In accordance with Section 167 of the Companies Act 2006.

AP01

Blaserform

Appointment of director



Go online to file this information www.gov.uk/companieshouse

✓ What this form is for
You may use this form to appoint
an individual as a director.

What this form is NOT for You cannot use the form to an a corporate director. To do this please use form AP02 'Appoint of corporate director'.



A22

23/07/2016 COMPANIES HOUSE

#179

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1	Company details			
Company number	0 8 4 9 7 6 7 5	Filling in this form Please complete in typescript or in bold black capitals.		
Company name in full	11 HEALTH & TECHNOLOGIES LIMITED			
		All fields are mandatory unless specified or indicated by *		
2	Date of director's appointment			
Date of appointment	0 0 7 7 7 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9			
3	New director's details	Former name(s)		
Title *	MR	Please provide any previous names (including maiden or married names) which have been used for business purposes in the last 20 years.		
Full forename(s)	CHARLES ALEXANDER EVAN			
Surname	SPICER	Continue in section 7 if required.		
Former name(s) ①		Country/State of residence This is in respect of your usual		
Country/State of residence 2	UNITED KINGDOM	residential address as stated in section 4a. Month and year of birth Please provide month and year only. Provide full date of birth In section 3a.		
Nationality	BRITISH			
Month/year of birth 3	X X ^m 0 ^m 1 ^y 1 ^y 9 ^y 6 ^y 5			
Business occupation (if any)	COMPANY DIRECTOR	Business occupation if you have a business occupation, please enter here. If you do not, please leave blank.		
4	New director's service address ⊙			
	Please complete your service address below. You must also complete your usual residential address in Section 4a .	Service address This is the address that will appear on the public record. This does not have to be your usual residential address.		
Building name/number	THE COMPANY'S REGISTERED OFFICE			
Street		Please state 'The Company's		
		Registered Office' if your service address is recorded in the company		
Post town		register of directors as the company's registered office.		
County/Region		If you provide your residential		
Postcode		address here it will appear on the public record.		
Country				

Please (ick the box to confirm consent. company confirms that the person named in section 3 has consented as a director of the company named in section 1. Ire Ining this form on behalf of the company.	0	
Signature Signature Signature	company confirms that the person named in section 3 has consented ct as a director of the company named in section 1. Tre ning this form on behalf of the company.	0	
Signature Signature	ning this form on behalf of the company.	0	
Signature Signature	1 1 0	0	
This form	7. hard	Societas Europaea If the form is being filed on behalf of a Societas Europaea (SE) pleas delete 'director' and insert details of which organ of the SE the persor signing has membership. Person authorised Under either section 270 or 274 of the Companies Act 2006.	
Director Receive	n may be signed and authorised by: O, Secretary, Person authorised O, Administrator, Administrative r, Receiver, Receiver manager, Charity commission receiver and manager, nager, Judicial factor.		
7 Additio	nal former names (continued from Section 3)		
Former names		0	Additional former names Use this space to enter any additional names.

AP01

Appointment of director

Presenter information	I Important 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.	Please note that all information on this form will appear on the public record, apart from information relating to usual residential addresses and day of birth.	
Contact name BDG/ELE.137-0001	☑ Where to send	
Company name Squire Patton Boggs (UK) LLP	You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below:	
Address 7 Devonshire Square	For companies registered in England and Wales: The Registrar of Companies, Companies House, Crown Way, Cardiff, Wales, CF14 3UZ. DX 33050 Cardiff.	
Post town London County/Region Postcode E C 2 M 4 Y H Country England	For companies registered in Scotland: The Registrar of Companies, Companies House, Fourth floor, Edinburgh Quay 2, 139 Fountainbridge, Edinburgh, Scotland, EH3 9FF. DX ED235 Edinburgh 1 or LP - 4 Edinburgh 2 (Legal Post).	
OX 136546 Bishopsgate 2 Telephone +44 (0) 20 7655 1000 Checklist We may return forms completed incorrectly or	For companies registered in Northern Ireland: The Registrar of Companies, Companies House, Second Floor, The Linenhall, 32-38 Linenhall Street, Belfast, Northern Ireland, BT2 8BG. DX 481 N.R. Belfast 1. Section 243 exemption	
Please make sure you have remembered the following: The company name and number match the information held on the public Register.	If you are applying for, or have been granted a section 243 exemption, please post this whole form to the different postal address below: The Registrar of Companies, PO Box 4082, Cardiff, CF14 3WE.	
You have completed the date of appointment. You have included all former names used for	7 Further information	
business purposes over the last 20 years. You have completed the nationality box. You have provided the month and year of birth in section 3. You have provided a business occupation if you	For further information please see the guidance notes on the website at www.gov.uk/companieshouse or email enquiries@companieshouse.gov.uk	
have one. You have provided your full date of birth in	This form is available in an	
section 3a. You have provided both the service address and the	alternative format. Please visit the forms page on the website at	
usual residential address. Addresses must be a physical location. They cannot be a PO Box number (unless part of a full service	www.gov.uk/companieshouse	
address), DX or LP (Legal Post in Scotland) number. You have enclosed a relevant section 243 application if applying for this at the same time as completing this form.		
You have ticked the consent to act statement. You have signed the form.		