

002260/30 ~~002260/30~~ E30

In accordance with
Section 854 of the
Companies Act 2006

AR01

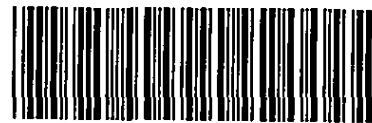
Annual Return



A fee is payable with this form
Please see 'How to pay' on the
last page

You can use the Web
Please go to www.companieshouse.gov.uk

MONDAY



A13 27/09/2010 96
COMPANIES HOUSE

A17 10/09/2010 58
COMPANIES HOUSE

A10 25/08/2010 305
COMPANIES HOUSE

☒ What this form is for
You may use this form to confirm
that the company information is
correct as at the date of this return
You must file an Annual Return at
least once every year

☒ What this form is NOT for
You cannot use this form to give
notice of changes to
officers, registered office
company type or information
relating to the company

WED

F

Part 1

Company details

This section must be completed by all companies

→ Filling in this form

Please complete in **bold black capitals**.

All fields are mandatory unless
specified or indicated by *

A1

Company details

Company number

06957400 ✓

Full name in full

HEALTHYDAYS GROUP PLC

ⓐ Company name change

If your company has recently
changed its name, please provide
the company name as it was
at the date of this return

A2

Return date

Please give the annual return made up date. The return date must not be a future
date. The annual return must be delivered within 28 days of the date given below

Date of this return ⓐ

09/07/2010 ✓

ⓑ Date of this return

Your company's return date
is usually the anniversary of
incorporation or the anniversary
of the last annual return filed at
Companies House. It may be
an earlier return date or
be a later date

A3

Principal business activity

Please show the trade classification code number(s) for the principal
activity or activities ⓐ

Classification code 1

5263

Classification code 2

Classification code 3

Classification code 4

If you cannot determine a code, please give a brief description of your
business activity below

Principal activity
(if different)

ⓑ Principal business activity

You must provide a trade
classification code (SIC code) or a
description of your company's main
business in this section

A full list of the trade classification
codes are available on our website
www.companieshouse.gov.uk

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Company type¹

Please confirm your company type by ticking the appropriate box below (only one box must be ticked)

- ☒ Public limited company
- ☐ Private company limited by shares
- ☐ 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

1 Company type

If you are unsure of your company type, please check your certificate of incorporation on the Companies House website www.companieshouse.gov.uk



Registered office address²

Building name/number	% STALLARDS LLP
Street	6 NEW STREET SQUARE NEW FETTER LANE,
Post town	LONDON
Postcode	E C 4 A 3 B F

2 Change of registered office

This must agree with the address that is held on the Companies House record at the date of this return

If the registered office address has changed, you should complete form AD01 and submit it together with this annual return



Single alternative inspection location (SAIL) of the company records (if applicable)³

Building name/number	
Street	
Post town	
County/Region	
Postcode	

3 SAIL address

This must agree with the address 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 submit it together with this annual return



Location of company records⁴

Please tick the appropriate box to indicate which records are kept at the SAIL address in Section A6

- ☐ Register of members
- ☐ Register of directors
- ☐ Directors' service contracts
- ☐ Directors' indemnities
- ☐ Register of secretaries
- ☐ Records of resolutions etc
- ☐ Contracts relating to purchase of own shares
- ☐ Documents relating to redemption or purchase of own share out of capital by private company
- ☐ Register of debenture holders
- ☐ Report to members of outcome of investigation by public company into interests in its shares
- ☐ Register of interests in shares disclosed to public company
- ☐ Instruments creating charges and register of charges England and Wales or Northern Ireland
- ☐ Instruments creating charges and register of charges Scotland

4 Location of company records

If the company records are held at the registered office address, do not tick any of the boxes in this section

Certain records must be kept by every company while other records are only kept by certain company types where appropriate

If the records are not held at the SAIL address, they must be held at the registered office

If any of the company records have moved from the registered office to the address in Section A6 since the last annual return, you must complete form AD03 and submit it together with this annual return

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Part 2

Officers of the company

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 details

Secretary

Secretary's details

Please use this section to list all the secretaries of the company
For a corporate secretary, complete Section C1-C4.

Title*	MR
Full forename(s)	JOHN RICHARD
Surname	SHAW
Former name(s)	

Secretary appointment

You may not use this form to appoint a secretary. To do this, please complete form AP03 and submit it together with this annual return.

Corporate details

Please use Section C1-C4 for corporate secretary details.

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 CH07.

Former name(s)

Please provide any names which have been used for company 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

Name/number	GARDEN FLAT 4 CAMDEN TERRACE
Post town	CAMDEN
County/Region	LONDON
Postcode	NW1 9BP

Service address

If you have previously notified Companies House that the company's 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.

