



Companies House

**AR01** (ef)

**Annual Return**



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**X4ZFL1FL**

*Company Name:* **INSIDE & OUT WELLBEING LIMITED**

*Company Number:* **07076744**

*Date of this return:* **14/11/2015**

*SIC codes:* **74909**

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

*Situation of Registered Office:* **89 CHORLEY ROAD  
SWINTON  
MANCHESTER  
M27 4AA**

**Officers of the company**

*Company Director*    **1**

*Type:*                      **Person**

*Full forename(s):*        **MARK ANDREW**

*Surname:*                **BRISTOW**

*Former names:*

*Service Address:*        **89 CHORLEY ROAD  
SWINTON  
MANCHESTER  
M27 4AA**

*Country/State Usually Resident:*    **ENGLAND**

*Date of Birth:*    **\*\*/07/1962**

*Nationality:*    **BRITISH**

*Occupation:*    **CO DIRECTOR**

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*Company Director*    **2**

*Type:*                      **Person**

*Full forename(s):*        **BEN**

*Surname:*                **DAVIDSON**

*Former names:*

*Service Address:*        **89 CHORLEY ROAD  
SWINTON  
MANCHESTER  
M27 4AA**

*Country/State Usually Resident:*    **ENGLAND**

*Date of Birth:*    **\*\*/06/1979**

*Nationality:*    **BRITISH**

*Occupation:*    **CO DIRECTOR**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>100</b>
		<i>Aggregate nominal value</i>	<b>100</b>
<i>Currency</i>	<b>GBP</b>	<i>Amount paid per share</i>	<b>1</b>
		<i>Amount unpaid per share</i>	<b>0</b>

### *Prescribed particulars*

"EACH MEMBER HAS ONE VOTE OR POLL FOR EVERY SHARE HELD. EACH MEMBER IS ENTITLED TO PARTICIPATE IN A DIVIDEND DISTRIBUTION IN PROPORTION TO THEIR SHAREHOLDING. EACH MEMBER IS ENTITLED TO PARTICIPATE IN A CAPITAL DISTRIBUTION ON THE WINDING UP OF THE COMPANY. THE SHARES ARE NOT TO BE REDEEMED AND ARE NOT LIABLE TO BE REDEEMED AT THE OPTION OF THE COMPANY OR THE SHAREHOLDER. "

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>100</b>
		<i>Total aggregate nominal value</i>	<b>100</b>

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 14/11/2015 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* : **50 ORDINARY shares held as at the date of this return**  
*Name:* **MARK BRISTOW**

*Shareholding 2* : **50 ORDINARY shares held as at the date of this return**  
*Name:* **BEN DAVIDSON**

## *Authorisation*

*Authenticated*

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

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