



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



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**X5NS8N3F**

*Company Name:* **HARM REDUCTION SOLUTIONS LIMITED**

*Company Number:* **06686993**

*Date of this return:* **02/09/2010**

*SIC codes:* **7487**

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

*Situation of Registered Office:* **4 ROBIN HOOD LANE  
WRIGHTINGTON  
WIGAN  
LANCASHIRE  
WN6 9QG**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **MRS KAREN**

*Surname:* **PARKINSON**

*Former names:*

*Service Address:* **45 MILTON GROVE  
ORRELL  
WIGAN  
LANCASHIRE  
WN5 8HP**

*Company Director*    **1**

*Type:*                                **Person**

*Full forename(s):*                **MR STEPHEN WILLIAM**

*Surname:*                         **PARKINSON**

*Former names:*

*Service Address:*                **45 MILTON GROVE  
ORRELL  
WIGAN  
LANCASHIRE  
WN5 8HP**

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

*Date of Birth:*    **29/12/1967**

*Nationality:*    **BRITISH**

*Occupation:*    **DIRECTOR**

*Company Director* 2

*Type:* **Person**  
*Full forename(s):* **JOHN STUART**

*Surname:* **SWIFT**

*Former names:*

*Service Address:* **77 RAITHBY DRIVE  
WIGAN  
LANCASHIRE  
WN3 5PZ**

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

*Date of Birth:* **12/02/1973** *Nationality:* **BRITISH**  
*Occupation:* **DIRECTOR**

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*Company Director*    **3**

*Type:*                      **Person**

*Full forename(s):*        **NICOLA JANE**

*Surname:*                **WOOD**

*Former names:*         **HANNAM**

*Service Address:*        **11 SOUTH TERRACE  
BOWNESS-ON-WINDERMERE  
WINDERMERE  
CUMBRIA  
ENGLAND  
LA23 3BH**

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

*Date of Birth:*   **30/05/1968**                      *Nationality:*   **BRITISH**

*Occupation:*    **COMPANY DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</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>

### *Prescribed particulars*

**ALL SHARES RANK EQUALLY WITH REGARD TO VOTING RIGHTS, DIVIDENDS AND TO PARTICIPATE IN A DISTRIBUTION INCLUDING ON WINDING UP**

## 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 02/09/2010 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* : 48 ORDINARY shares held as at 2010-09-02  
47 shares transferred on 2009-10-23

*Name:* STEPHEN WILLIAM PARKINSON

*Shareholding 2* : 5 ORDINARY shares held as at 2010-09-02

*Name:* JOHN STUART SWIFT

*Shareholding 3* : 47 ORDINARY shares held as at 2010-09-02

*Name:* NICOLA JANE WOOD

## *Authorisation*

*Authenticated*

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

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