

# Manor Royal News

THE OFFICIAL NEWSLETTER OF THE MANOR ROYAL BUSINESS DISTRICT

Issue 28

*Be part of it!*

Summer issue 2019



## Featured in this issue:

- NEW BID PARTNERSHIPS
- MANOR ROYAL TRAIL

## WELLNESS SPECIAL



Produced and made possible by the  
Manor Royal BID

Inside Track • News • Views • Interviews • Offers • Events

# Chairman's Message



We all live busy lives at home and at work - rushing to and from meetings, answering emails at all hours, juggling deadlines and competing priorities.

At a time when the importance of investing in our physical and mental health is increasingly spoken about, it's

interesting to see how our place - Manor Royal - can cater for our needs. I am staggered, once again, by the diversity and range of services available across the business district that this magazine uniquely highlights and, in this issue, our focus is on wellbeing.

At the BID, one of our aims is to improve Manor Royal as an attractive place in which to work. Improving the way it looks, and facilities is part of that. That's why I am delighted that our micro-park/heritage trail project has received support from the Arts Council.

This project will improve seating, enhance the public realm, wayfinding, and provide outdoor meeting and rest areas. It ticks quite a few boxes! Our approach will be to design and focus these areas on the stories of businesses and people of Manor Royal past and present. Coming from a company with a long history here, this is particularly interesting to me and I would encourage you to get involved as well.

I hope you are enjoying the summer and, as always, "Be part of it".

**Trevor Williams**  
Chairman, MRBD Limited

## A warm welcome...

**We are delighted to introduce two new members of the BID Team.**

Clare Silva joins as Operations Manager to help run Manor Royal BID, look after the Board and Management Teams, manage projects and focus on the people and skills areas. Clare is familiar with the area, having previously spent 11 years working as a Business Development / Skills Adviser for Crawley College, working across the Gatwick Diamond including Manor Royal. Contact Clare at [Clare@manorroyal.org](mailto:Clare@manorroyal.org)

Chris Oxlade joins as Marketing Officer and will support our marketing activities, helping the BID to reach out to more people and businesses on Manor Royal. Chris was previously the voice of Radio Mercury for 20 years - ten of them on Manor Royal and he's been impressed with the changes he has seen here - so much so, he has joined the team!

Contact Chris at [Chris@manorroyal.org](mailto:Chris@manorroyal.org)

Why not invite them for a chat to give them the Manor Royal lowdown from your perspective?



## Manor Royal gets more social

Manor Royal BID now has its own Facebook page. On it we will be promoting offers from and for Manor Royal companies and generally being more social.

Come and Like Us!!





# Manor Royal Stories

We are delighted to have received a grant from the Arts Council England to develop our Micro-Park Network / Heritage Trail Project. This has allowed us to engage Richard Wolfstrome as the project's Creative Lead to collect stories, memories, snippets and photos of Manor Royal's past and present from businesses and people.

This information will be used to inform artist briefs, to inspire different micro-park locations across the

business district. In a very real way, the businesses and people of Manor Royal will influence the way the place looks and feels in the seating and facilities we deliver as part of this project.

**It doesn't matter how long, short or insignificant you think your stories and memories are - they are interesting to us and we would love to hear them.**

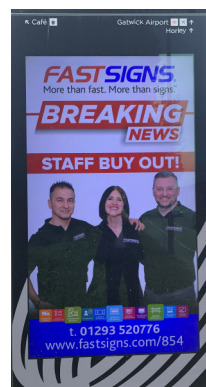
Discover more at  
[www.manorroyal.org/mystory](http://www.manorroyal.org/mystory)



## BID PROJECT SUCCESS

The digital advertising screens on Manor Royal are proving a huge success, with almost all available advertising spots having been sold already! Located at County Oak and in Manor Royal, Fleming Way and Gatwick Road, the BID is now working with delivery partner, Avensys, to create more of these exciting advertising opportunities. The project, supported by the Crawley Growth Programme, enables Manor Royal businesses and other companies to showcase their brands to thousands of people. Every day, 30,000 people come to Manor Royal to work with many more visiting or passing through.

