



HOUSE OF COMMONS

**Member's Reimbursement Form**  
Personal Additional Accommodation Expenditure (PAAE)

21 APR 2009

5880982

MB 23/4

Office use only  
Frost/Cat2

M SEABAPL

Allowance 514602

PAAE 2

Supp/Res 10

660202

Member's Name (CAPITAL LETTERS)

Constituency (CAPITAL LETTERS)

INV. A

AWISON SEABEK MP

PLYMOUTH, DEVONPORT

514602

514500

**Claim details**

Month/period to be claimed

From

01 04 2009

To

30 04 2009

**Subsistence**

(No receipts required)

Number of nights spent  
away from main home

@ £25.00 per night £

Exp type/  
Cat5

**Cost of accommodation (details you hold)**

Mortgage interest £

562.09

514 631

Hotel £

514 --

Rent (inc deposits) £

514 --

Council Tax/rates £

514 --

**Fixtures, fittings and furnishings**

£

£

£

£

£

Total

£

514 --

42124  
JE  
2214

**Other household costs**

(e.g. service charges, utilities,  
telecommunications, maintenance  
and repairs)

Household Insurance details you hold

£ 77.95

(inc name cl.)

£

£

£

£

£

Total

£ 77.95

514 636

Please securely attach required documentation e.g. invoices, receipts etc. in support of individual items equal to or in excess of £25.00 unless standing documents e.g. mortgage statements, rental agreements etc. have previously been lodged.

Grand Total

£ 640.04

8m

**Authorisation and declaration**

- ✓ I confirm that the amounts claimed were incurred in respect of my additional home as reported to the Department of Resources.
- ✓ I confirm that the amounts claimed comply with the principles and rules contained in the Green Book.

Member's  
Signature

Date 2014/2009

**Data Protection**

The House of Commons Administration will process the information you provide on this form for the purpose of administering and accounting for the Members Estimate, making payments and keeping records in accordance with the rules agreed by the House of Commons and HMRC. The information will also be disclosed to the National Audit Office for audit purposes. The information may also be used within the House of Commons Administration or by its agents for the purpose of business analysis or research. For the purposes of the Freedom of Information Act 2000 the House of Commons Administration is a Public Authority and therefore the information it holds will fall within the scope of that Act. Under the Data Protection Act 1998, you have the right to see and receive a copy of any personal data that the House of Commons Administration holds about you. If you have questions about the contents of this notice or how your information is handled or about your rights under the Data Protection Act 1998, please call our Data Protection Officer on 020 7219 2032, who acts on behalf of the Data Controller (the Clerk of the House).



HOUSE OF COMMONS

**Member's Reimbursement Form**  
Personal Additional Accommodation Expenditure (PAAE)

30 APR 2009

eg/co

Office use only  
Costs/Cat2  
M SEABAPL  
Allowance 514602

**PAAE 2**  
Supp/Res ID  
666602

Member's Name (CAPITAL LETTERS)

Constituency (CAPITAL LETTERS)

ANSON SEABEK MP

PLYMOUTH, DEVONPORT.

**Claim details**

Month/period to be claimed

From 01052009 To 30052009

**Subsistence**

(No receipts required)

Number of nights spent away from main home

@ £25.00 per night £

Exp type/  
Cat5

Cost of accommodation

5683215

60 2/5

Mortgage interest £

514

Hotel £

514

Rent (inc deposits) £

514

Details already provided to you March 09 —

Council Tax/rates £

208.83

514 633

Fixtures, fittings and furnishings

423645

S.S 8-5-09

Total £

514

Other household costs

(e.g. service charges, utilities, telecommunications, maintenance and repairs)

Talk Talk  
Ecotivity

£ 87.32 ✓

£ 65.29 ✓

Total £

152.61 ✓

514 636

Please securely attach required documentation e.g. invoices, receipts etc. in support of individual items equal to or in excess of £25.00 unless standing documents e.g. mortgage statements, rental agreements etc. have previously been lodged.

Grand Total £

361.44 ✓

BM

**Authorisation and declaration**

- ✓ I confirm that the amounts claimed were incurred in respect of my additional home as reported to the Department of Resources.
- ✓ I confirm that the amounts claimed comply with the principles and rules contained in the Green Book.

