



Companies House

— for the record —

Please complete in typescript,
or in bold black capitals.

CHFP000

288b

Terminating appointment as director or secretary (NOT for appointment (use Form 288a) or change of particulars (use Form 288c))

Company Number

03153329

Company Name in full

THE CHARITY for THE F. MATTHIAS
ALEXANDER TECHNIQUES

Date of termination of appointment

Day Month Year

1 10 09 2003

as director



as secretary



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

NAME

*Style / Title

MS

*Honours etc

Please insert
details as
previously
notified to
Companies House.

Forename(s)

LIZETTE

Surname

UPTON

Day Month Year

†Date of Birth

27 02 1950

A serving director, secretary etc must sign the form below.

Signed

Lizette Upton

Date

Sept 22 - 2003

* Voluntary details.

† Directors only.

** Delete as appropriate

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

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.

S.T.A.T.	
1ST FLOOR, HIGHGATE ENTRANCE	
39-51 HIGHGATE ROAD	
Tel	LONDON NW5 1RS
DX number	TEL: 020 7284 3338 FAX: 020 7482 5435

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

Companies House, Crown Way, Cardiff, CF14 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



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COMPANIES HOUSE

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30/09/03

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