

HydroSmart Newsletter

A Message from Julian:

It's been a while since our last newsletter, and with luck we should be slowly getting into the swing of things again.

As winter draws ever closer and the mornings get colder don't forget to make sure your gutters are working as they should. Leaking gutters can cause irreparable damage to internal walls and ceilings if they're not fixed sooner rather than later.

I'm proud to announce that we will be launching a small line of environmentally friendly cleaning products— watch this space! We have a bunch of really exciting changes coming for the new year including a new look website and hopefully we'll be moving to fully electric vehicles in the not too distant future.



DO YOU NEED YOUR
GUTTERS OR
WINDOWS
CLEANING?

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invitari
BUILT ON TRUST

Last but not least it gives me great pleasure to welcome a new team member into our ever-growing family. Hannah Willcock has joined us and she will be taking on the ever increasing administration and bookings as I concentrate on the expansion of Invitari, GoDriver and HydroSmart: our small group of companies.

A Message from Hannah:

It's great to have joined the HydroSmart/ Invitari family. I've recently moved from SW London to Camberwell and am really enjoying getting to know the area. My favourite Sunday activity is walking my very lovely but bonkers Dalmatian Nelly in Nunhead Cemetery. Since starting at HydroSmart, we've been working on a new logo and I'm very excited that we will soon have branded t-shirts!





Spotlight on Miguel's Boxing Gym:

1. How long have you been in business?

Miguel's Boxing Gym has been an established business since 1999 based in the heart of the vibrant multi-cultural inner city area of Brixton, South London.

2. What is the most rewarding aspect of your job?

Seeing people from all walks of life walk through the gym and change their lives around, whether it being health wise or making a career out of boxing. It's such a privilege seeing people love coming to the gym using it as their happy place, working out and smashing their goals.

3. What inspires you?

What inspires us at Miguel's boxing gym is seeing people come into the gym who are less fortunate than others but deal with the little they have got, this inspires us to be a better business and help the community more so people do not have to struggle as much. We cannot change everybody's lives but if we can help a handful than we have succeeded at something. This is why we do free boxing classes, food banks and fundraising events on a regular basis.

4. Do you have a family?

Miguel's boxing gym has a huge family with over hundreds of people. We are a family run business with Miguel's daughter now running the gym but our clients have now become part of our family too. We love each and every person that walks through our doors and everyone gets treated with love and care. We love our boxing community and we welcome everyone.

5. What would you advise the younger you?

We advise our younger self to never forget about your health and fitness. It is very important to stay healthy, not only does exercise improve the immune system and physical health but it also helps with the mental aspect of health. Exercise benefits include weight control, combats health conditions, improves mood, boosts energy, promotes better sleep and many more.

6. How has COVID changed your business?

COVID has dramatically changed our business, it has been tricky and very inconsistent for the financial side of business but for our clients it has encouraged them to prioritise their health to prevent any unfortunate situations.

7. What has changed in that time?

Our approach to how we run our business has changed a lot since Covid-19. We have limited the amount of people who can attend the classes at one time to make sure it's safe for everyone. We put our clients needs before ours to make sure they get the full service at a safe distance.

8. What changes have you made due to Covid-19 to keep your staff and customers safe?

The changes we have made since covid-19 are mainly based around our cleaning procedures. The gym is cleaned thoroughly several times a day by a hired cleaning company, cleaning sanitation stations are based in every room of the gym, no sharing of equipment is discouraged, gym is well ventilated all day, group class limitations to ensure safety for all.

9. What is your most treasured possession?

Miguel's Boxing Gym is our most treasured possession, we pride ourselves in being an asset to the local community. We open our doors to everyone who wishes to come and join us for any reason possible. We do not turn anyone away and we give care to everyone who joins us. We have managed to help many people turn their lives around, turned frowns upside down and helped people achieve their goals.

