



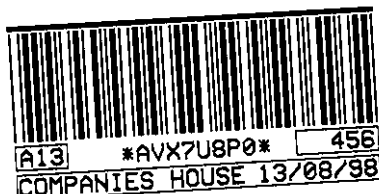
COMPANIES HOUSE

B/B F/B
003575

363s

Annual Return

THE REGISTRAR OF COMPANIES
COMPANIES HOUSE
CROWN WAY
CARDIFF
CF4 3



of company number 01263446

K

company name
HELP THE AGED

company type
PRIVATE COMPANY LIMITED BY GUARANTEE
WITHOUT SHARE CAPITAL

This form should be completed in black.

The information printed below is taken from Companies House records as at 18/07/98
If this information requires amendment use the spaces opposite.

Date of this return (See note 1)

The information in this return should be made up to a date not later than

Day	Month	Year
02	08	98

If you are making the return up to an earlier date, show the date here. Please note that the form must be delivered to Companies House within 28 days of this earlier date.

Day	Month	Year

Date of next return (See note 2)

If you wish to make your next return to a date earlier than the anniversary of this return please show the date here. Companies House will then send a form at the appropriate time.

Day	Month	Year

Registered Office (See note 3)

This is the address registered by Companies House.

ST JAMES WALK
LONDON
EC1R 0BE

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Principal business activities (See note 4)

Trade classification is
8531 SOCIAL WORK WITH ACCOMMODATION

If the code cannot be determined from the notes, give a brief description of principal activity.

If the information shown needs amendment, give details below and, for secretary and director particulars, the date of any change.

Register of members (See note 5)

The register is kept at

REGISTERED OFFICE

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Register of debenture holders (See note 6)

Any register of debenture holders (or duplicate) is kept at

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.....

Company Secretary (See note 7)

Particulars of a new secretary **must** be notified on form 288.

STEPHEN DENIS
BURGESS
8 SPENSER CLOSE
ROYSTON
HERTS SG8 5TB

Day Month Year
| | | Date of any change.

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.....
.....
.....
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.....
.....

If this person has ceased to be secretary, please state when.

Day Month Year
| | | Date of resignation.

Directors (See note 7)

Particulars of a new director **must** be notified on form 288.

PRISCILLA CAMPBELL
ALLEN
90 GLOUCESTER MEWS WEST
LONDON
W2 6DY

Day Month Year
| | | Date of any change.

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.....
.....
.....
.....
.....

Date of Birth:- 12/07/29
Nat:BFITISH
Occ:FINANCIAL CONSULTANT (RETIRED)

If this person has ceased to be director, please state when.

Day Month Year
| | | Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Miss Priscilla Campbell Allen
90 Gloucester Mews West
London W2 6DY

Date of Appointment
as HtA Trustee 6.12.84

Date of Birth 12/07/29

Nationality: British

Occupation: Financial Consultant (Retired)

Current Directorships Beacon Millenium

Previous Directorships

St Felix School, Southwold - Governor

Philip John Christopher Ashfield
South End House, Long Reach
Ockham, Surrey
GU23 6PF

Date of
Appointment
HtA 1.1.84

Date of Birth: 02/01/40
Nationality: British
Occupation: Stockbroker and a Member of The Securities
Institute

Current Directorships

Ambit Finance Company Limited, Consistent Unit Trust
Management Company Limited, Equity Pensions
Limited, Frobridge Assets Company Limited, Gordon Trust
Limited, Help the Aged, Teather & Greenwood Limited,
Teather & Greenwood Corporate Finance Limited, Teather &
Greenwood Nominees Limited, Teawood Nominees Limited,
The Java Investment Loan & Agency Limited, London & St.
Lawrence Investment Co Plc, Practical Investment Company
Limited, Prospect Investment Trust Limited, R.E.
Pilkington Limited, Yeoman Investment Trust Plc,
Gartmore Select Japanese Investment Trust Plc, Hereward
Farms Limited.

