



*John* *John*

363a

Please complete in typescript, or in bold black capitals.

## Annual Return

CHFP000

Company number

105188094

Company name in full

ABLE 2 REHABILITATION SOLUTIONS  
LIMITED

Date of this return

The information in this return is made up to

Day Month Year  
3 10 10 9 12 10 0 1 (Amended on reg)

Date of next return

If you wish to make your next return to a date earlier than the anniversary of this return please show that date here. Companies House will then send a form at the appropriate time.

Day Month Year  
/ / / / / /

Registered Office

Show here the address at the date of this return

LINDON HOUSE  
61 PENINSULAR CLOSE

Any change of registered office must be notified on form 287

Post town

REDFNT

County/Region

MIDDLESEX

UK Postcode

TW14 9ET

Principal business activities

Show trade classification code number(s) for the principal activity or activities

8514

If the code number cannot be determined, give a brief description of principal activity



A22 26/10/2009 25  
COMPANIES HOUSE  
A18 06/10/2009 226  
COMPANIES HOUSE

When you have completed and signed the form please send it to the Registrar of Companies at:  
Companies House, Crown Way, Cardiff, CF14 3UZ  
for companies registered in England or Wales or  
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB  
For companies registered in Scotland

DX 33050 Cardiff

DX ED235 Edinburgh 1  
or LP-4 Edinburgh 2

MONDAY

07/08

**Register of members**

If the register of members is not kept at the registered office, state here where it is kept

N/A

Post town

County/Region

UK Postcode

**Register of Debenture holders**

If there is a register of debenture holders, or a duplicate of any such register, or part of it, which is not kept at the registered office, state here where it is kept

N/A

Post town

County/Region

UK Postcode

**Company type**

Public limited company

Private company limited by shares

Private company limited by guarantee without share capital

Private company limited by shares exempt under section 30

Private company limited by guarantee exempt under section 30

Private unlimited company with share capital

Private unlimited company without share capital

☐☒☐☐☐☐☐

Please tick the appropriate box

**Company Secretary**

Details of a new company secretary must be notified on form 288a

\* Voluntary details  
(Please photocopy this area to provide details of joint secretaries).

Name

\*Style/Title MRSForename(s) KATHY - ANNSurname SIENKOAddress †† LINDON HOUSE☐161 PENINSULAR CLOSEPost town BEDFORDCounty/Region MIDDLESEXUK Postcode TF 11 4 19 5 TCountry UK

†† Tick the box if the address shown is a service address for the beneficiary of a Confidentiality Order granted under section 723B of the Companies Act 1985. Otherwise, give your usual residential address. In the case of a corporation or Scottish firm, give the registered or principal office address.

If a partnership, give the names and addresses of the partners or the name of the partnership and office address

**Directors**

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

\* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name \*Style/Title MRS

Day Month Year

Date of birth 10 11 10 14 11 19 6 18

Forename(s) KATHY - ANN

Surname SIENKO

Address ☐ ☐ LINDON HOUSE

161 PENINSULAR CLOSE

Post town BEDFORD

County/Region MIDDLESEX

UK Postcode T W 11 14 19 15 1

Country UK

Nationality BRITISH

Business occupation DIRECTOR

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**Directors**

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

\* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name \*Style/Title \_\_\_\_\_

Day Month Year

Date of birth \_\_\_\_\_

Forename(s) \_\_\_\_\_

Surname \_\_\_\_\_

Address ☐ ☐ \_\_\_\_\_

Post town \_\_\_\_\_

County/Region \_\_\_\_\_

UK Postcode \_\_\_\_\_

Country \_\_\_\_\_

Nationality \_\_\_\_\_

Business occupation \_\_\_\_\_

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**Issue share capital**

Enter details of all the shares in issue at the date of this return

**Class** (e.g.  
Ordinary/Preference)

**Number of shares  
issued**

**Aggregate Nominal  
Value**

(i.e. Number of shares  
issued multiplied by  
nominal value per share, or  
total amount of stock)

ORDINARY

2

GBP 2

**Totals**

2

GBP 2

**Traded public companies**

A traded public company means a company any of whose shares are shares admitted to trading on a regulated market

Please tick this box if your company was a traded public company at any time during the period of this return

☐**List of past and present  
shareholders**

(use attached schedule where appropriate)

Please tick the appropriate box below:

On paper

In another  
format

Private or non-traded public companies are required to provide a "full list" if one was not included with either of the last two returns.

A full list of shareholders for a private or non-traded public company is enclosed. **Please complete Schedule A.**

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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.

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 Schedule B.**

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A list containing shareholder changes is enclosed

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→ For private or non-traded public companies, **please complete Schedule A**


→ For traded public companies, **please complete Schedule B**

There were no shareholder changes in this period

☒**Certificate**

I certify that the information given in this return is true to the best of my knowledge and belief

Signed



Date

30.09.09

\* Please delete as appropriate

When you have signed the return, send it with the fee to the Registrar of Companies. Make cheques payable to Companies House.

