



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



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**X1E8VU2W**

*Company Name:* **Able Assist Limited**

*Company Number:* **07275141**

*Date of this return:* **07/06/2012**

*SIC codes:* **82990**

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

*Situation of Registered Office:* **UNIT 81 CENTAUR COURT  
CLAYDON BUSINESS PARK GT. BLAKENHAM  
IPSWICH  
SUFFOLK  
UNITED KINGDOM  
IP6 0NL**

**Officers of the company**

*Company Director*    ***1***

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

*Surname:*                            **CAIRNS**

*Former names:*

*Service Address:*                **UNIT 81 CENTAUR COURT  
CLAYDON BUSINESS PARK GT. BLAKENHAM  
IPSWICH  
SUFFOLK  
UNITED KINGDOM  
IP6 0NL**

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

*Date of Birth:*    **17/06/1974**                                *Nationality:*    **BRITISH**  
*Occupation:*    **DIRECTOR**

*Company Director*    **2**

*Type:*                                **Person**  
*Full forename(s):*                **MR SIMON**

*Surname:*                            **CAIRNS**

*Former names:*

*Service Address:*                **UNIT 81 CENTAUR COURT  
CLAYDON BUSINESS PARK GT. BLAKENHAM  
IPSWICH  
SUFFOLK  
UNITED KINGDOM  
IP6 0NL**

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

*Date of Birth:*   **04/09/1972**                                *Nationality:*   **BRITISH**  
*Occupation:*    **DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>10</b>
		<i>Aggregate nominal value</i>	<b>10</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*

EACH SHARE IS ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES. EACH SHARE IS ENTITLED PARI PASSU TO DIVIDEND PAYMENTS OR ANY OTHER DISTRIBUTION. EACH SHARE IS ENTITLED PARI PASSU TO PARTICIPATE IN A DISTRIBUTION ARISING FROM A WINDING UP OF THE COMPANY.

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>10</b>
		<i>Total aggregate nominal value</i>	<b>10</b>

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 07/06/2012 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* : **5 ORDINARY shares held as at the date of this return**  
*Name:* **CARA CAIRNS**

*Shareholding 2* : **5 ORDINARY shares held as at the date of this return**  
*Name:* **SIMON CAIRNS**

*Shareholding 3* : **0 ORDINARY shares held as at the date of this return**  
**1 shares transferred on 2012-04-01**  
*Name:* **JOHN JOSEPH PHILLIPS**

## *Authorisation*

*Authenticated*

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

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