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Corporate secretary



Corporate secretary's details ①

Please use this section to list all the corporate secretaries of the company

Corporate secretary	N/A
Building name/number	
Street	
Post town	
County/Region	
Postcode	
Country	

① Corporate secretary appointments

You cannot list this as a corporate secretary unless you have completed form CH04 and submitted it together with this annual return

Corporate 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 CH04

This information will appear on the public record



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**



EEA companies ②

Please give details of the register where the company file is kept (including the relevant state) and the registration number in that register

Company name	
Company registered in	
Registration number	

② EEA

A full list of countries of the EEA can be found in our guidance www.companieshouse.gov.uk

③ This is the register in Article 3 of the First Company Directive (68/151/EEC)



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

Legal form of the corporate body or firm	
Governing law	
If applicable, where the company/firm is registered ④	
If applicable, the registration number	

④ Non-EEA

Where you have provided details of the register in which the company/firm is registered, you must also provide details of that register

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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.

Title*	MR
Full forename(s)	JOHN RICHARD
Surname	SHAW
Former name(s) ^①	n/a
Country/State of residence	UK
Nationality	BRITISH
Date of birth	13 09 1949
Business occupation (if any)	ACCOUNTANT

① Director appointments
You cannot use this form to appoint a director. To do this, please complete form AP01 and submit it together with this annual return.

Corporate details
Please use Section E1-E4 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.

② 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.

D2

Director's service address [®]

Building name/number	THE COMPANY'S REGISTERED OFFICE
Street	
Post town	
County/Region	
Postcode	
Country	

① 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' in the address.

This information will appear on the public record.

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Director

D1		Director's details	<p>Director appointments You cannot use this form to appoint a director. To do this, complete form AP01, together with his annual return.</p> <p>Corporate details Please use Section E1-E4 to enter corporate director details.</p> <p>Director details All details must agree with those previously notified to Companies House. If you have not since the last return, you have not notified us, please complete form CH01.</p> <p>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.</p>
Please use this section to list all the directors of the company. For a corporate director, complete Section E1-E4			
Name(s)		MR CHARLES GEOFFREY GREGORY	
Surname		SMITH	
Former name(s)		none	
Country		UK	
Nationality		BRITISH	
Date of birth		02 09 1954	
Business occupation (if any)		ACCOUNTANT	

D2		Director's service address	<p>Service address If you have previously notified Companies House that the service address is at 'The Company's Registered Office', please do not enter the Company's Registered Office address. This information will appear on the public record.</p>
building name/number		MOOR END	
Street		SILKSTONE COMMON	
Postcode		BARNLEY	
Postcode		S7 5 4RA	
Country		UNITED KINGDOM	

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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.			
MR			
Name(s)		STEPHEN JOHN	
Surname		BARCLAY	
Former name(s)		n/a	
Country		UK	
Nationality		BRITISH	
Date of birth		1 '2 0 '4 1 '9 4 '2	
Business occupation (if any)		DIRECTOR	

Director appointments
You cannot use this form to appoint a director. To do so, complete form AP01 together with his annual return.

Corporate details
Please use Section E1-E4 to enter corporate director details.

Director details
All details must agree with those previously notified to Companies House. If you have not since the last return, you have not notified us, so 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.

D2		Director's service address	
Building name/number		THE COMPANIES REGISTERED OFFICE	
Street			
Postcode			
Country			

Service address
If you have previously notified Companies House that the service address is at 'The Companies Registered Office', please enter the Company's Registered Office address.

This information will appear on public record.

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1.1

Director's details ^①	
Please use this section to list all the directors of the company For a corporate director, complete Section E1-E4	
Title	MR
Full forename(s)	AMER
Surname	DEEN
Former name(s) ^②	N/A
Country/State of residence	UK
Nationality	BRITISH
Date of birth	05/11/1958
Business occupation (if any)	COMPANY DIRECTOR

① Director appointments
You cannot use this form to appoint a director. To do this, please complete form AP01 and submit it together with this annual return.

Corporate details
Please use Section E1-E4 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.

② 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.

Director's service address ^③	
Building name/number	129
Street	TOTLEY BROOK ROAD
Post town	SHEFFIELD
Postcode	S17 3RW
Country	UNITED KINGDOM

③ 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' in the address.

This information will be on public record.

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Corporate director

E1 Corporate director's details	
Please use this section to list all the corporate director's of the company	
Corporate body/firm	n/a
Trading name/number	
Street	
Post town	
County/region	
Postcode	
Country	

Corporate director appointments
You cannot use this form to appoint a corporate director. To do this, please complete form AP02 and submit it together with this return.

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 CH02.

This information will appear on the public record.

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	
Where the company/firm is registered	
Registration number	

EEA
A full list of countries of the EEA can be found in our guidance www.companieshouse.gov.uk

This is the register mentioned in Article 3 of the First Company Law 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	
Legal form of the corporate body	
Governing law	
If applicable, where the company/firm is registered	
If applicable, the registration number	

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 that register.