Ex-Directorships

Help the Aged Housing Association Ltd (resigned 1/1/
1993)
Gartmore Shared Equity Trust Plc (resigned 21/10/ 93)
Lacitcarp Limited (resigned 1/1/ 1994)
Gartmore Value Investments Plc (resigned 14/12
1995) Company dissolved
Gartmore Trust Management Limited (resigned 1 March
1996)
Gartmore Practical Fund Management Limited (resigned 1
March 1996)
Teather PEP Nominees Limited (Resigned July 1996) (Company
dissolved)
SocPen Trustees Limited (Resigned October 1996)

14.7.98
HTADIRS.DOC

Mr Henry John Bowrey
"Fernwood"
37 Bishops Road
Tewin Wood
Welwyn
Herts
AL6 0NP

Date of Appointment
HtA Trustee - 21.7.94

Date of Birth: 12.3.38
Nationality: British
Occupation: Retired Director

Current Directorships:

None

Previous Directorships:

Boots the Chemist
Childrens World
La Dolce Valentina

Peter Bowring CBE
79 New Concordia Wharf
Mill Street
London
SE1 2BA

Date of Appointment
HtA Trustee - 1976

Date of Birth: 22/04/23

Nationality: British

Occupation: Retired

Current Directorships

City Arts Trust - 1984-Sept 1994
Independent Primary and Secondary Education Trust -
1986
Upper Severn Navigation Trust - 1989
Third Age Challenge Trust - 1991-1997
Rhein-Chemie Holding GmbH (Germany) 1968
Governor Shrewsbury School 1969 -1997
Trustee - Wakefield (Tower Hill, Trinity Square) Trust
1986

Previous Directorships

Aldeburgh Foundation - 1982-89
Ironbridge Gorge Mus. Develt Trust - 1989-93
Inter-Action Social Enterprise Trust - 1989-91
Governor St Dunstan's Educational Foundation -
1973-1995
" - Beacon Millennium Trust 1995-1997
" - Diane Fosse Gorilla Fund 1994-1997

Dr Beverley Castleton
2 Lyme Place Manor,
Bridge Lane
Virginia Water
GU25 4ED

Date of Appointment as HTA Trustee
: 15/6/98

Date of Birth: 19/7/48

Nationality: British

Occupation: Doctor of Medicine

Current & Previous Directorships:
Parkinson's Disease Society - Trustee & Board Director

HTADIRS.DOC
15.6.98

Mrs Josephine Lilian Connell
2 The Hemmings
Berkhamsted
Hertfordshire HP4 3NY

Date of Appointment as
HtA Trustee - 1.11.90.

Date of Birth: 26/01/48

Nationality: British

Occupation: Director

Current & Previous Directorships

F. I Group plc
Hertfordshire Training and Enterprise Council
First Banking Systems Ltd

15.7.98
HTADIRS.DOC

Miss Vera Harley MBE
345 Crescent House
Golden Lane
London EC1Y 0SN

Date of Appointment as
HtA Trustee - .1.84.

Date of Birth: 24/08/11

Nationality: British

Occupation: Retired

Current & Previous -Directorships

A Vice President & Executive Committee Member of World
Congress of Faiths

National General Secretary YW Kenya
Director International Department British YWCA
General Secretary Toc H Association

William Hastings OBE
The Midland Hotel
Whitla Street
Belfast T15 1NH
Northern Ireland

Date of Appointment as
HtA Trustee - 23.7.87.

Date of Birth: 17/10/28

Nationality: British

Occupation: Chairman

Current and Previous Directorships

Current

Hastings Hotel Group Limited
Merrion Hotel, Dublin
Landmark limited

Previous Directorships

1978-1990 Northern Ireland Railways
1956-1988 Bass Ireland
1986-1992 Northern Ireland Tourist Board
1984-1997 Bank of Ireland Limited (NI)
1984-1996 Chairman/Northern Ireland Venture Capital
1986-1998 QUBIS (Queen's University Business and
Industrial Services)

16.07.98

T. G. LARMAN

Current and Past Appointments up to Five Years Old for T G Larman

<u>Number</u>	<u>Company Name</u>	<u>Appointed</u>	<u>Resigned</u>	<u>Job Title</u>
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Past Appointments in NFC Plc

1600736	NFC plc	03/10/88	29/09/95	Finance Director
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Past Appointments in Companies Wholly-owned (100%) by NFC Plc

942605	Lynx Express Delivery Network Limited	29/07/85	29/09/95	Director
528866	NFC International Holdings Ltd	25/09/89	29/09/95	Director
877779	NFC Trustees Limited	26/07/95	29/09/95	Director
NFUSA	NFC Finance USA Inc.	17/07/91	18/12/95	Director
1505040	NFC Holdings Limited	20/06/88	29/09/95	Director
10198554	NFC International Holdings(USA) Inc.	17/09/91	29/09/95	Director
73028200	NFC International Holdings(USA) Investment co.	09/10/90	29/09/95	Director
2108339	NFC Leasing (1987) Limited	01/12/88	03/10/94	Director
n/a	Transguard Insurance Limited	23/10/84	30/09/95	Director

Past Appointments in Associate Companies (up to 50% owned by NFC Plc)

2115011	NFC Finance 1991 (S) Limited	31/03/93	29/09/95	"A" Director
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Current and Past Appointments up to Five Years Old for T G Larman (cont.)

