



Companies House

AR01 (ef)

Annual Return



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Company Name: **PERSONAL HEALTH LIMITED**

Company Number: **08447608**

Date of this return: **15/03/2014**

SIC codes: **82990**

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

Situation of Registered Office: **SECOND FLOOR DE BURGH HOUSE MARKET ROAD
WICKFORD
ESSEX
ENGLAND
SS12 0FD**

Officers of the company

Company Secretary 1

Type: **Corporate**
Name: **KINGSLEY SECRETARIES LIMITED**

Registered or principal address: **SECOND FLOOR DE BURGH HOUSE MARKET ROAD
WICKFORD
ESSEX
ENGLAND
SS12 0FD**

European Economic Area (EEA) Company

Register Location: **ENGLAND**
Registration Number: **4933369**

Company Director 1

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

Surname: **MASON**

Former names:

Service Address recorded as Company's registered office

Country/State Usually Resident: **ENGLAND**

Date of Birth: **27/12/1984** *Nationality:* **BRITISH**
Occupation: **COMPANY DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

Prescribed particulars

ORDINARY SHARES WITH EACH SHARE BEING ENTITLED TO ONE VOTE IN ANY CIRCUMSTANCES AND PARI PASSU TO DIVIDEND PAYMENTS, EACH SHARE IS ENTITLED TO PARTICIPATE IN A DISTRIBUTION ARISING FROM A WINDING UP OF THE COMPANY

Statement of Capital (Totals)

<i>Currency</i>	GBP	<i>Total number of shares</i>	100
		<i>Total aggregate nominal value</i>	100

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 15/03/2014 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 : **0 ORDINARY shares held as at the date of this return**
1 shares transferred on 2013-09-16

Name: **KOOMLALL RUTTUN**

Shareholding 2 : **50 ORDINARY shares held as at the date of this return**
Name: **FIMBO LIMITED**

Shareholding 3 : **50 ORDINARY shares held as at the date of this return**
Name: **ROLEY LIMITED**

Authorisation

Authenticated

This form was authorised by one of the following:

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