Member's Signature

[Redacted Signature]

Date 01/05/2009.

**Data Protection**

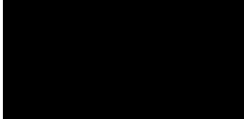
The House of Commons Administration will process the information you provide on this form for the purpose of administering and accounting for the Members Estimate, making payments and keeping records in accordance with the rules agreed by the House of Commons and HMRC. The information will also be disclosed to the National Audit Office for audit purposes. The information may also be used within the House of Commons Administration or by its agents for the purpose of business analysis or research.  
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# Your Electricity Bill

*paid Nat West* **ecotricity**

Account Balance **£65.29**

Ms Alison Seabeck



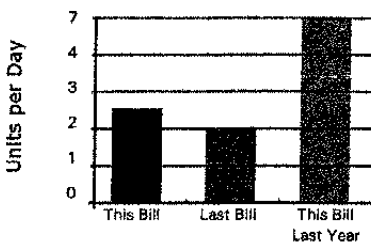
This is your electricity bill for the period from 22nd January 2009 to 17th April 2009.

Please pay within the next 14 days. Thank you.

Account number [REDACTED]  
 Bill number [REDACTED]  
 Date of bill 22 April 2009  
 Tariff - New Energy Standard  
 Supply address [REDACTED]

To report a power cut call:  
**0800 365 900**

### Historical electricity usage



The above includes estimated readings

If you'd like to speak to us just call:

**0845 555 7 200**

5 [REDACTED]

### How we calculated your bill

	Units	Unit Price	Amount
Consumption Day (first 900)	212	18.87p	£40.00
Consumption Day (over 900)	173	12.82p	£22.18
Sub Total			£62.18
VAT at 5.00%			£3.11
<b>Total cost of electricity in this period</b>			<b>£65.29</b>

### Your account summary

Payment Date	Description	Amount
	Previous balance	£60.19
05.02.2009	Cheque	£60.19 CR
	This bill	£65.29
<b>Current Balance</b>		<b>£65.29</b>

### Your meter reading

	Previous	Current	Units used
Meter ID: [REDACTED]			
All Day	4302 Estimated	4687 Estimated	385

BCW01.E01-STRD1-v1-00277/00189/00005/1 of 1/522/U



MS ALISON SEABECK



**Opening Hours:** Monday - Thursday 8am-8pm  
Friday 8am-5pm  
Saturday 9am-1pm  
**Payment Online:** Pay Online by Debit or Credit Card using our secure payment site at [www.paybcwonline.com](http://www.paybcwonline.com)

*23/4/*  
*pay ref*  
*Nat West*

21st April 2009

Pursuers: **Talktalk**  
Principal Sum: **£87.32**  
BCW Ref:   
Client Ref:

*phone*

## FORMAL DEMAND

Dear MS ALISON SEABECK

We have been instructed by **Talktalk** to recover an overdue debt, in the sum of **£87.32** on their behalf.

Our clients have informed us that they are unaware of any legitimate reason for non-payment of their account and although they would prefer an amicable settlement, will not hesitate to commence **Legal Proceedings** if necessary.

Please call our **24 Hour Payment Line** immediately on **0871 700 1542** to make payment by **Credit or Debit Card**. Payment is also accepted online at [www.paybcwonline.com](http://www.paybcwonline.com)

Should there be any matter that you would like to bring to our attention or if you wish to discuss your financial circumstances in relation to the debt, please call us immediately.

Yours faithfully



For and on behalf of  
**Buchanan Clark & Wells**

**Address**  
buchanan clark + wells  
bcw house  
24 george square  
glasgow  
g2 1eg  
email  
[general@bcwgroup.com](mailto:general@bcwgroup.com)  
website  
[www.bcwgroup.com](http://www.bcwgroup.com)  
fax  
0845 3006898

Registered Office: 24 George Square, Glasgow, G2 1EG  
buchanan clark + wells is a trading name of BCW Group plc  
Calls may be recorded for training and quality assurance purposes  
Email [contactus@bcwgroup.com](mailto:contactus@bcwgroup.com) or telephone on 08717001577