Melanie Martinez,  
Co-Owner of



FastSigns on Gatwick Road is advertising on the newly installed digital signs at all four locations. She said "I can't believe the huge impact the signs have made for our business. We recently bought out Fastsigns in Crawley and can't believe the amount of people that have mentioned seeing the adverts on the digital signs"

Discover more at  
[www.manorroyal.org/advertising](http://www.manorroyal.org/advertising)

### Current advertisers include:

- APP Cars
- Avensys
- B&CE
- Creative Funding Solutions
- Fastsigns
- FTD Johns
- Gas Group Services
- Greenstar Cleaners
- Hawth Theatre
- HESIS Lakers Building Services
- Lok'nStore
- Motorline
- P&H Motorcycles
- Parr Porsche
- Rental Choice
- Specialist Performance PT
- Split Image
- Stainger Glass
- SVC Labs Ltd
- Transvalair
- Treetop Design & Print
- Vital Telcom
- WSCC

## New partners - New services - New benefits

### Waste & Recycling



Manor Royal BID has partnered with Biffa Waste Services to provide cost-effective waste collection and boost

recycling rates. Biffa already provides a service to over 250 businesses in Manor Royal, which creates the potential for significantly reduced vehicle movements in the area. Among the benefits, Manor Royal companies can also take advantage

of a free waste audit to make sure you get the best fit service for your company that reflects your own waste, recycling and sustainability targets.

More details at  
[www.manorroyal.org/waste](http://www.manorroyal.org/waste)

### New Defib In Newton Road

Presteigne Broadcast Hire, a provider of broadcast audio and video equipment hire, has set the bar for other Manor Royal firms by training all its employees to use a defibrillator.

They've also gone one step further and installed a defibrillator at their Newton Road HQ, registering it with HeartSafe.org. Their device is available for anyone to use between the hours of 07.30 - 19.00, Monday to Friday.

If you see someone who is having a cardiac arrest, call 999 and start CPR to keep the blood flowing to the brain and around the body. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chance



of survival by 10 per cent.

Businesses can play a big part in creating a nation of lifesavers by having a defibrillator in the workplace and training staff on their usage. By having one, it demonstrates that your business takes people's safety seriously.

A hearty thanks to the Presteigne team for setting a great example!

Discover more at [presteigne.tv](http://presteigne.tv)

### Welland Medical Employees Inspired by Norwegian Visitor

Welland Medical, a manufacturer of innovative stoma care solutions was delighted to welcome Ingrid Anette Hoff Melkersen to its Manor Royal HQ for an inspirational talk on living with a stoma recently.

Renowned in Norway for her work as a model, blogger and public speaker, Ingrid shared with staff how the stoma care products that they produce have enhanced her life. Diagnosed aged 16 with Crohn's disease, Ingrid has endured over 30 surgeries and endless months in hospital over the years.



During her visit, she enjoyed a tour of Welland Medical's manufacturing facilities where she was able to witness the complexity and detail that goes into making the ostomy products that she uses.

Chris Primett, Managing Director at Welland Medical, said: "I would like to extend a very warm thank you to Ingrid for making the journey to visit us. Having the opportunity to listen to her provided us with a valuable insight into the importance of our work."

### GATWICK MASTERPLAN UPDATE

Gatwick Airport has published its Final Masterplan for the development of the airport. It sets out three scenarios for growth: (1) Using new technology to build capacity on the main runway; (2) Bringing the existing standby runway into routine use for departures only alongside the main runway by the mid-2020s; and (3) recommending that land continues to be safeguarded for an additional runway in the future, should it be required (albeit there are no immediate plans to pursue this third option).

The Airport is now responding to the comments it has received as part of the Development Consent Order (DCO) process it is required to follow in order to gain approval from the Secretary of State. Further studies and public engagement are expected over the next year.

[www.gatwickairport.com/futureplans](http://www.gatwickairport.com/futureplans)

### HB Projects Clean up

Last month, the team at HB Projects, a multi-disciplinary principal contractor that provides construction solutions based in Lloyds Court, took to the streets with litter picking grabbers supplied by the BID Maintenance Team.

They rolled up their sleeves to put something back into the local community with good old-fashioned teamwork! Sam Clark, Operational Support, who

organised the sessions, said everyone enjoyed it far more than they expected and had a good laugh. "It is a great way to get to know our neighbours and encourage more community spirit."

If you and your team would like to volunteer with our Maintenance Team or Sussex Wildlife Trust, do get in touch with the BID office.





# Health and Wellness Special

*Do you love the summer months - enjoying an alfresco lifestyle during the long summer evenings, spending time with family and friends, feeling healthy and closer to nature....? As summer draws to a close, how can we maintain that feel-good factor that the warmer weather and our holidays bring, as we return to work for the autumn ahead?*

*We fear not, as in this issue of Manor Royal News, we take a look at some of the people on our doorstep who are ready to help us and our families feel good and at peak performance in the months ahead....and some of the things businesses are doing to help the wellbeing of their employees....*

## Flying the flag for the Feel-Good Factor!



Josie Lazenby, Senior Manager - Wellbeing & Benefits at Virgin Atlantic Airways Ltd tells us why Virgin Atlantic and Virgin Holidays are passionate about making work a great place to be.

