded public companies ®	
Please tick the box if your company was a traded public company at any time during the period of this return	Traded company definition A traded company means a company any of whose shares are admitted to trading on a regulated market
List of past and present shareholders	
Private and non-traded public companies are required to provide a 'full list' if one was not included with either of the last two returns	
Traded public companies are required to provide a list of shareholders who held at least 5% of the issued shares of any share class if a list was not provided with either of the last two returns	
Please tick the appropriate box below	
A full list of shareholders for a private or non-traded public company is enclosed. Please complete Section G3 , or	
A list of shareholders holding at least 5% of the issued shares of any share class for a traded public company is enclosed. Please complete Section G4	
A list of shareholder changes is enclosed → For private or non-traded public companies, please complete Section G3 → For traded public companies, please complete Section G4	
 There were no shareholder changes in this period → Go to Part 5 (Signature) 	
Please tick the appropriate box below to indicate the format of your shareholder details	
The list of shareholders is enclosed on paper The list of shareholders is enclosed in another format	
	→ Yes Complete the sections below. → No Go to Part 5 (Signature) Traded public companies ● Please tick the box if your company was a traded public company at any time during the period of this return List of past and present shareholders Private and non-traded public companies are required to provide a 'full list' if one was not included with either of the last two returns Traded public companies are required to provide a list of shareholders who held at least 5% of the issued shares of any share class if a list was not provided with either of the last two returns Please tick the appropriate box below A full list of shareholders for a private or non-traded public company is enclosed Please complete Section G3, or A list of shareholders holding at least 5% of the issued shares of any share class for a traded public company is enclosed Please complete Section G4 A list of shareholder changes is enclosed → For private or non-traded public companies, please complete Section G3 → For traded public companies, please complete Section G4 There were no shareholder changes in this period → Go to Part 5 (Signature) Please tick the appropriate box below to indicate the format of your shareholder details The list of shareholders is enclosed on paper

G3

Private or non-traded public companies – list of past and present shareholders

This section should only be completed by companies that have not traded on a regulated market at any time during the period of this return

Changes during this period to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year

You must provide a 'full list' of all company shareholders on

- The company's first annual return following incorporation,
- Every third annual return after a full list has been provided

Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

Further shareholders

Please use a 'Private or non-traded public companies – list of past and present shareholders' continuation page if necessary

1			•		
		Shares or stock currently held	Shares or stock transferred (if appropriate)		
Shareholder's Name (Address not required)	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer	
RICHARD EDWARD CULLEN	ORDINARY SHARE	1 SHARE		/ /	
PAUL JAMES CRIPPS	ORDINARY SHARE	1 SHARE		1 1	
				1 1	
				1 1	
				1 1	
				1 1	
				1 1	
				/ /	
				1 1	
				1 1	
				1 1	
				1 1	
				1 1	
<u> </u>	<u> </u>			<u> </u>	

G4

Traded public companies - list of past and present shareholders

This section should show the shareholders that hold at least 5% of any class of share(s) of the company at the date of this return. It should only be completed by public companies that have traded on a regulated market at any time during the period of this return.

Changes during this period to shareholders' particulars or details of the amount of stock or shares transferred must be completed each year

You must provide a 'full list' of all company shareholders on

- The company's first annual return following incorporation,
- Every third annual return after a full list has been provided

Please list the company shareholders in alphabetical order

Joint shareholders should be listed consecutively

Further shareholders Please use a 'Traded public companies – list of past and present shareholders' continuation page if necessary

,		Shares or stock currently held	Shares or stock transferred (If appropriate)			
Shareholder's details	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer		
Name				1 1		
Address				1 1		
				1 1		
Name				, ,		
Address				1 1		
				1 1		
Name				1 1		
Address				<i>I I</i>		
				1 1		
Name				, ,		
Address				1 1		
				1 1		

Part 5	Signature							
	This must be completed by all companies	O Societas Europaea If the form is being filed on behalf						
	I am signing this form on behalf of the company	of a Societas Europaea (SE) please delete 'director' and insert details						
Signature	Signature X	of which organ of the SE the person						
	COMPANY SECRETARY	the Companies Act 2006						
	This form may be signed by Director •, Secretary, Person authorised •, Charity commission receiver and manager, CIC manager, Judicial factor							

4

Presenter information

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name MR R L MARSDEN

Company name THE HOWE PRACTICE

Address 2 WATERLOO COURT

WATERLOO ROAD

Post town STOCKPORT

County/Region CHESHIRE

Postcode S K 1 3 D U

County UNITED KINGDOM

DX 22619, STOCKPORT 2

Telephone 0161 480 2629

✓ Checklist

We may return forms completed incorrectly or with information missing

Please make sure you have remembered the following

- The company name and number match the information held on the public Register
- You have completed your principal business activity
- You have not used this form to make changes to the registered office address
- You have not used this form to make changes to secretary and director details
- ☑ You have fully completed the Statement of capital (if applicable)
- ☑ You have signed the form
- You have enclosed the correct fee

Important information

Please note that all information on this form will appear on the public record

⊕ How to pay

A fee of £40 is payable to Companies House in respect of an Annual Return

Make cheques or postal orders payable to 'Companies House'

Where to send

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below

For companies registered in England and Wales The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ DX 33050 Cardiff

For companies registered in Scotland¹

The Registrar of Companies, Companies House, Fourth floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, Scotland, EH3 9FF DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post)

For companies registered in Northern Ireland The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG DX 481 N R Belfast 1

Further information

For further information, please see the guidance notes on the website at www.companieshouse.gov.uk or email enquiries@companieshouse.gov.uk

This form is available in an alternative format. Please visit the forms page on the website at www.companieshouse.gov.uk