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Part 3

Statement of capital*

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 of this annual return

Share capital in pound sterling (£)

Complete the table below to show each class of shares held in pound sterling

If your issued capital is in sterling, only complete Section F1 and then go to Section F4

Class of shares (E.g. Ordinary/Preference etc)	Amount paid up on each share ②	Amount (if any) unpaid on each share ②	Number of shares ③	Aggregate nominal value ④
ORDINARY	1p ✓	-	12,302,560	£123,025-60
				£
				£
				£
Totals				£

F2

Share capital in other currencies

Please complete the table below to show any class of shares held in other currencies

Please complete a separate table for each currency

Currency				
Class of shares (E.g. Ordinary/Preference etc)	Amount paid up on each share ②	Amount (if any) unpaid on each share ②	Number of shares ③	Aggregate nominal value ④
Totals				

Currency

Class of shares (E.g. Ordinary/Preference etc)	Amount paid up on each share ②	Amount (if any) unpaid on each share ②	Number of shares ③	Aggregate nominal value ④
Totals				

F3

Totals

Please give the total number of shares and total aggregate nominal value of issued share capital

Total number of shares 12,302,560
Aggregate nominal value £123,025-60

* Total aggregate nominal value
Please list total aggregate values in different currencies separately. For example: £100 + €100 + \$10 etc

④ including both the nominal value and any share premium

③ Number of shares issued multiplied by nominal value of each share

Continuation Pages
Please use a Statement of Capital continuation page if necessary

② Total number of issued shares in this class

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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

Voting rights

EACH SHARE IS ENTITLED TO ONE
VOTE IN ANY CIRCUMSTANCE

Class of share

Voting rights

Class of share

Voting rights

Class of share

Voting rights

Part 4

Shareholders

Does your company have share capital?

- Yes Complete the sections below
- No Go to Part 5 (Signature)

① This should reflect the shareholder details at the made up date of this annual return

Traded public companies ②

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

② Traded company definition
A traded company means a company any of whose shares are admitted to trading on a regulated market

G2

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

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

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

Joint shareholders should be listed consecutively

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

		Shares or stock currently held	Shares or stock transferred (if appropriate)	
Date (if required)	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of sale or transfer
				/ /
				/ /
				/ /
				/ /
				/ /
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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

Shareholder's details		Shares or stock currently held	Shares or stock transferred (if appropriate)	
Name	Class of share	Number of shares or amount of stock	Number of shares or amount of stock	Date of registration of transfer
AMER DEEN	ORDINARY	9,300,000		/ /
Address				/ /
129 TOTLEY BROOK ROAD				/ /
SHEFFIELD				/ /
S17 3QW				/ /
Name				/ /
				/ /
				/ /
Name				/ /
Address				/ /
				/ /
Name				/ /
Address				/ /
				/ /

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Part 5

Signature

This must be completed by all companies

I am signing this form on behalf of the company

Signature

Signature

X

TR Shaw

X

This form may be signed by
Director ☒, Secretary, Person authorised ☒, Charity commission receiver and
manager, CIC manager, Judicial factor

☒ **Societas Europaea**

If the form is being filed on behalf
of a Societas Europaea (SE) please
delete 'director' and insert name
of which organ of the SE the person
signing has membership

☒ **Person authorised**

Under either section 270 or 274 of
the Companies Act 2006

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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

Name

JOHN SHAW

Company name

HEALTHYDAYS GROUP PLC

Address

GARDON FLAT

4 CAMDEN TERRACE

Post town

LONDON

County/Region

UK

Post code

NW1 9BP

County

PA

Phone

07973 826613



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 £30 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 Scotland
The Registrar of Companies, Companies House,
Fourth floor, Edinburgh Quay 2,
139 Fountainbridge, Edinburgh, Scotland, EH3 9JY
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 3EG
DX 481 N R Belfast 1

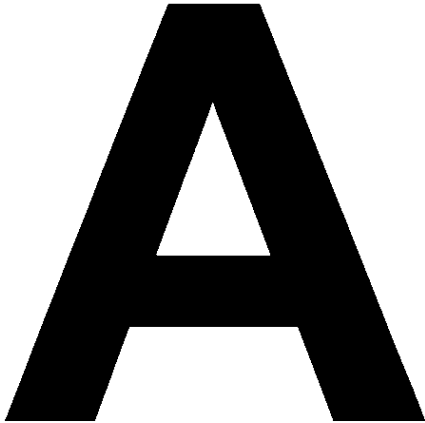


Further information

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

FORM ML8 (03/07)
CDROM



**BULK LIST OF SHAREHOLDERS OR MEMBERS FOR
COMPANY NUMBER – 06957400**

**A BULK LIST OF SHAREHOLDERS OR MEMBERS FOR THIS
COMPANY HAS BEEN LODGED BUT DOES NOT APPEAR ON
THIS ANNUAL RETURN. THE LIST WILL BE AVAILABLE TO
REQUEST ON CDROM APPROXIMATELY 10 DAYS FROM
29/09/10. TO ORDER A COPY OF THE BULK LIST ON CDROM
CALL THE NUMBERS BELOW:**

**COMPANIES HOUSE DIRECT CUSTOMERS PLEASE PHONE
08457 573991**

WEB CUSTOMERS PLEASE PHONE 0303 1234 500