



**Companies House**  
— for the record —

**AR01** (ef)

**Annual Return**



X2FPLKWA

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*Company Name:* **Self Holistic Health Limited**

*Company Number:* **08136135**

*Date of this return:* **10/07/2013**

*SIC codes:* **85510**

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

*Situation of Registered Office:* **28-29 VIADUCT ROAD  
CHELMSFORD  
ESSEX  
ENGLAND  
CM1 1TS**

**Officers of the company**

*Company Director*    ***1***

*Type:*                                **Person**

*Full forename(s):*                **MR CHRISTIAN**

*Surname:*                           **O'HARE**

*Former names:*

*Service Address:*                **175 UPPER BRIDGE ROAD  
CHELMSFORD  
ESSEX  
UNITED KINGDOM  
CM2 0AY**

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

*Date of Birth:*   **25/01/1972**                                *Nationality:*   **BRITISH**

*Occupation:*    **HOLISTIC HEALTH COACH**

## 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 SHARE ENTITLES THE SHAREHOLDER TO ONE VOTE AT ANY MEETING OF THE SHAREHOLDERS.  
EACH SHARE ENTITLES THE SHAREHOLDER TO AN EQUAL SHARE OF ANY DIVIDEND DECLARED ON THAT CLASS OF SHARE. EACH SHARE ENTITLES THE SHAREHOLDER TO AN EQUAL SHARE OF ANY DISTRIBUTION MADE ON THE WINDING UP OF THE COMPANY.

## 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 10/07/2013 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* : **15 ORDINARY shares held as at the date of this return**  
*Name:* **GEORGE ANGUS MACFARLANE**

*Shareholding 2* : **85 ORDINARY shares held as at the date of this return**  
*Name:* **CHRISTIAN O'HARE**

## *Authorisation*

*Authenticated*

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

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