



Companies House
— for the record —

AR01 (ef)

Annual Return



Received for filing in Electronic Format on the: **16/07/2012**

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

Company Number: **07705305**

Date of this return: **14/07/2012**

SIC codes: **86900**

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

Situation of Registered Office: **10 HERALD WAY
BURBAGE
HINCKLEY
UNITED KINGDOM
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)

Class of shares	ORDINARY	<i>Number allotted</i>	2
		<i>Aggregate nominal value</i>	2
<i>Currency</i>	GBP	<i>Amount paid per share</i>	1
		<i>Amount unpaid per share</i>	0

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

Full Details of Shareholders

The details below relate to individuals / corporate bodies that were shareholders as at 14/07/2012 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.