



File number ~~82 - 524~~

# FRIENDS PROVIDENT

Friends Provident plc  
Pixham End, Dorking, Surrey RH4 1QA  
Telephone 0870 6083678 Fax 01306 654991

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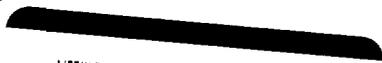
2006 FEB -6 P 4: 23

OFFICE OF INTERNATIONAL  
CORPORATE FINANCE

82-34640

26 January 2006

Securities and Exchange Commission  
Office of International Corporate Finance  
Mail Stop 3 -2  
450 Fifth Street, N.W.  
Washington DC 20549



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SUPPL

Dear Sir

**Friends Provident plc - File number ~~82 - 524~~**

I enclose recent releases to the London Stock Exchange, since our last submission to you: -

10 Jan 2006	Director/PDMR Shareholding
23 Jan 2006	Treasury Stock

Should you require any assistance, please do not hesitate to contact me by email to [jenni.horn@friendsprovident.co.uk](mailto:jenni.horn@friendsprovident.co.uk).

Yours sincerely

Ms. Jenni Horn  
Senior Company Secretariat Assistant

PROCESSED

FEB 08 2006

OFFICE OF INTERNATIONAL  
CORPORATE FINANCE

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## Regulatory Announcement

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Company Friends Provident PLC  
TIDM FP.  
Headline Director/PDMR Shareholding  
Released 14:46 10-Jan-06  
Number PRNUK-1001

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Treasury Shares and notification of interests of directors/persons discharging managerial responsibility and connected persons pursuant to DR 3.1.4 R(1) (a) and DR 3.1.4 R(1) (b)

10 January 2006

Friends Provident plc announces the transfer of 41,690 treasury shares from the Treasury Shares Account to participants of the Friends Provident plc ShareSave Scheme and to option holders of the Friends Provident plc Executive Share Option Scheme on 9 January 2006.

In addition, the Company transferred 18,299 treasury shares to the trustees of the Friends Provident plc Share Incentive Plan (SIP) at a price of £1.9005 per share for the December 2005 contribution. The Company has received notification from the following persons discharging managerial responsibility, including the executive directors of the Company, that of the 18,299 shares acquired by the trustees, they have each acquired shares through the SIP as follows:

### DIRECTORS

Name	Shares Purchased on 9 January 2006	Shares beneficially held following purchase
A R G Gunn	66	38,839
K Satchell	66	32,034

### OTHER PERSONS DISCHARGING MANAGERIAL RESPONSIBILITY

Name	Shares Purchased on 9 January 2006	Shares beneficially held following purchase
S J Clamp	66	3,341
A P Jackson	66	7,077
J R McIver	66	7,565
R Sepe	66	5,021
J Stevens	66	9,376
P T Tunnicliffe	66	8,516

Executive directors of Friends Provident plc participating in the SIP are to be regarded as interested in 9,714 shares out of the 1,991,673 shares held by the trustees of the SIP.

Following the transfer of the above treasury shares, the issued share capital of the Company is 2,139,144,959 ordinary shares of 10p each of which 40,048,266 shares are held in treasury.

Enquiries: Gordon Ellis, Group Secretary 01306 653087

END

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## Regulatory Announcement

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<b>Company</b>	Friends ProvidentPLC
<b>TIDM</b>	FP.
<b>Headline</b>	Treasury Stock
<b>Released</b>	15:06 23-Jan-06
<b>Number</b>	PRNUK-2301

### Treasury Shares

23 January 2006

Friends Provident plc announces that following the transfer of 75,963 treasury shares from the Treasury Shares Account to option holders of the Friends Provident plc ShareSave Scheme and the Friends Provident plc Executive Share Option Scheme, the issued share capital of the Company is 2,139,144,959 ordinary shares of 10p each of which 39,972,303 shares are held in treasury.

This announcement does not constitute, or form part of, an offer or any solicitation of an offer to purchase or subscribe for securities in any jurisdiction.

Enquiries: Gordon Ellis, Group Secretary 01306 653087

END

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