



Companies House

**AR01** (ef)

**Annual Return**



Received for filing in Electronic Format on the: **22/07/2015**

**X4C6RZD4**

*Company Name:* **HELP WITH MENTAL HEALTH LTD**

*Company Number:* **07705305**

*Date of this return:* **14/07/2015**

*SIC codes:* **86900**

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

*Situation of Registered Office:* **10 HERALD WAY  
BURBAGE  
HINCKLEY  
LE10 2NX**

**Officers of the company**

## *Company Secretary 1*

*Type:* **Person**  
*Full forename(s):* **DAVID MALCOLM**

*Surname:* **ELLIS**

*Former names:*

*Service Address:* **1 LEVESON CRESCENT  
BALSALL COMMON  
COVENTRY  
UNITED KINGDOM  
CV7 7DR**

*Company Director*    **1**

*Type:*                      **Person**

*Full forename(s):*        **DR NIKOLAS JAMES**

*Surname:*                **HOWARTH**

*Former names:*

*Service Address:*        **225 LUTTERWORTH ROAD  
NUNEATON  
UNITED KINGDOM  
CV11 6PX**

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

*Date of Birth:*    **24/02/1950**

*Nationality:*    **BRITISH**

*Occupation:*    **DOCTOR**

*Company Director*    **2**

*Type:*                                **Person**  
*Full forename(s):*                **DR AYMAN MOHAMED**

*Surname:*                           **ZAGHLOUL**

*Former names:*

*Service Address:*                **10 HERALD WAY  
BURBAGE  
HINCKLEY  
UNITED KINGDOM  
LE10 2NX**

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

*Date of Birth:*   **17/10/1968**                                *Nationality:*   **BRITISH**  
*Occupation:*    **CONSULTANT**

## Statement of Capital (Share Capital)

<b>Class of shares</b>	<b>ORDINARY</b>	<i>Number allotted</i>	<b>2</b>
		<i>Aggregate nominal value</i>	<b>2</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*

VOTING RIGHTS - SHARES RANK EQUALLY FOR VOTING PURPOSES. ON A SHOW OF HANDS EACH MEMBER SHALL HAVE ONE VOTE AND ON A POLL EACH MEMBER SHALL HAVE ONE VOTE PER SHARE HELD. DIVIDEND RIGHTS - EACH SHARE RANKS EQUALLY FOR ANY DIVIDEND DECLARED. DISTRIBUTION RIGHTS ON A WINDING UP - EACH SHARE RANKS EQUALLY FOR ANY DISTRIBUTION MADE ON A WINDING UP. REDEEMABLE SHARES - THE SHARES ARE NOT REDEEMABLE.

## Statement of Capital (Totals)

<i>Currency</i>	<b>GBP</b>	<i>Total number of shares</i>	<b>2</b>
		<i>Total aggregate nominal value</i>	<b>2</b>

## *Full Details of Shareholders*

The details below relate to individuals / corporate bodies that were shareholders as at 14/07/2015 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* : 1 ORDINARY shares held as at the date of this return  
*Name:* AYMAN MOHAMED ZAGHLOUL

*Shareholding 2* : 1 ORDINARY shares held as at the date of this return  
*Name:* NIK HOWARTH

## *Authorisation*

*Authenticated*

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

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