



Companies House

**AR01** (ef)

**Annual Return**



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**X51ZCZQ7**

*Company Name:* **HOPE AND HEALTH LIMITED**

*Company Number:* **07906121**

*Date of this return:* **11/01/2016**

*SIC codes:* **78109**

**86101**

**86210**

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

*Situation of Registered Office:* **12 KINGSDOWN AVENUE  
LUTON  
BEDS  
LU2 7BU**

## Single Alternative Inspection Location (SAIL)

*The address for an alternative location to the company's registered office for the inspection of registers is:*

**C/O TAXASSIST ACCOUNTANTS  
408 HITCHIN ROAD  
LUTON  
BEDS  
UNITED KINGDOM  
LU2 7ST**

*There are no records kept at the above address*

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**Officers of the company**

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*Company Director*    ***1***

*Type:*                                **Person**

*Full forename(s):*                **DR. LAMYA YOUNUS**

*Surname:*                           **KHAN**

*Former names:*

*Service Address:*                **12 KINGSDOWN AVENUE  
LUTON  
BEDS  
ENGLAND  
LU2 7BU**

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

*Date of Birth:*    **\*\*/10/1969**                                *Nationality:*    **BRITISH**

*Occupation:*    **DOCTOR OF MEDICINE**

*Company Director* 2

*Type:* **Person**  
*Full forename(s):* **DR. MUHAMMAD**

*Surname:* **SAFDAR**

*Former names:*

*Service Address:* **12 KINGSDOWN AVENUE  
LUTON  
BEDS  
ENGLAND  
LU2 7BU**

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

*Date of Birth:* **\*\*/08/1960** *Nationality:* **BRITISH**  
*Occupation:* **DOCTOR OF MEDICINE**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>2</b>
		<i>Aggregate nominal value</i>	<b>2</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*

FULL RIGHTS TO RECEIVE NOTICE OF, ATTEND AND VOTE AT GENERAL MEETINGS. ONE SHARE CARRIES ONE VOTE, AND FULL RIGHTS TO DIVIDENDS AND CAPITAL DISTRIBUTIONS (INCLUDING UPON WINDING UP).

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>2</b>
		<i>Total aggregate nominal value</i>	<b>2</b>

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 11/01/2016 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* : **1 ORDINARY shares held as at the date of this return**  
*Name:* **MUHAMMAD SAFDAR**

*Shareholding 2* : **1 ORDINARY shares held as at the date of this return**  
*Name:* **LAMYA YOUNUS KHAN**

## *Authorisation*

*Authenticated*

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

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