

# 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

## Understanding, Support and Appreciation

October is a month marked by various observances that promote awareness and celebrate cultural heritage. This month we have the opportunity to reflect on World Mental Health Day, Breast Cancer Awareness, Black History Month and International Music Day. Each of these events play a crucial role in fostering understanding, support and appreciation across communities.

Observed on 10th October, World Mental Health Day focuses on raising awareness about mental health issues and promoting mental well being. This observance seeks to destigmatize mental health struggles and encourage conversations about emotional well being.

<https://wmhdofficial.com>

Breast Cancer Awareness month is a vital campaign aimed at raising awareness and promoting early detection and treatment. The iconic pink ribbon has become a symbol of hope and solidarity, uniting people in the fight against breast cancer.

<https://www.nationalbreastcancer.org/events/>

During Black History month we celebrate the achievements and contributions of Black individuals throughout history. The event encourages us to reflect on the struggles and triumphs of African descendants, and serves as a reminder to educate ourselves and others about the ongoing fight for equality and justice.

<http://blackhistorymonth.org.uk>

International Music Day, celebrated on 1st October is a global event that recognizes the importance of music in fostering unity and peace transcending cultural boundaries, serving as a universal language connecting people from diverse backgrounds.

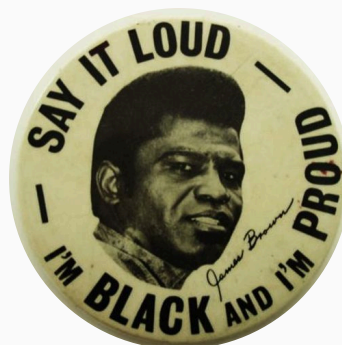
[https://en.wikipedia.org/wiki/International\\_Music\\_Day](https://en.wikipedia.org/wiki/International_Music_Day)

By participating in these events and spreading awareness, we contribute to a more informed, compassionate, and united society. Let us take this opportunity to honor our past, support each other in the present and inspire future generations.

## James Brown - Say it Loud

Who better than James Brown to deliver an empowering message marking both International Music Day and Black History Month.

'Say It Loud' was released in 1968 gifting the younger generation an anthem of pride and acceptance.



## TIME CAPSULE

2nd October 1869  
Mahatma Gandhi was born

9th October 1940  
John Lennon was born

13th October 1884 Greenwich was established as the universal time from which standard times throughout the world are calculated.

14th October 1964 - Martin Luther King, Jr., receive the Nobel Peace Prize

## DATES FOR YOUR DIARY

1st October  
International Music Day

1st October  
International Day for the Elderly

5th October  
World Teacher Day

10th October  
World Mental Health Day

11th October  
International Day of the Girl Child

31st October  
Halloween

## WHAT THEY SAID...!

"OUR LIVES BEGIN TO END THE DAY WE BECOME SILENT ABOUT THINGS THAT MATTER."

MARTIN LUTHER KING JR

## IMMUNE BOOSTING 'SUPERFOODS'

### Spiced Apple and Ginger Chia pudding

As the days grow shorter and the weather turns cooler, it's essential to support our immune systems with nourishing foods. One delicious way to do this is by enjoying a Spiced Apple and Ginger Chia Pudding. This recipe combines the power of chia seeds, apple, and ginger, all of which are packed with nutrients that help strengthen your body's defenses.

To make this comforting and delicious treat, combine in a bowl 1 cup of your choice of milk, 1/4 chia seeds, 1 medium apple, diced, 1 tablespoon of fresh ginger, grated, 1 teaspoon of cinnamon, 1 teaspoon maple syrup (optional), 1/2 teaspoon vanilla extract, pinch of salt. Once combined, cover and refrigerate overnight. When set, give a good stir and serve with sliced almonds, sliced apples and a sprinkle of cinnamon

The Spiced Apple and Ginger Chia Pudding is not only a delicious and satisfying autumn treat but also a fantastic way to support your immune health. It is simple to prepare and can be enjoyed for breakfast, as a snack, or even as a light dessert. By incorporating these ingredients into your diet, you can enjoy the flavors of fall while nurturing your body for the colder months ahead.



Why So good?

Chia Seed - Omega-3, anti inflammatory, fiber

Apples - antioxidants such as quercetin and fiber

Ginger - anti inflammatory, antioxidants

Cinnamon - antioxidants, anti inflammatory, helps regulate blood sugar levels

### Spotlight - Company News!!!

#### Beat the Autumnal Rush

As a small business, we are often amazed at the volume of work that is generated through word of mouth. We take pride in what we do and work hard to meet the expectations of our customers .

Due to the volume of calls we get on a daily basis, it is recommended to plan ahead by visiting [hydrosmart.uk](http://hydrosmart.uk) today when booking your next annual gutter clean.

#### Telephone Number

Our regular customers will know that the company had an active VoIP telephone number.

VoIP stands for Voice over Internet Protocol. It is a technology that allows voice communication, such as phone calls, to be transmitted over the internet rather than traditional telephone networks.

Although this proved to be successful for many of our customers, unfortunately for some of our client base, their calls just wouldn't connect. We have been working tirelessly with the service provider to make this work for everyone and while we continue with our efforts an alternative number has been made available for all your needs  
07500 903 965

#### Join the Team

We are recruiting. If you know anyone that would like to become a member of the team please call 07500 903 965 for more information.

## Did you know?

The name October comes from the Latin word "octo" meaning eight. After January and February were added to the Calendar, October became the 10th month! The

Anglo-Saxons called October Winterfylleth. This means 'fullness' of winter.

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

# Appointments Available