

# COFFEE CUP INSIGHTS

Official Newsletter of Invitari Limited



invitari  
BUILT ON TRUST

## WE'RE BACK!

For many of our customers, the monthly Invitari newsletter was something to look forward to with news, offers and updates, keeping our 2500 plus customer base informed of all things local.

After a break that felt far too long, we are pleased to say that we are back, rebranded and better than ever. So get yourself, your favourite hot beverage, sit down in a comfy seat and enjoy this months issue of 'Coffee Cup Insights'.

## Autumn Almanac

As is typical for most British Summers, there was a fair mix of weather cycles this year. As September 23rd was the official start to the Autumn season, our thoughts are now drawn to the shorter days and the nights that draw closer. Our attentions move towards getting ready for those cold evenings as we stay cozy with Oodies and hot chocolates by the fire.

The Kinks' "Autumn Almanac" single, recorded in 1969 lyrically describes the season many of us in the United Kingdom will be familiar with and includes the traditions that come with it such as watching football, raking the leaves that fall to the ground as well as favourite foods. The song presents autumn as a time to relax and how we should appreciate the change that come with the season. Click on the image of the album cover to decide if you agree.



## TIME CAPSULE

4TH OCTOBER 1922  
BRITAIN'S FIRST ESCALATOR OPENS AT LONDON'S EARLS COURT.

10TH OCTOBER 1903  
THE WOMEN'S SOCIAL AND POLITICAL UNION (SUFFRAGETTE) WAS FOUNDED

13TH OCTOBER 1967  
THE KINKS RELEASED AUTUMN ALMANAC

26TH OCTOBER 1863  
FORMATION OF ENGLISH FOOTBALL ASSOCIATION

## DATES FOR YOUR DIARY

5TH OCTOBER  
WORLD TEACHER DAY

10TH OCTOBER  
WORLD MENTAL HEALTH DAY

24TH OCTOBER  
UNITED NATIONS DAY

31ST OCTOBER  
HALLOWEEN

## WHAT THEY SAID...!

"IF TODAY WERE THE LAST DAY OF YOUR LIFE, WOULD YOU WANT TO DO WHAT YOU ARE ABOUT TO DO TODAY?"

STEVE JOBS

## IMMUNE BOOSTING 'SUPERFOODS'

As you scrape out your pumpkins this year to celebrate Halloween, consider making a delicious immune boosting meal such as Pumpkin Soup. Click on the Pumpkin Soup Icon for the recipe. A valuable source of Vitamin A, pumpkins are a great way of fighting off infections and the seeds are powerful too. Rich in dietary fiber and mono-unsaturated fatty acids, which are great for heart health.

PUMPKIN  
SOUP RECIPE

## Did you know?

MOST OF US ARE ALREADY AWARE THAT THE GUTTERING SYSTEM WE KNOW TODAY WAS BROUGHT TO THE UK BY THE ROMANS BACK IN 43AD.

BUT DID YOU KNOW THAT THE ROMANS UNDERSTOOD THE IMPORTANCE OF GUTTERING SO WELL THAT THEY EVEN NAMED THE GODDESS CLOACINA, THE GODDESS OF CLOACA MAXIMA (THE MAIN GUTTERING SYSTEM OF ROME).

# DO YOU NEED YOUR GUTTERS OR WINDOWS CLEANING?

## CONTACT

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# Appointments Available