

# COFFEE CUP INSIGHTS

Official Newsletter of Invitari Limited  
[invitari.co.uk](http://invitari.co.uk)



invitari  
BUILT ON TRUST

## Happy New Year!

We hope you were able to have a restful and enjoyable festive break. At the stroke of midnight on 1st January 2024, The world opened it's eyes to a brand new year and for many of us, New Year resolutions are already secure in the mind. For us here at Invitari, our New Year's resolution is to continue looking after our customers and taking pride in our work.

The variety of resolutions vary significantly from giving something up such as smoking or alcohol, to starting something new, perhaps you have your eye on that new fitness class at your local gym. Whatever your resolution is this year, the purpose of it is to impact your life in a positive way. Deciding on what your resolution will be can be effortless, but sticking to it can be tremendously difficult.

It can take up to two months to establish a new habit. To help you stay on target, here are some tips that will help you maximise your chances of achieving your goals.

### Start small

Give your body and mind the opportunity to get use to what is being asked of it. Start slowly, making small adjustments as you begin to succeed.

### Measure

Measure out what your success will look like, e.g. reduce smoking by one cigarette for a week, e.g. Reduce from 10 cigarettes to 9 every day for seven days. this will then reduce to two cigarettes on the next week and so one.

### Realistic

Be honest with the time you have available. Set goals that you know you will be able to achieve.

### Plan

Establish the When, Where and Why and always have a backup plan for stressful situations. When giving something up, it is important to have something in place when life's stresses get in the way. E.g. When giving up smoking, chew gum or go for a run. Find something that you enjoy.

### Positive

It's okay to have an off day, what's important is how you recover from it. Focusing on the negatives will discourage you and prevent you from succeeding. Therefore reinforce the When, Where and Why, reminding yourself of the positive impact you are making to your life.

Good luck!

## Sting - January Stars

Released in 1993, the non album track describes hope for what is to come in the new year.

"January Stars" didn't make the cut as an album track for Ten Summoner's Tales which was known for the singles "If I Ever Lose My Faith in You" and "Fields of Gold", but instead made an appearance as a B-side track.



## TIME CAPSULE

1999 - JANUARY 1ST  
THE EURO CURRENCY MADE  
IT'S DEBUT IN 11 EUROPEAN  
COUNTRIES

2007 - JANUARY 9TH  
STEVE JOBS DEBUTS IPHONE

2009 - JANUARY 20TH  
BARACK OBAMA INAUGURATED

1986 - JANUARY 28TH  
SPACE SHUTTLE CHALLENGER  
EXPLODES

## DATES FOR YOUR DIARY

1ST JANUARY  
NEW YEARS DAY

5TH JANUARY  
TWELFTH NIGHT

16TH JANUARY  
MARTIN LUTHER KING JR. DAY

24TH JANUARY  
INTERNATIONAL DAY OF  
EDUCATION

25TH - JANUARY  
BURNS NIGHT

## WHAT THEY SAID...!

"JANUARY IS THE PERFECT  
TIME TO REFLECT ON THE  
PAST YEAR AND SET  
INTENTIONS FOR THE YEAR  
AHEAD."

OPRAH WINFREY

## IMMUNE BOOSTING 'SUPERFOODS'

During the winter months it is important to find foods that will help our bodies sustain the impacts of the harsh weather. A variety of colours on our plates has always been considered the best form of diet.

BBC Good Food has nearly one superfood for each day of January.

Including a different item each day is a great way to try new foods and maintain the nutrients you need during the cold winter months.



[click on the link to view website](#)

## Did you know?

You can find all previous copies of our newsletter, Coffee Cup Insights Newsletter, on our company website.

[Invitari.co.uk](http://Invitari.co.uk)

## Urgent Notice!

Our Terms and Conditions will soon be changing so please do read the T's & C's thoroughly when accepting future quotations so you are fully up to date with how Invitari Ltd support our customers.

## 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](http://www.invitari.co.uk)

## Spotlight - Shining a spotlight on local business

Dulwich Village is home to many historic wonders such as Dulwich Picture Gallery and Dulwich College, but there is something in the village without the age but causing great excitement.

SiFu Della O'Sullivan, founder of [Phoenix Eye Wing Tsun Association](#) started her kung fu school in Dulwich in 2007, she is a Martial Art expert, founder of [Fight Like a Girl](#) workshops and now [author](#) to add to her many achievements. Women have felt empowered from the workshops and adults and children as young as 4 can learn Wing Tsun Self Defense.

"SiFu Della is really friendly, she's okay with taking her time and doing things step by step with everyone. Wing Tsun has given me the confidence to walk home from school and I would recommend others do the same".

E.M 11yrs

SiFu Della and the [Phoenix Eye Wing Tsun Association](#) can often be seen doing a display at the annual Dulwich Park Fair.



For details on class dates and time visit the website

[PHOENIXEYEWINGTSUNLONDON.CO.UK](http://PHOENIXEYEWINGTSUNLONDON.CO.UK)



# Appointments Available