## **COFFEE CUP INSIGHTS**

Official Newsletter of Invitari Limited <a href="invitari.co.uk">invitari.co.uk</a>

# Invitari BUILT ON TRUST

### TIME CAPSULE

<u>1855 - 19TH MARCH</u> MARY SEACOLE LANDS IN THE CRIMEA

<u> 1855 - 31ST MARCH</u> Charlotte Brontë dies

<u>1879 - 18TH MARCH</u> ALBERT EINSTEIN IS BORN

2011 - 11TH MARCH FUKUSHIMA NUCLEAR DISASTER OCCURS

## DATES FOR YOUR DIARY

<u>1ST MARCH</u> ST DAVID'S DAY

7TH MARCH WORLD BOOK DAY

<u>8TH MARCH</u> INTERNATIONAL WOMEN'S DAY

> 10TH MARCH MOTHER'S DAY

11TH MARCH - 9TH APRIL RAMADAN

> <u>17TH MARCH</u> ST PATRICK'S DAY

<u>20TH MARCH</u> International day of Happiness

> 23 - 24TH MARCH PURIM

> > 25TH MARCH HOLI

<u>29TH - 31ST MARCH</u> EASTER

#### WHAT THEY SAID...

"THE BAD NEWS IS THAT TIME FLIES. THE GOOD NEWS IS THAT YOU ARE THE PILOT."

MICHAEL ALTSHULER

#### A Word from Julian Mellor M.D.

Dear all.

Here at Invitari Ltd, we have an immense pride in our skill and work ethic. This is often seen in our communications with the client when discussing their needs and managing projects. It is the combination of these two things, merged with over 30 years of knowledge and experience that continually lead to happy client referrals and is now the leading drive to all new customers.

Due to the continued growth of the business, the decision has been made to become VAT registered. This will commence with immediate effect.

We would like to thank our loyal customer base for supporting us over the years and hope to continue our relationship 'built on trust'. In doing so we would like to freeze the price of any established, regular window cleans for the duration of 2024. We look forward to being able to continually provide the excellent level of service you have come to enjoy.

Should you have any questions relating to this, please do not hesitate to get in touch in the usual way.

Julian Mellor Managing Director

#### Journey - Winds of March

This month's music feature is a hard-rock entry. "Winds of March" by Journey, taken from their 1978 album Infinity.

The lyrics can be interpreted as referencing the love a parent has for the their child wanting to keep them safe and protected and with their arrival being compared to the 'Winds of March' marking change and an opportunity of growth and renewal. Journey was inducted into the Rock and Roll Hall of Fame with the class of 2017 and ranks as number 96 on VH1's 100 Greatest Artists of All Time.



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## IMMUNE BOOSTING 'SUPERFOODS'

RECIPE SUGGESTIONS

Leeks are a great go to for those following a restricted diet. Low in calories, these humble vegetables are packed with essential vitamins and minerals. In addition to Vitamins B, C and K which were mentioned in last months newsletter, leeks also have a generous does of Vitamin A, essential for normal vision, the immune system, reproduction, growth and development.



Vitamin A also helps your heart, lungs, and other organs to work properly.

The Copper mineral found in leeks is used to carry out many important functions, including making energy, connective tissues, and blood vessels. Copper also helps maintain the nervous and immune systems and activates genes and brain development.

With the addition of Magnesium which is required for blood clotting, it is also essential for energy metabolism and the functioning of the immune and nervous systems.

## Spotlight - How often should I have my gutters cleaned?

With the onset of the 'Winds of March', it is a good time to book in your next gutter clean.

Leaves and debris are often swept up by the winds and settle in guttering systems blocking pipes and causing water ingress. Repairs can often be costly and unnecessary if the gutters are regularly cleaned and maintained.

"So how often should I clean my gutters?" ...

It is recommended that gutters should be cleaned once or twice a year, usually during Spring and Autumn, however this can vary depending on your location. Although an annual gutter clean is sufficient for many homes, the local area and weather conditions should be taken into consideration and seasons will often have an impact on how effective your gutter system is working..

A scenic neighborhood surrounded by trees will need more cleans throughout the year and extreme weather conditions can wash silt, sand and fine debris causing blockages and stress to joints along the guttering system, redirecting water flow.

To book your next gutter clean you can contact us by email at info@invitari.co.uk or you can send a photo via WhatsApp to 07500 903 965 of any repairs for a quotation.

## **Appointments Available**

## Did you know?

Did you know that all gutter repairs completed by Invitari Itd are guaranteed for 12 months.

With regular cleaning and maintenance, they can continue to protect your home for up to 20 years.

## **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

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