



288a

Please complete in typescript,
or in bold black capitals.

Appointment of director or secretary

Company Number

1263446

Company Name in full

HELP THE AGED



F288A018

Date of appointment
Day: 9, Month: 5, Year: 96

†Date of Birth
Day: 22, Month: 07, Year: 45

Appointment form

Appointment as director

as secretary

Please mark the appropriate box. If appointment is as a director and secretary mark both boxes.

NAME *Style / Title

MR.

*Honours etc

Notes on completion appear on reverse.

Forename(s)

TREVOR GEORGE

Surname

LARMAN

Previous Forename(s)

N/A

Previous Surname(s)

Usual residential address

THURLWOOD HOUSE, LONDWATER LANE

Post town

RICKMANSWORTH

Postcode

WD3 3JD

County / Region

HERTS

Country

U.K.

†Nationality

BRITISH

†Business occupation

COMPANY DIRECTOR

†Other directorships (additional space overleaf)

SEE ATTACHED LIST

I consent to act as ** director / secretary of the above named company

Consent signature

Trevor Larmar

Date

9/5/96

A director, secretary etc must sign the form below.

Signed

Trevor Larmar

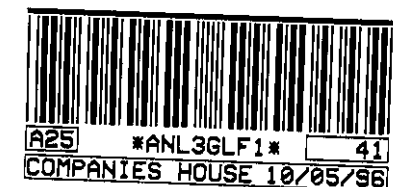
Date

9/5/96

(*a director / secretary / administrator / administrative receiver / receiver manager / receiver)

* Voluntary details.
† Directors only.

Please give the name, address, telephone number and, if available, a DX number and Exchange of the person Companies House should contact if there is any query.



Je

R. J. ABBEY, A.C.I.S.	
HELP THE AGED, ST. JAMES'S WALK, LONDON,	
EC1R OBE	Tel 0171 250 4424
DX number	DX exchange

When you have completed and signed the form please send it to the Registrar of Companies at:

Companies House, Crown Way, Cardiff, CF4 3UZ DX 33050 Cardiff
for companies registered in England and Wales or
Companies House, 37 Castle Terrace, Edinburgh, EH1 2EB
for companies registered in Scotland DX 235 Edinburgh

Company Number

1263446

† Directors only.

† Other directorships

See attached schedule.

NOTES

Show the full forenames, NOT INITIALS. If the director or secretary is a corporation or Scottish firm, show the name on surname line and registered or principal office on the usual residential line.

Give previous forenames or surname(s) except:

- for a married woman, the name by which she was known before marriage need not be given.
- for names not used since the age of 18 or for at least 20 years

A peer or individual known by a title may state the title instead of or in addition to the forenames and surname and need not give the name by which that person was known before he or she adopted the title or preceded to it.

Other directorships.

Give the name of every company incorporated in Great Britain of which the person concerned is a director or has been a director at any time in the past five years.

You may exclude a company which either is, or at all times during the past five years when the person concerned was a director, was

- dormant
- a parent company which wholly owned the company making the return, or
- another wholly owned subsidiary of the same parent company.

22/04/96

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>
<u>Past Appointments in NFC Plc</u>				
1600736	NFC Plc	03/10/88	23/09/95	Finance Director
1600736	NFC Plc	14/12/90	22/05/91	Secretary
<u>Past Appointments in Companies Wholly-owned (100%) by NFC Plc</u>				
1709021	BRS Contracts Limited	15/06/84	16/11/92	Director
528867	BRS Limited	22/01/93	26/01/93	Director
990349	FCS Birmingham Limited	05/10/87	22/05/91	Director
541136	Freight Indemnity and Guarantee Company Limited	06/10/84	16/11/92	Director
942605	Lynx Express Delivery Network Limited	29/07/85	29/09/95	Director
1154619	N.F.C. Finance (1985) Limited	25/07/85	15/11/92	Director
1925614	N.F.C. Finance (1986) Limited	25/07/85	16/11/92	Director
2010357	N.F.C. Finance (1987) Limited	02/05/86	15/11/92	Director
286932	N.F.C. Finance Limited	01/01/82	16/11/92	Director
286932	N.F.C. Finance Limited	22/01/93	25/01/93	Director
924126	N.F.C. Freight Nominees Limited	22/01/93	25/01/93	Director
528866	N.F.C. International Holdings Limited	25/09/89	29/09/95	Director
877779	N.F.C. Trustees Limited	26/07/95	29/09/95	Director
2479426	NFC Finance 1990 (D) Limited	20/09/90	16/11/92	Director
2479437	NFC Finance 1990 (J) Limited	20/09/90	16/11/92	Director
2479401	NFC Finance 1990 (M) Limited	20/09/90	16/11/92	Director
2498071	NFC Finance 1990 (S) Limited	20/09/90	16/11/92	Director
2208973	NFC Finance 1991 (D) Limited	28/11/91	16/11/92	Director
968641	NFC Finance 1991 (J) Limited	28/11/91	16/11/92	Director
1141282	NFC Finance 1991 (M) Limited	28/11/91	16/11/92	Director
NFUSA	NFC Finance USA Inc.	17/07/91	18/12/95	Director
1505040	NFC Holdings Limited	20/06/88	29/09/95	Director
74B 2214	NFC International (Holdings) France S.A.	30/03/90	16/11/92	Director
10198554	NFC International Holdings (U.S.A.) Inc	17/09/91	29/09/95	Director
73028200	NFC International Holdings (U.S.A.) Investment Company	09/10/90	29/09/95	Director
2108339	NFC Leasing (1987) Limited	01/12/88	03/10/94	Director
2714530	NFC Overseas Investments	11/05/92	16/11/92	Director
1750346	Notrem Limited	02/10/90	16/03/92	Director
2209019	Realcause Limited	24/08/89	16/11/92	Director

22/04/96

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<u>Past Appointments in Companies Wholly-owned (100%) by NFC Plc</u>				
N/A	Transguard Insurance Limited	23/10/84	30/09/95	Director
<u>Past Appointments in Associate Companies (up to 50% owned by NFC Plc)</u>				
2115011	NFC Finance 1991 (S) Limited	28/11/91	16/11/92	"A" Director
2115011	NFC Finance 1991 (S) Limited	31/03/93	29/09/95	"A" Director
<u>Other Current Statutory Appointments</u>				
	Headlam Group plc	28/03/94	Current	Non Exec. Director
<u>General Interest (Current)</u>				
102360	Pickfords Travel Service Limited	11/07/88	23/09/92	Director
	Transguard Reinsurance Limited	31/10/88	30/11/93	Director
	Pickfords S.A.	30/03/90	16/03/92	Director