<u>Number</u>	<u>Company Name</u>	<u>Appointed</u>	<u>Resigned</u>	<u>Job Title</u>
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Other Current Statutory Appointments

	Headlam Group Plc	28/03/94	Current	Non Exec Director
	NFC Trustees Limited	12/06/97	Current	Director
	Transguard Reinsurance Limited	31/10/88	30/11/93	Director

Lady Macpherson
of Bialliel
Craig Dhu House
By Newtownmore

Date of
Appointment as
HtA Trustee 5.11.92

Invernesshire
PH20 1BP

Date of Birth: 20/08/30

Nationality: British

Occupation: Author

Current

Royal Scottish Corporation 1990 -
Trustee Hyde Park Nursery School Charitable Fund 1994 -
Governor Hampden Gurney Church of England Primary
School 1989 -

Previous

Hyde Park School Ltd - 1972-1993
Balavil Services Ltd - resigned 1993
Jaycast Services Ltd - resigned 1993
Royal Caledonian Schools - resigned 1995

John Douglas Mather
Round Hale
Love Lane
Kings Langley
Herts WD4 9HW

Date of Appointment as
HTA Trustee - 11.11.93.

Date of Birth: 27.01.36

Nationality: British

Occupation: Director

Current and Past Appointments up to Five Years Old for J D Mather

Number Company Name
Resigned

Appointed

Appointments in NFC PLC

1600736 NFC plc

30/11/81

28.2.93

Appointments in Companies Wholly-owned (100%) by NFC PLC

528865 N.F.C International Holdings Limited
942605 National Carriers Limited
1505040 National Freight Company Limited
10198554 NFC International Holdings (U.S.A.) Inc

21/05/84
29/07/85
20/06/88

28.2.93
28.2.93
28.2.93
28.2.93

Past Appointments in Companies Wholly-owned (100%) by NFC Plc

E102630	Pickfords Travel Services Limited	05/11/84	23/09/92
537446	Roadline UK Limited	06/08/87	16/03/92

1:HTATRSTS.REG

Other Current Statutory Appointments

Camden Business Partnership	Sept. 1992	Current
The Miller Group Ltd	1/6/93	"
C.I.T Holdings Ltd		"
Cranfield Ventures Ltd	1996	"
Helpage International		"

Previous

Bedfordshire Training and Enterprise Council	Nov1990	3 Sept. 1993
London Regeneration Consortium plc	1/3/93-31/3/95	
CMG Plc	7/7/93	Resigned
	May '98	
Charles Sidney plc	27/8/93	Resigned
	Jan '98	
St Mary's NHS Trust	8/5/95	Resigned
	Nov 97	

William Napier Menzies-Wilson CBE
2 The Old Burlington
Church Street
London W4 2PD

Date of Appointment
as HtA Trustee
27.9.84.

Date of Birth: 04/12/26

Nationality: British

Occupation: Company Director

Current Directorships

Age Care & Leisure Services Ltd
Help the Aged

Past Directorships

NFC Plc (resigned 1994)
ReAction Trust (resigned 1995)
Helpage International(resigned 1995)
Edinburgh Tankers plc(retired 1996)
Forth tankers plc(retired 1996)
Celtic Tankers plc(retired 1996)

1.8.97
HTADIRS.DOC

KEVIN RAYMOND WILLIAMS
WHITEACRE, 42 ST.MARY'S ROAD,
LISS, HAMPSHIRE GU33 7AH.

DATE OF APPOINTMENT AS HTA TRUSTEE-1.12.97

NATIONALITY: BRITISH

DATE OF BIRTH: 14.5.1948

OTHER DIRECTORSHIPS

PARCELFORCE WORLDWIDE POST OFFICE

HTADIRS.DOC
9.12.97

Christopher John Walter Woodbridge F.R.I.C.S.

Farebrother

Chartered Surveyors

1 Pemberton Row

Fetter Lane

London

EC4A 3ET

Date of Appointment

as HtA Trustee

27.7.87.

Date of Birth: 25/11/39

Nationality: British

Occupation: Senior Partner

Current Directorship

Help the Aged Housing Association Limited

Ocean Treasure plc

Senior Partner

Farebrother (Chartered Surveyors)

14.7.98

HTADIRS.DOC

Angus Graham Ferguson Young
8 Stonehill Road
London
SW14 8RW

Date of Appointment as
HtA Trustee - 09.05.96

Date of Birth: 22/07/33

Nationality: British

Occupation: Solicitor

Current & Previous Directorships

CMG Plc

Royal London Aid Society

CMG Pension Trustees Limited

Radcliffes Nominees Limited - resigned 15/09/95

Dracliffe Company Services Limited - resigned 20/11/93

Helpage International

12/11/97

HTADIRS.DOC

If the information shown needs amendment, give details below and the date of any change.