Reg no SC223606  
Registered in Scotland



# Plymouth City Council

Revenues Division,  
Civic Centre,  
Plymouth  
PL1 2AA

10 March 2009

Tel: 01752 668000  
Fax: 01752 304278  
Email: revenues@plymouth.gov.uk  
Website: www.plymouth.gov.uk  
Plymouth City Council welcomes Typetalk users

Name and address:

## COUNCIL TAX BILL 2009/2010

MR DENIS SEABECK  
MRS ALISON SEABECK  
HOUSES OF PARLIAMENT  
LONDON  
SW1A 0AA  
  
0

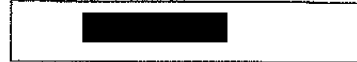
Property address:



Band

F

Reference:



How the Council Tax is calculated for 2009/2010:

Source	Amount	% Increase on last year
Plymouth City Council	£1747.36	4.8
Devon & Cornwall Police Authority	£215.54	4.9
Devon & Somerset Fire & Rescue	£99.93	3.9
<b>TOTAL</b>	<b>£2062.83</b>	

### Efficiency Information

The Government considers that efficiency is a key issue for the delivery of local services and wants local authorities to inform council tax payers of expected savings due to efficiency. By the end of March 2009 the efficiency savings forecast as a percentage of 2007/08 spending are for Plymouth City Council £7,923,000 (2.6%) and for Devon and Somerset Fire Authority £1,205,000 (1.8%). For the average band D property these efficiencies equate to £107 and mean that your bill is kept as low as possible.

Reason for Issue: New Year Account

Council Tax due for period 01.04.2009 to 31.03.2010	£2062.83
Less:	
<b>TOTAL DUE</b>	<b>£2062.83</b>

### INSTALMENT INFORMATION (DOES NOT INCLUDE ARREARS)

Date Due	Payments Due	Date Due	Payment Due
01.05.2009	£208.83	01.10.2009	£206.00
01.06.2009	£206.00	01.11.2009	£206.00
01.07.2009	£206.00	01.12.2009	£206.00
01.08.2009	£206.00	01.01.2010	£206.00
01.09.2009	£206.00	01.02.2010	£206.00



HOUSE OF COMMONS

**Member's Reimbursement Form**  
Personal Additional Accommodation Expenditure (PAAE)

02 JUN 2009

09/10

Office use only  
EOSTC/Cat2

MSEXBAPL  
Allowance: 514602

**PAAE 2**

Supp/Res ID

684402

Member's Name (CAPITAL LETTERS)

Constituency (CAPITAL LETTERS)

AWSON SEABECK

PLYMOUTH DEVONPORT

**Claim details**

Month/period to be claimed

From

01 06 2009

To

30 06 2009

**Subsistence**

(No receipts required)

Number of nights spent  
away from main home

@ £25.00 per night £

Exp type/  
Cat5

**Cost of accommodation**

430208

S.S 12-6-08

Mortgage interest

£ 674 67

514 631

Hotel

£

514 ---

Rent (inc deposits)

£

514 ---

Council Tax/rates

£ 206 00

514 633

**Fixtures, fittings and furnishings**

*£10000*

£	
£	
£	
£	
£	

Total

£

514 ---

**Other household costs**

(e.g. service charges, utilities,  
telecommunications, maintenance  
and repairs)

*Monthly insurance details you hold*

£	
£	
£	
£	
£	
£	

Total

£ 77 95

514 636

Please securely attach required documentation e.g. invoices, receipts etc. in support of individual items equal to or in excess of £25.00 unless standing documents e.g. mortgage statements, rental agreements etc. have previously been lodged.

Grand Total

£ 931 62

*105862*

**Authorisation and declaration**

- ✓ I confirm that the amounts claimed were incurred in respect of my additional home as reported to the Department of Resources.
- ✓ I confirm that the amounts claimed comply with the principles and rules contained in the Green Book.

