

COFFEE CUP INSIGHTS

Official Newsletter of Invitari Limited
invitari.co.uk



Invitari
BUILT ON TRUST

Bring on the Sunshine!

As April bids us farewell, we eagerly embrace the blossoming promise of May! With two bank holidays this month, we look forward to the warmth of spring in full bloom. This month brings forth a myriad of celebrations and acknowledgments.

At the heart of every vibrant community lies the foundation of family. On May 15th, we celebrate International Families Day. Whether bound by blood or chosen through kinship of the soul, let's honor the bonds that unite us and cherish the moments that make our families extraordinary.

Days of the Year website, offer information on the event and suggestions on how you can mark this special days. some of our favorites are, craft a family playlist with songs that evokes happy memories for your family, this could be listened to as you cook a special meal together.

Click on the link for more information



This month we open our spotlight section to the Albrighton Community Centre in Dog Kennel Hill. One of the largest food banks in the country which first opened its doors to meet the needs of the housing estate it is centered in. Since the events of COVID-19 and more recently, the cost of living crisis, the centre has extended their support to the wider community assisting families of South East London.

We hope you enjoy reading this months newsletter and if you would like to get in touch about any of the items mentioned, you can contact us through our website at invitari.co.uk

Ronald Jenkees - Days Away

Actively present in the music scene since 2004, Ronald Jenkees' work spans over the musical genres of hip hop, electronic music and rock and roll.

Known for his YouTube videos playing the keyboard, Ronald has also created soundtracks for PC games, theme music for podcasts and music on hold for Google.

A skilled musician, Ronald can play the keyboard, piano and harmonica



TIME CAPSULE

1954 - 6TH MAY

ROGER BANNISTER BROKE THE RECORD FOR RUNNING 1 MILE

2023 - 6TH MAY

CORONATION OF KING CHARLES III

1994 - 10TH MAY

NELSON MANDELA BECOMES THE FIRST BLACK PRIME MINISTER OF SOUTH AFRICA

1820 - 12TH MAY

FLORENCE NIGHTINGALE WAS BORN

1796 - 14TH MAY

SMALLPOX VACCINE WAS DEVELOPED

DATES FOR YOUR DIARY

3RD MAY

WORLD LAUGHTER DAY

4TH MAY

STAR WARS DAY

6TH MAY

EARLY MAY BANK HOLIDAY

6TH - 12TH MAY

SCREEN FREE WEEK

6TH - 12TH MAY

NATION SUN AWARENESS WEEK

7TH - 11TH MAY

EUROVISION SONG CONTEST

12TH MAY

INTERNATIONAL NURSES DAY

15TH MAY

INTERNATIONAL FAMILIES DAY

27TH MAY

SPRING BANK HOLIDAY

WHAT THEY SAID...!

“EDUCATION IS THE MOST POWERFUL WEAPON WHICH YOU CAN USE TO CHANGE THE WORLD.”

NELSON MANDELA

IMMUNE BOOSTING 'SUPERFOODS'

Strawberries are often regarded as a superfood due to their impressive nutritional profile and health benefits. Here's why they're considered such a powerhouse:

1. Rich in Antioxidants like vitamin C, anthocyanins, and ellagic acid. Which help protect the body from oxidative stress caused by free radicals, thus reducing the risk of chronic diseases
2. High in Fiber, strawberries support digestive health by promoting regular bowel movements and preventing constipation. Fiber also helps regulate blood sugar levels and contributes to a feeling of fullness, which can aid in weight management.
3. Strawberries are low in calories and sugar compared to other fruits, which makes them a great option for satisfying cravings without causing spikes in blood sugar levels.
4. Strawberries are rich in essential vitamins and minerals, including vitamin C, vitamin K, manganese, and potassium. These nutrients play key roles in various bodily functions such as immune system support, bone health, and electrolyte balance.
5. The antioxidants and polyphenols found in strawberries have been linked to improved heart health by reducing inflammation, lowering cholesterol levels, and improving blood vessel function.

Overall, strawberries are a delicious and nutritious addition to any diet, offering a wide range of health benefits that contribute to overall well-being.

For recipe suggestions, click on the link below.



[RECIPE
SUGGESTIONS](#)

Did you know?

The year 1989 was labeled "The International Year of the Family" in honor of the United Nations continued efforts studying family dynamics.

Payments

When making online banking payments to Invitari, adding the invoice number to your reference will enable us to match up payments and prevent unnecessary reminder notices.

Customer Data

Due to changes to GDPR, customers will now be able to access their personal information that Invitari Ltd hold. This will be through an online portal. Keep an eye on your inbox for more information but should you need immediate access, please do get in touch.

Appointments

Most of the calls we get on a daily basis is through word of mouth. This is due to the many happy customers we have served over the years who have referred our services to friends, families and strangers that have asked for trusted traders.

It is because of this that Invitari Ltd is often booked up to 6 months in advance which means that if our team are turned away on the day of your booking, it can often be difficult to find a convenient day to reschedule. We understand that sometimes it will be necessary to reschedule and therefore we will do our best to meet your needs. Please see our full list of Terms and Conditions for cancellations and rebooking, available on the Invitari Ltd website (link below)

www.invitari.co.uk

Appointments Available