

# COFFEE CUP INSIGHTS

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



Invitari  
BUILT ON TRUST

## Light and Remembrance

November brings shorter days and longer nights, the act of remembrance on 11th November and the joy of festivities and fireworks in the form of Diwali and Guy Fawkes Night.

### Roll the Dice

Book a window clean to be completed in the month of November 2024 and you can roll the dice for the chance to get your clean for free.

On the day of your November clean a member of the team will roll the dice. If you get a double six, you will not have to pay for the service.

Use the promotional code DICE to secure your booking.



### Christmas Decoration Installation

Did you know that one in three members of the British public end up in A&E due to a mishap putting up their Christmas decorations.

Being stored in a dusty loft all year, our team can not only PAT test your fairy lights ensuring they are safe to use, but also install them allowing you to concentrate on the rest of your festive to do list.

Contact one of the team for more information.

## Katy Perry - Firework

With so many fireworks being used this month, it seems fitting to have Katy Perry's single Firework as our musical track of the month.

If you have pets, you can follow advice from the **RSPCA** on how to help them during firework season.



## TIME CAPSULE

2 Nov. 1936

The world's first regular TV service was started by the British Broadcasting Corporation, an estimated 100 TV owners tuned in.

November 4, 1942

The first electrified underground railway system was officially opened in London

22nd November 1963

Assassination of John F. Kennedy

## DATES FOR YOUR DIARY

31st October - 1st November  
Diwali

5th November  
Guy Fawkes Night

10th November  
Remembrance Sunday

11th November  
Armistice Day

15th November  
Children in Need

## WHAT THEY SAID...!

"DARKNESS CANNOT DRIVE OUT DARKNESS: ONLY LIGHT CAN DO THAT."

MARTIN LUTHER KING JR

## IMMUNE BOOSTING 'SUPERFOODS'

This month's super food is **Butternut Squash**.

The humble root vegetable is high in fiber, low in calories and contains antioxidants such as beta-carotene, which can help combat oxidative stress and reduce inflammation in the body.

Being rich in nutrients, butternut squash is high in vitamins A, C, E, as well as B vitamins like folate.

Vitamin A is essential for vision and immune function, while vitamin C supports skin health and boosts the immune system.

Why not have a go at using this month's super food in a delicious Butternut Squash and Sage Risotto.

Click on the image to be taken to the recipe at BBC Good Food.



## Spotlight - Remembrance

At the eleventh hour on 11th day of November in 1918, an agreement was signed to end the fighting of the First World War. On Monday 11th November, people of the UK pause for 2 minutes in silence to remember those who have lost their lives in battle. It brings a time of reflection not just on wars that have passed but for those that continue today.

The red poppy is the usual symbol but does not stand alone as a symbol of remembrance as there are four colours to choose from in total.

The red poppy commemorates the lives that were lost during the First World War and conflicts that followed. It was inspired by the fields of poppies that grew where many of the battles were fought.

The purple poppy is often worn to remember animals that have been victims of war such as horses, dogs and pigeons.

The Black Poppy Rose commemorates the contributions of black, African and Caribbean communities to the war effort - as servicemen and servicewomen, and as civilians.

The white poppy commemorates people who died in conflict, but focuses on achieving peace and challenging the way we look at war.

Wearing a poppy is a show of support for the service and sacrifice of our Armed Forces, veterans and their families. The money raised from the sell of the poppies goes directly to supporting the relevant charities the different colour poppies represent.

Click on the link for more information.



# Appointments Available

## Did you know?

Out of all 154 sonnets and 37 plays written by William Shakespeare, November isn't mentioned once, assuming that the writer himself was not fond of the month.

## 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.

## VoIP

As our landline is a VoIP system, some calls are still not making it through our team.

Please continue to call 07500 903 965 for all enquiries whilst we work on getting this fixed.

## 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)