



Companies House

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **15/06/2015**

X49KZ44H

Company Name: **ADEQUATE CARE LIMITED**

Company Number: **08568271**

Date of this return: **13/06/2015**

SIC codes: **86210**

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

Situation of Registered Office: **203 AMPLEFORTH ROAD
LONDON
SE2 9BQ**

Officers of the company

Company Director **1**

Type: **Person**

Full forename(s): **MISS JOYCE FOLAKE**

Surname: **FASOGBON**

Former names:

Service Address: **203 AMPLEFORTH ROAD
LONDON
ENGLAND
SE2 9BQ**

Country/State Usually Resident: **ENGLAND**

Date of Birth: **07/01/1976**

Nationality: **BRITISH**

Occupation: **NURSING**

Statement of Capital (Share Capital)

Class of shares	C 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

EACH SHARE HAS FULL RIGHTS IN THE COMPANY WITH RESPECT TO VOTING, DIVIDENDS AND DISTRIBUTIONS.

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 13/06/2015 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 : 100 C ORDINARY shares held as at the date of this return
Name: JOYCE FASOGBON

Authorisation

Authenticated

This form was authorised by one of the following:

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