

Oyez

Please complete in typescript,
or in bold black capitals.
CHFP041

288a

APPOINTMENT of director or secretary (NOT for resignation (use Form 288b) or change of particulars (use Form 288c))

Company Number 06957400

Company Name in full HEALTHYDAYS GROUP PLC

Date of appointment Day Month Year 0 9 0 7 2 0 0 9
† Date of Birth Day Month Year 0 5 1 1 1 9 5 8

Appointment form

Notes on completion
appear on reverse.

Appointment as director

X

as secretary

X

Please mark the appropriate box. If appointment is
as a director and secretary mark both boxes.

NAME

*Style / Title

MR

*Honours etc.

Forename(s)

AMER

Surname

DEEN

Previous
Forename(s)

Previous
Surname(s)

†† Usual residential
address

129 Tottleybrook Road

Post town

SHEFFIELD

Postcode

S17 3QW

County / Region

Country

† Nationality

BRITISH

† Business occupation

DIRECTOR

† Other directorships
(additional space overleaf)

I consent to act as **director / secretary of the above named company

Consent signature

Date

09/07/09

*Voluntary details.

† Directors only.

**Delete as appropriate.

A director, secretary etc must sign the form below.

Signed

For and on behalf of

York Place Company Secretaries Limited

Date

09/07/09

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.

York Place

White Rose House, 28A York Place

Leeds. LS1 2EZ

DX 26436 Leeds Park Square

Tel: 0113 2245 450

Fax: 0113 2245 498

When you have completed and signed the form please send it to the
Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF14 3UZ DX 33050 Cardiff

for companies registered in England and Wales or

Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB DX 235 Edinburgh
for companies registered in Scotland or LP - 4 Edinburgh 2

SATURDAY



A03

AYV42DE0
19/09/2009
COMPANIES HOUSE

52

Company Number

†Directors only.

†Other directorships

PURE SLEEP (UK) LIMITED

HEALTHDAYS LIMITED

NOTES

Show the full forenames. NOT INITIALS. If the director or secretary is a Corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years.

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname, and need not give the name by which that person was known before he or she adopted the title or succeeded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.