


**Paperclip  
only**
**SH01****Return of allotment of shares****Companies House****Go online to file this information**[www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)

☒ **What this form is for**  
You may use this form to give notice of shares allotted following incorporation.

☐ **What this form is for**  
You cannot use this form to give notice of shares taken on formation of the company for an allotment of shares by an unlimited company.

**1 Company details**

Company number 1 2 5 0 6 8 6 0

Company name in full AFL HEALTH LIMITED

**→ Filling in this form**

Please complete in typescript or in bold black capitals.

All fields are mandatory unless specified or indicated by \*

**2 Allotment dates**

From Date <sup>d</sup>2 <sup>d</sup>4 <sup>m</sup>04 <sup>y</sup>20 <sup>y</sup>20  
To Date <sup>d</sup> <sup>d</sup> <sup>m</sup> <sup>m</sup> <sup>y</sup> <sup>y</sup> <sup>y</sup> <sup>y</sup>

**1 Allotment date**

If all shares were allotted on the same day enter that date in the 'from date' box. If shares were allotted over a period of time, complete both 'from date' and 'to date' boxes.

**3 Shares allotted**Please give details of the shares allotted, including bonus shares.  
(Please use a continuation page if necessary.)**2 Currency**

If currency details are not completed we will assume currency is in pound sterling.

| Currency | Class of shares<br>(E.g. Ordinary/Preference etc.) | Number of shares<br>allotted | Nominal value of<br>each share | Amount paid<br>(including share<br>premium) on each<br>share | Amount (if any)<br>unpaid (including<br>share premium) on<br>each share |
|----------|----------------------------------------------------|------------------------------|--------------------------------|--------------------------------------------------------------|-------------------------------------------------------------------------|
| £        | ORDINARY                                           | 50                           | 1.00                           | 1.00                                                         | 0.00                                                                    |
|          |                                                    |                              |                                |                                                              |                                                                         |
|          |                                                    |                              |                                |                                                              |                                                                         |

If the allotted shares are fully or partly paid up otherwise than in cash, please state the consideration for which the shares were allotted.

**Continuation page**

Please use a continuation page if necessary.

Details of non-cash consideration.

If a PLC, please attach valuation report (if appropriate)

SHARE FOR SHARE EXCHANGE

## SH01

## Return of allotment of shares

4

## Statement of capital

Complete the table(s) below to show the issued share capital at the date to which this return is made up.

**Complete a separate table for each currency (if appropriate).** For example, add pound sterling in 'Currency table A' and Euros in 'Currency table B'.

Please use a Statement of Capital continuation page if necessary.

| Currency<br>Complete a separate table for each currency | Class of shares<br>E.g. Ordinary/Preference etc. | Number of shares | Aggregate nominal value<br>(£, €, \$, etc)<br>Number of shares issued multiplied by nominal value | Total aggregate amount unpaid, if any (£, €, \$, etc)<br>Including both the nominal value and any share premium |
|---------------------------------------------------------|--------------------------------------------------|------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|
| <b>Currency table A</b>                                 |                                                  |                  |                                                                                                   |                                                                                                                 |
| £1.00                                                   | ORDINARY                                         | 150              | £150.00                                                                                           |                                                                                                                 |
|                                                         |                                                  |                  |                                                                                                   |                                                                                                                 |
|                                                         |                                                  |                  |                                                                                                   |                                                                                                                 |
| <b>Totals</b>                                           |                                                  | 150              | £150.00                                                                                           | 0.00                                                                                                            |

|                          |  |  |  |  |
|--------------------------|--|--|--|--|
| <b>Currency table B-</b> |  |  |  |  |
|                          |  |  |  |  |
|                          |  |  |  |  |
|                          |  |  |  |  |
| <b>Totals</b>            |  |  |  |  |

|                         |  |  |  |  |
|-------------------------|--|--|--|--|
| <b>Currency table C</b> |  |  |  |  |
|                         |  |  |  |  |
|                         |  |  |  |  |
|                         |  |  |  |  |
| <b>Totals</b>           |  |  |  |  |

**Totals (including continuation pages)**

| Total number of shares | Total aggregate nominal value ❶ | Total aggregate amount unpaid ❶ |
|------------------------|---------------------------------|---------------------------------|
| 150                    | £150.00                         | 0.00                            |

❶ Please list total aggregate values in different currencies separately. For example: £100 + €100 + \$10 etc.

