



*Companies House*  
— for the record —

**AR01** (ef)

**Annual Return**



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*Company Name:* A AND L CLINICS LIMITED

*Company Number:* 05615088

*Date of this return:* 08/11/2013

*SIC codes:* 86230

*Company Type:* Private company limited by shares

*Situation of Registered Office:* 9 LOWER BROOK STREET  
IPSWICH  
SUFFOLK  
IP4 1AG

**Officers of the company**

*Company Director*    ***1***

*Type:*                                **Person**

*Full forename(s):*                **MR LIBAN**

*Surname:*                            **AHMED**

*Former names:*

*Service Address:*                **28 ST. MARYS ROAD  
IPSWICH  
SUFFOLK  
IP4 4SW**

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

*Date of Birth:*    **25/09/1967**                                *Nationality:*    **BRITISH**

*Occupation:*    **TAX ADVISER**

*Company Director* 2

*Type:* **Person**

*Full forename(s):* **ANDRIUS**

*Surname:* **POCIUS**

*Former names:*

*Service Address:* **FLAT 406 1 COPROLITE STREET  
IPSWICH  
SUFFOLK  
UNITED KINGDOM  
IP3 0BN**

*Country/State Usually Resident:* **ENGLAND**

*Date of Birth:* **22/08/1957**

*Nationality:* **LITHUANIAN**

*Occupation:* **DENTIST**

*Company Director*    **3**

*Type:*                            **Person**

*Full forename(s):*            **MRS LINA**

*Surname:*                      **STRACHAN**

*Former names:*

*Service Address:*            **FLAT 5 UNICORN HOUSE  
1 FOUNDATION STREET  
IPSWICH  
SUFFOLK  
UNITED KINGDOM  
IP4 1BG**

*Country/State Usually Resident:*   **ENGLAND**

*Date of Birth:*   **17/05/1980**

*Nationality:*   **LITHUANIAN**

*Occupation:*    **DENTIST**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY A£1</b>	<i>Number allotted</i>	<b>100</b>
		<i>Aggregate nominal value</i>	<b>100</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>
<i>Prescribed particulars</i>			
<b>STANDARD ORDINARY SHARE RIGHTS</b>			

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>100</b>
		<i>Total aggregate nominal value</i>	<b>100</b>

## Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 08/11/2013 or that had ceased to be shareholders since the made up date of the previous Annual Return

*A full list of shareholders for the company are shown below*

*Shareholding 1* : **50 ORDINARY A£1 shares held as at the date of this return**  
*Name:* **VIRGINIJA POCIUVIENE**

*Shareholding 2* : **50 ORDINARY A£1 shares held as at the date of this return**  
*Name:* **LIBAN AHMED**

## Authorisation

*Authenticated*

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

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