Member's  
Signature

[Redacted Signature]

Date 01/06/2009

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HOUSE OF COMMONS

24 JUN 2009

Office use only  
 Costc/Cat2  
 M SEABAPA  
 Allowance - 514602

PAAE 2

Supp/Res ID

**Member's Reimbursement Form**  
 Personal Additional Accommodation Expenditure (PAAE)

095902

Member's Name (CAPITAL LETTERS)

Constituency (CAPITAL LETTERS)

AMSON SEABEK MP

PLYMOUTH DEVONPORT

**Claim details**

Month/period to be claimed

From

0 1 0 6 2 0 0 9

To

2 3 0 6 2 0 0 9

**Subsistence**

(No receipts required)

Number of nights spent  
 away from main home

@ £25.00 per night £

Exp type/  
 Cat5

**Cost of accommodation**

432987

5891468

for 26/6/09

MB 26/6

Mortgage interest £

514 ---

Hotel £

514 ---

Rent (inc deposits) £

514 ---

Council Tax/rates £

514 ---

**Fixtures, fittings and furnishings**

£	
£	
£	
£	
£	
£	

Total £

514 ---

**Other household costs**

(e.g. service charges, utilities,  
 telecommunications, maintenance  
 and repairs)

British Gas - Utility Bill	£	289 59
	£	
	£	
	£	
	£	
	£	
	£	

Total £

289 59

514 514636

Please securely attach required documentation e.g. invoices, receipts etc. in support of individual items equal to or in excess of £25.00 unless standing documents e.g. mortgage statements, rental agreements etc. have previously been lodged.

Grand Total £

**Authorisation and declaration**

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- ✓ I confirm that the amounts claimed comply with the principles and rules contained in the Green Book.

Member's  
 Signature

[Redacted Signature]

Date

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**Contact us**

Avoid estimated bills when you manage your account online at

**britishgas.co.uk/bill**

Or for enquiries call us on

**0800 048 0202**

Mon - Fri, 8am - 8pm, Sat, 8am - 6pm.

Please have your meter reading handy

Customer reference number

Bill date:

9 June 2009

Bill period:

27 Feb 09 - 08 Jun 09

*Ref. 393300*

*paid Nat West 24/6/09*

522

Mrs A SEABECK



036 000



3045002782




**Your gas bill - estimated**

**Please pay £289.59 - to reach us by 23 Jun 2009**

Pay by this date and you'll benefit from our Prompt Pay discount on your next bill

**Before this bill**

Your previous bill	£350.98 in debit
What you paid	£701.96
Balance after your last payment	£350.98 in credit

 We've estimated the reading for this statement. If your current meter reading is significantly different you may give us your new reading at [britishgas.co.uk/meterreads](http://britishgas.co.uk/meterreads) or by calling freephone (0800 107 0224).

**This bill**

Balance brought forward	£350.98 in credit
Gas you've used this period	£275.80
VAT at 5%	£13.79
Your adjustment	£350.98 debit
<b>Total to pay</b>	<b>£289.59</b> in debit

For further details please turn over →

**Message board**

**Terms and Conditions**

We have made some changes to our terms and conditions for supplying your energy. For a copy, call 0800 048 0202 or go to [britishgas.co.uk/terms](http://britishgas.co.uk/terms)

**Generation Green**

Generation Green is our brand new schools and community programme designed to help kids grow greener minds inside and outside of the classroom. To find out more visit [generationgreen.co.uk/schools](http://generationgreen.co.uk/schools)


**Ways to pay your bill**

When paying you need your customer reference number which is 


Please allow 3 working days for your payment to clear at a bank or Post Office and 5 working days if you pay by post.


 **Switch to Direct Debit**  
It's easy, convenient and saves you money. Call us on 0800 048 0202 to spread your payments over the year, or pay your bill in full each quarter.

 **Credit/Debit card, by phone or online**  
Call us on 0800 107 0224 or visit [britishgas.co.uk/paymybill](http://britishgas.co.uk/paymybill)

 **Internet or phone banking**  
Pay directly to our account number 71584685 and sort code 40-05-30.

 **At any bank or by post**  
Make cheques payable to "British Gas Trading Ltd" and write your customer reference number on the back. Take your cheque with this completed payment slip to the bank, or send them to British Gas, Payment Area 55, Camberley, GU95 1AB. Please don't send cash in the post. Some banks charge for this service.

 **By PayPoint**  
Take your whole bill and pay by cash.

 **At the Post Office**  
Take your bill or payment card, fill in this payment slip and make your cheque payable to "Post Office Ltd".