



Companies House

**AR01** (ef)

**Annual Return**



Received for filing in Electronic Format on the: **05/08/2015**

X4D4Q16B

*Company Name:* **1 LESS STRESS LTD**

*Company Number:* **08609392**

*Date of this return:* **15/07/2015**

*SIC codes:* **96090**

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

*Situation of Registered Office:* **177 MAPLE ROAD  
HAYES  
MIDDLESEX  
UB4 9NG**

**Officers of the company**

*Company Director* 1

Type: **Person**  
Full forename(s): **MISS CHARLOTTE**

Surname: **BARRETT**

Former names:

*Service Address recorded as Company's registered office*

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

Date of Birth: **10/03/1984** Nationality: **BRITISH**

Occupation: **FULL TIME EMPLOYED**

---

*Company Director* 2

Type: **Person**  
Full forename(s): **MISS GRACE**

Surname: **NELSON**

Former names:

*Service Address recorded as Company's registered office*

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

Date of Birth: **16/05/1984** Nationality: **BRITISH**

Occupation: **FULL TIME EMPLOYED**

## 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>600</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>300</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

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

---

## 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>600</b>

---

### *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 15/07/2015 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* : 1 ORDINARY shares held as at the date of this return  
*Name:* CHARLOTTE BARRETT

*Shareholding 2* : 1 ORDINARY shares held as at the date of this return  
*Name:* GRACE NELSON

---

### *Authorisation*

*Authenticated*

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

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