SH01

Return of allotment of shares

**5 Statement of capital (prescribed particulars of rights attached to shares)**

Please give the prescribed particulars of rights attached to shares for each class of share shown in the share capital tables in **Section 4**.

Class of share

ORDINARY

Prescribed particulars

①

FULL VOTING, FULL EQUITY, DIVIDEND RIGHTS, NON REDEEMABLE

Class of share

Prescribed particulars

①

Class of share

Prescribed particulars

①

**① Prescribed particulars of rights attached to shares**

The particulars are:

- a particulars of any voting rights, including rights that arise only in certain circumstances;
- b particulars of any rights, as respects dividends, to participate in a distribution;
- c particulars of any rights, as respects capital, to participate in a distribution (including on winding up); and
- d whether the shares are to be redeemed or are liable to be redeemed at the option of the company or the shareholder.

A separate table must be used for each class of share.

**Continuation page**

Please use a Statement of Capital continuation page if necessary.

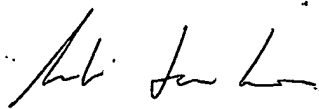
**6****Signature**

I am signing this form on behalf of the company.

Signature

Signature

X



X

This form may be signed by:

Director ②, Secretary, Person authorised ③, Administrator, Administrative receiver, Receiver, Receiver manager, CIC manager.

**② Societas Europaea**

If the form is being filed on behalf of a Societas Europaea (SE) please delete 'director' and insert details of which organ of the SE the person signing has membership.

**③ Person authorised**

Under either section 270 or 274 of the Companies Act 2006.

# SH01

## Return of allotment of shares



### Presenter information

You do not have to give any contact information, but if you do it will help Companies House if there is a query on the form. The contact information you give will be visible to searchers of the public record.

Contact name

Company name

Address

FIRST CORPORATE  
3 OLD ESTATE YARD  
NORTH STOKE LANE  
UPTON CHEYNEY  
BRISTOL BS30 6ND

Post town

County/Region

Postcode

Country

DX

Telephone



### Checklist

We may return the forms completed incorrectly or with information missing.

Please make sure you have remembered the following:

- ☐ The company name and number match the information held on the public Register.
- ☐ You have shown the date(s) of allotment in section 2.
- ☐ You have completed all appropriate share details in section 3.
- ☐ You have completed the relevant sections of the statement of capital.
- ☐ You have signed the form.



### Important information

Please note that all information on this form will appear on the public record.



### Where to send

You may return this form to any Companies House address, however for expediency we advise you to return it to the appropriate address below:

#### For companies registered in England and Wales:

The Registrar of Companies, Companies House,  
Crown Way, Cardiff, Wales, CF14 3UZ.  
DX 33050 Cardiff.

#### For companies registered in Scotland:

The Registrar of Companies, Companies House,  
Fourth floor, Edinburgh Quay 2,  
139 Fountainbridge, Edinburgh, Scotland, EH3 9FF.  
DX ED235 Edinburgh 1  
or LP - 4 Edinburgh 2 (Legal Post).

#### For companies registered in Northern Ireland:

The Registrar of Companies, Companies House,  
Second Floor, The Linenhall, 32-38 Linenhall Street,  
Belfast, Northern Ireland, BT2 8BG.  
DX 481 N.R. Belfast 1.



### Further information

For further information please see the guidance notes on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse) or email [enquiries@companieshouse.gov.uk](mailto:enquiries@companieshouse.gov.uk)

This form is available in an alternative format. Please visit the forms page on the website at [www.gov.uk/companieshouse](http://www.gov.uk/companieshouse)