



Companies House

AR01 (ef)

Annual Return



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Company Name: **21J Stress Solutions Limited**

Company Number: **SC477934**

Date of this return: **20/05/2015**

SIC codes: **71129**

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

Situation of Registered Office: **14A BERESFORD TERRACE
AYR
AYRSHIRE
SCOTLAND
KA7 2EG**

Officers of the company

Company Director **1**

Type: **Person**

Full forename(s): **MR PHILIP JOSEPH**

Surname: **BEARD**

Former names:

Service Address: **6 LAIGH MOUNT ALLOWAY
AYR
SCOTLAND
KA7 4QS**

Country/State Usually Resident: **SCOTLAND**

Date of Birth: **25/02/1964** *Nationality:* **BRITISH**

Occupation: **DIRECTOR**

Statement of Capital (Share Capital)

Class of shares	ORDINARY 1 GBP	<i>Number allotted</i>	100
		<i>Aggregate nominal value</i>	100
<i>Currency</i>	GBP	<i>Amount paid per share</i>	0
		<i>Amount unpaid per share</i>	1
<i>Prescribed particulars</i>			
FULL VOTING RIGHT			

Statement of Capital (Totals)

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 20/05/2015 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 : **40 ORDINARY 1 GBP shares held as at the date of this return**
60 shares transferred on 2015-04-06

Name: **MRS JOANNNA HELEN BEARD**

Shareholding 2 : **60 ORDINARY 1 GBP shares held as at the date of this return**

Name: **MR PHILIP JOSEPH BEARD**

Authorisation

Authenticated

This form was authorised by one of the following:

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