10. How long has your business been in the area?

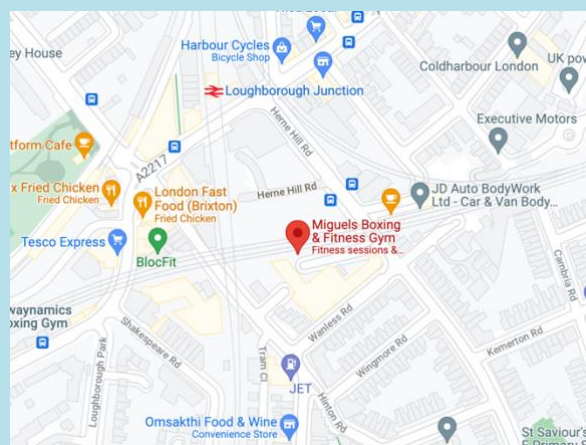
Our business has been in Loughborough Junction since 1999. Created by Steve Miguel in honour of his late father Miguel. Miguel encouraged Steve to get into boxing from a young age and since then he has never turned his back. Being so successful, he opened a boxing gym to help others the way his dad helped him.

11. What would you like your customers to know? Special offers? Changes to services? New products?

We offer group classes and personal 121 training for everyone. We have classes for beginners, kids from 5 years old, junior amateurs, adult amateurs, women only, beat obesity, mental health wellbeing, autism for kids classes, white collar for beginners, professional, sparring only and many more classes. Our classes range from 5-15 pounds with most being 10 pounds for an hours class. We sell merchandise at the gym including, hoodies, t-shirts, gloves, hand wraps, head guards and more.

Interested in getting involved? Visit in person or

www.miguelsboxinggym.co.uk



On this Day



1st December 1955—

Rosa Parks refused to give up her seat on the bus to a white man, sparking the Montgomery Bus Boycott.

This eventually led to the ending of Montgomery's racial segregation laws which were judged in violation of the 14th Amendment. And so marked the first great victory of Martin Luther King Jr's Civil Rights Movement!



National Eat a Red Apple Day is celebrated every December 1st.
(Personally we're more partial to a Granny Smith!)

Local Events to check out this December:

Thursday 2nd

Mary's Living and Giving Vintage Fair

https://www.eventbrite.co.uk/e/marys-living-giving-vintage-fair-tickets-209202218467?aff=ebdssbdestsearch&keep_tld=1

Saturday 4th

Bell House Open Garden

<https://www.bellhouse.co.uk/events/2021/7/20/bell-house-open-garden-rscj2-gxggt-6k6c8-psgcl>

From 11-1pm. Set behind the Georgian manor house, visitors can explore the peaceful two-acre garden. Mulled wine, mince pies and other festive sweet treats; a kids trail; a mini market of 3 of our lovely Bell House volunteers selling handmade crafts, wreaths and stocking-fillers ready for Christmas; tours of the house.

Feminist Library Winter Fayre

<https://www.eventbrite.co.uk/e/feminist-library-winter-fayre-tickets-210600781607?aff=erelexpmlt>

1-5pm

Involving workshops, mulled wine and festive food!

Saturday 11th/Sunday 12th

Havelock Walk Winter Open Studios

<https://www.havelockwalkstudios.com/>

11am-5pm

Saturday 18th

Manchester Carol Singing

<https://www.ticketsource.co.uk/whats-on/dulwich-village/st-barnabas-church-dulwich/manchester-carols/e-ezgzye>

‘This sequence of Christmas carols was written in 2007 by the Poet Laureate, Carol Anne Duffy and the composer Sasha Johnson Manning. The *Manchester Carols* re-tell the Christmas Story for the 21st Century. These carols are for everybody, the believer and the non-believer, people of other faiths and everyone wishing to join in the Christmas celebrations.’

WMN Run Saturday Social Run

<https://www.eventbrite.co.uk/e/wmn-run-london-saturday-social-run-dulwich-brockwell-parks-tickets-202432560237?aff=ebdssbdestsearch>

‘WMN RUN was born out of an idea to get more women into endurance running and has grown into a community that aims to inspire women to aim higher than the boundaries set, in all aspects of life.’

Our local Dulwich Police Community Support Officers are Simon Johnson and Donna Allan – stay crime-savvy with their updates:

<https://twitter.com/MPSDulwichVllge>

Is there anything you want to advertise? Perhaps a local event that’s taking place; a job vacancy; something to sell or something you’ve lost? Let us know and we’ll feature you in next month’s newsletter! Please email hannah@invitari.co.uk