

Company	Forest Support Services PLC
TIDM	FSS
Headline	Holding(s) in Company
Released	16:30 22-Mar-07

FOR IMMEDIATE RELEASE

Forest Support Services Plc (“the Company”)

The Board of Directors of the Company announces in accordance with the new FSA Disclosure and Transparency Rules Transitional Provisions (DTR TP7) that it received on 20th March 2007, notification from Gartmore Investment Limited that, pursuant to the new rules under the DTR TP, it is deemed interested in 970,000 (5.185%) in the total voting rights of the Company. The holding appears in the Company’s Register of Members as BNY GIL CLT A/C NOMS LTD NWSC.

The shares referred to above are ordinary shares of 5p each and the total number of shares in issue is 18,706,961 with each ordinary share carrying the right to vote. There are no shares held in treasury.

END