\*(director / secretary)

This return includes

0

continuation sheets

(enter number)

You do not have to give any contact information in the box opposite 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.

DX number

DX exchange

**Directors**

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

\* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name \*Style/Title MRS

Day Month Year

Date of birth 01/10/1968

Forename(s) KATHY-ANN

Surname SIENKO

Address ☐ LINDON HOUSE

61 PENINSULAR CLOSE

Post town BEDFORD

County/Region MIDDLESEX

UK Postcode TG14 1A 5T

Country UK

Nationality BRITISH

Business occupation DIRECTOR

10/23/09

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Please list the directors in alphabetical order

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\* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name \*Style/Title \_\_\_\_\_

Day Month Year

Date of birth \_\_\_\_\_

Forename(s) \_\_\_\_\_

Surname \_\_\_\_\_

Address ☐ \_\_\_\_\_

Post town \_\_\_\_\_

County/Region \_\_\_\_\_

UK Postcode \_\_\_\_\_

Country \_\_\_\_\_

Nationality \_\_\_\_\_

Business occupation \_\_\_\_\_

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\* Voluntary details

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Name \*Style/Title \_\_\_\_\_

Day Month Year

Date of birth \_\_\_\_\_

Forename(s) \_\_\_\_\_

Surname \_\_\_\_\_

Address †† \_\_\_\_\_

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Post town \_\_\_\_\_

County/Region \_\_\_\_\_

UK Postcode \_\_\_\_\_

Country \_\_\_\_\_

Nationality \_\_\_\_\_

Business occupation \_\_\_\_\_

**Directors**

Please list the directors in alphabetical order

Details of new directors must be notified on form 288a

\* Voluntary details

In the case of a director that is a corporation or a Scottish firm, the name is the corporate or firm name

Name \*Style/Title \_\_\_\_\_

Day Month Year

Date of birth \_\_\_\_\_

Forename(s) \_\_\_\_\_

Surname \_\_\_\_\_

Address †† \_\_\_\_\_

☐

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Post town \_\_\_\_\_

County/Region \_\_\_\_\_

UK Postcode \_\_\_\_\_

Country \_\_\_\_\_

Nationality \_\_\_\_\_

Business occupation \_\_\_\_\_

**Schedule A**

**for private or non-traded public companies**

**List of past and present shareholders**

Company number 105188094

Company name in full TABLE 2 REHABILITATION SOLUTIONS  
LIMITED

- Do not give shareholder address information**

[illegible]

### List of past and present shareholders

05188094

[illegible]



This must only be completed by companies that have traded on a regulated market and must show the details of shareholders who held at least 5% of the issued shares of any class of the company at any time during the period

**Schedule B**  
**for traded public companies**  
**List of past and present shareholders**

Company number 05188094  
Company name in full ABER REHABILITATION SOLUTIONS Ltd

- Changes to shareholders particulars or details of the amount of stock or shares transferred must be completed each year
- You must provide a list of all company shareholders who held at least 5% of the issued shares of any class of the company on:
  - The company's first annual return following incorporation
  - Every third annual return after a full list has been provided
- List the company shareholders in alphabetical order or provide an index
- List joint shareholders consecutively

Shareholder's name and address	Class and number of shares or amount of stock held	Shares or amount of stock transferred (if appropriate)	
		Class and number of shares or amount of stock transferred	Date of registration of transfer
Name <u>KATHY - ANN SIENKO</u> Address <u>LINDON HOUSE</u> <u>61 PENINSULAR CLOSE</u> <u>REDFENT, MIDDLESEX</u> UK Postcode <u>TW11 4L 9LS</u>	<u>1 ORDINARY</u>		
Name <u>PAUL SIENKO</u> Address <u>LINDON HOUSE</u> <u>61 PENINSULAR CLOSE</u> <u>REDFENT, MIDDLESEX</u> UK Postcode <u>TW11 4L 9LS</u>	<u>1 ORDINARY</u>		
Name ----- Address ----- ----- ----- UK Postcode <u>L L L L L L L L</u>			
Name ----- Address ----- ----- ----- UK Postcode <u>L L L L L L L L</u>			

**Schedule B,**  
**for traded public companies**  
**(continuation sheet)**  
**List of past and present shareholders**

Company number \_\_\_\_\_

Shareholder's name and address	Class and number of shares or amount of stock held	Shares or amount of stock transferred <i>(if appropriate)</i>	Date of registration of transfer
		Class and number of shares or amount of stock transferred	
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			
Name ----- Address ----- ----- ----- UK Postcode L L L L L L L L			