Directors - continued

Particulars.

PHILIP JOHN CHRISTOPHER
ASHFIELD
SOUTH END HOUSE LONG REACH
OCKHAM
WOKING
SURREY GU23 6PF

Day Month Year
[][] [][] [][][]

Date of any change.

Date of Birth:- 02/01/40
Nat:BRITISH
Occ:STOCKBROKER/MEMBER SECURITIES

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Particulars.

HENRY JOHN
BOWREY
37 BISHOPS ROAD
TEWIN WOOD
WELWYN
HERTFORDSHIRE AL6 ONP

Day Month Year
[][] [][] [][][]

Date of any change.

Date of Birth:- 12/03/38
Nat:BRITISH
Occ:RETIRED DIRECTOR

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Particulars.

PETER
BOWRING
CBE
79 NEW CONCORDIA WHARF
LONDON
SE1 2BA

Day Month Year
[][] [][] [][][]

Date of any change.

Date of Birth:- 22/04/23
Nat:BRITISH
Occ:RETIRED

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

If the information shown needs amendment, give details below and the date of any change.

Directors - continued

Particulars.

DOCTOR
BEVERLY ANN
CASTLETON
2 LYBE PLACE MANOR
BRIDGE LANE
VIRGINIA WATER
SURREY GU25 4ED

Day Month Year
[][] [][] [][]

Date of any change.

Date of Birth:- 19/07/48
Nat:BRITISH
Occ:DOCTOR OF MEDICINE

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day Month Year
[][] [][] [][]

Date of resignation.

see attached list

Particulars.

JOSEPHINE LILIAN
CONNELL
2 THE HEMMINGS
BERKHAMSTED
HERTFORDSHIRE HP4 3NY

Day Month Year
[][] [][] [][]

Date of any change.

Date of Birth:- 26/01/48
Nat:BRITISH
Occ:DIRECTOR

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day Month Year
[][] [][] [][]

Date of resignation.

SEE ATTACHED LIST

Particulars.

VERA
HARLEZ
MBE
345 CRESCENT HOUSE
GOLDEN LANE
LONDON
ECLY OSN

Day Month Year
[][] [][] [][]

Date of any change.

Date of Birth:- 24/08/11
Nat:BRITISH
Occ:RETIRED

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day Month Year
[][] [][] [][]

Date of resignation.

see attached list

If the information shown needs amendment, give details below and the date of any change.

Directors - continued

Particulars.

ANNE MACINTOSH
HARRIS
C B E
THE OLD VICARAGE
BRENCHLEY
TONBRIDGE
KENT TN12 7NQ

Date of Birth:- 17/04/25
Nat:BRITISH
Occ:RETIRED

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day Month Year
Date of any change.

Day Month Year
Date of resignation.

NONE

Particulars.

WILLIAM
HASTINGS
THE MIDLAND
WHITE STREET
BELFAST
BT15 1NM
IRELAND

Date of Birth:- 17/10/28
Nat:BRITISH
Occ:CHAIRMAN

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day Month Year
Date of any change.

WHITLA STREET
BELFAST
BT 15 1NH
NORTHERN IRELAND.

Day Month Year
Date of resignation.

SEE ATTACHED LIST

Particulars.

PROFESSOR
KAY-TEE
KHAW
GONVILLE & CAIUS COLLEGE
CAMBRIDGE
CAMBRIDGESHIRE CB3

Date of Birth:- 14/10/50
Nat:BRITISH
Occ:UNIVERSITY PROFESSOR

If this person has ceased to be director, please state when.

Show any relevant current and previous directorships.

Day Month Year
Date of any change.

Day Month Year
Date of resignation.

NONE

If the information shown needs amendment, give details below and the date of any change.

Directors - continued

Particulars.

TREVCR GEORGE
LARMEN
THURLWOOD HOUSE LOUDWATER LANE
CROXLEY GREEN
RICKMANSWORTH
HERTFORDSHIRE WD3 3JD

Day Month Year
[][] [][] [][]

Date of any change.

Date of Birth:- 22/07/45
Nat:ERITISH
Occ:COMPANY DIRECTOR

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Particulars.

IAN SWAN
MACLEOD
17 HILLCOURT AVENUE
FINCHLEY
LONDON
N12 3EY

Day Month Year
[][] [][] [][]

Date of any change.

Date of Birth:- 13/10/23
Nat:BRITISH
Occ:RETIRED CHARITY ADMINISTRATOR

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][]

Date of resignation.

Show any relevant current and previous directorships.

NONE

Particulars.

LADY
JEAN HENRIETTA STEWART
MACPHERSON
CRAIG DHU HOUSE
NEWTOWNMORE
INVERNESSSHIRE PH20 1BP

Day Month Year
012 08 98

Date of any change.

LADY MACPHERSON
OF BIALLEL

Date of Birth:- 20/08/30
Nat:BRITISH
Occ:AUTHOR

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

If the information shown needs amendment, give details below and the date of any change.

Directors - continued

Particulars.

JOHN DOUGLAS
MATHER
ROUND HALE LOVE LANE
KINGS LANGLEY
HERTFORDSHIRE WD4 9HW

Day Month Year
[][] [][] [][][]

Date of any change.

Date of Birth:- 27/01/36
Nat:BRITISH
Occ:COMPANY DIRECTOR

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Particulars.

WILLIAM NAPIER
MENZIES-WILSON
2 THE OLD BURLINGTON CHURCH STREET
LONDON
W4 2PD

Day Month Year
[][] [][] [][][]

Date of any change.

Date of Birth:- 04/12/26
Nat:BRITISH
Occ:COMPANY DIRECTOR

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Particulars.

KEVIN RAYMOND
WILLIAMS
WHITEACRE 42 ST MARYS ROAD
LISS
HAMPSHIRE GU33 7AH

Day Month Year
[][] [][] [][][]

Date of any change.

Date of Birth:- 14/05/48
Nat:BRITISH
Occ:MANAGING DIRECTOR

If this person has ceased to be director, please state when.

Day Month Year
[][] [][] [][][]

Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

If the information shown needs amendment, give details below and the date of any change.

Directors - continued

Particulars.

CHRISTOPHER JOHN WALTER
WOODBRIDGE
1 PEMBERTON ROW
FETTER LANE
LONDON
EC4A 3ET

Day Month Year
Date of any change.

Date of Birth:- 25/11/39
Nat:BRITISH
Occ:SENIOR PARTNER

If this person has ceased to be director, please state when.

Day Month Year
Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Particulars.

ANGUS GRAHAM FERGUSON
YOUNG
8 STCNEHILL ROAD
EAST SHEEN
LONDON
SW14 8RW

Day Month Year
Date of any change.

Date of Birth:- 22/07/33
Nat:BRITISH
Occ:SOLICITOR

If this person has ceased to be director, please state when.

Day Month Year
Date of resignation.

Show any relevant current and previous directorships.

SEE ATTACHED LIST

Particulars.

NO MORE DIRECTORS - ADDITIONAL SECRETARIES
OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

Day Month Year
Date of any change.

If this person has ceased to be director, please state when.

Day Month Year
Date of resignation.

Show any relevant current and previous directorships.

If the information shown needs amendment, give details below and the date of any change.

Directors - continued

Particulars.

Day	Month	Year

Date of any change.

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NO MORE DIRECTORS - ADDITIONAL SECRETARIES OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

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Particulars.

Day	Month	Year

Date of any change.

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NO MORE DIRECTORS - ADDITIONAL SECRETARIES OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

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Particulars.

Day	Month	Year

Date of any change.

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NO MORE DIRECTORS - ADDITIONAL SECRETARIES OR DIRECTORS MUST BE NOTIFIED ON FORM 288a.

If this person has ceased to be director, please state when.

Day	Month	Year

Date of resignation.

Show any relevant current and previous directorships.

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Elective resolutions (See note 10)
(Private companies only)

If an elective resolution is in force at the date of this return to dispense with annual general meetings, *mark this box.*

If an elective resolution is in force at the date of this return to dispense with laying accounts in general meetings, *mark this box.*

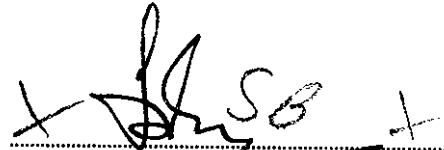
Certificate

I certify that the information given in this return is true to the best of my knowledge and belief.

I enclose the fee of £ 15.

Cheques should be made payable to **Companies House.**

Signed


Secretary/Director*
*(delete as appropriate)

Date

2/8/98

This return includes

17

(enter number)

continuation sheets.

To whom should Companies House direct any enquiries about the information shown in this return?

MR R. J. ABBEY

ADMINISTRATION EXECUTIVE

HELP THE AGED, ST JAMES'S WALK,

LONDON Postcode EC1R 0BE

Telephone

0171-250

Ext

4424.