"The wellbeing of our staff is of the highest priority and we're always looking at ways in which to enhance the feel-good factor whilst at work. When we're feeling at our best, we're able to focus, deliver, innovate and go the extra mile to deliver the outstanding customer service that we're known for - all in line with our company mission 'to become the most loved airline'.

### Working Well, Living Better

Our Wellbeing Programme 'Working Well, Living Better' focuses on three key areas of health; Mental, Physical and Financial. Our vision is that everyone can be their best self whilst at work. We pride ourselves on being able to provide accurate information, resources and links to additional support when our need it most.

Our wellbeing and benefits are designed to enhance and further an individual's wellbeing at every step of the way to support this vision.

With pop up events, roadshows, bespoke health events and provider fairs, our Wellbeing team of three are busy!

### It's a Win-Win!

This year, we've focused heavily on Mental Health, providing training for our Pilots, Cabin Crew, Engineers and office staff to raise awareness, reduce discrimination and break the stigma surrounding it. We're signed up to the Time to Change Employer Pledge and are pleased to hold the Wellbeing Charter accreditation.

Initiatives like this enable us to proactively drive the health and wellbeing agenda in a challenging and diverse business like ours. We're always looking at innovative ways to weave wellbeing into all that we do.

If we look after the wellbeing of our amazing people, they will look after the customer and therefore look after the interests of the business, it's a win-win!"

Want to discover more about how to look after the wellbeing of your workforce? Join us on **10 October** for this year's **Manor Royal People Conference** at the Sandman Hotel! Last few tickets available now!

## Manor Royal Mentor



**NatWest**

Need help with HR/Employment Law and Health

& Safety issues? Wish you had access to an easy to use online resource with a raft of templates, calculators, risk assessment and other interactive tools to help make running your business just that bit easier?

Soon you will have, as the BID has teamed up with Natwest to give access to its Mentor platform for businesses based in the BID area. The service will be officially launched at the Manor Royal People Conference (10 October).

[www.manorroyal.org/Mentor](http://www.manorroyal.org/Mentor)



# Tips From The Trainers

## Opt for Opex!

At OPEX GYM in Charlwood Court, County Oak, we help people to live a more fulfilled life by optimising their exercise, nutrition and lifestyle practices. Much of what we do is highly individualised BUT from coaching numerous people who work in high pressure, office environments there are some trends regarding ways you can gain control, optimise how you feel and ensure you don't burn out.

Here are our three simple tips:

1. Get enough sleep and maintain a natural body clock. If we can get people sleeping more and consistently, their energy levels

(and productivity) will generally skyrocket! Sufficient sleep is more than 7.5 hours every night so try to get up and go to bed at the same time every day, to build that natural rhythm.

2. Take regular breaks and always take a lunch break. This might not be popular with some and we usually get the 'that's easy for you to say' response, but quite simply if you want to remain productive all day and not burn out you need to take regular breaks away from your desk. You will never get to the bottom of the to-do list - and as such you need to stop sacrificing your health in trying!

3. Define the line between work and home life. Again, a symptom of how we live now, many of us take work home with us, doing the bits we couldn't get done at the office late into the evening. Respect your home life, respect your downtime - you need this to recover but more importantly the time you lose now with you friends, family and loved ones you will NEVER get back!

Discover more at

[www.opexgatwick.co.uk/blog](http://www.opexgatwick.co.uk/blog)  
or drop by **Unit 4, Charlwood Court, County Oak Way**  
or email [glen@opexgatwick.co.uk](mailto:glen@opexgatwick.co.uk)

Glen Oliver, Opex Gyms



## Snap to it at Lunch!

Do you or your employees spend each day sitting at a desk looking at a computer screen? If so, taking a break and leaving the digital world behind for a period during the day can be extremely beneficial. The endorphins released during exercise mean that we have more self-confidence and energy, a more positive attitude, and importantly, less stress. This can all result in performance benefits for everyone.

At Snap Fitness Gym, located in Astral Towers on Manor Royal, we have a special corporate wellbeing programme which integrates work and fitness, with team building classes, seminars and employee of the month personal training rewards.

Exercising during your lunch break, not only helps with achieving your fitness goals, but it gives you a midday sense of accomplishment which can last for the remainder of the day. Clients who exercise during the day find they get more work done and take fewer sick days. Plus, it's good for mental health, providing a stress-free getaway from the daily typhoon of meetings and emails. The key is to schedule the time. Literally write the workout into your calendar - and then hold that appointment as sacred.

Discover more at [www.snapfitness.com/uk/gyms/crawley](http://www.snapfitness.com/uk/gyms/crawley)

Kim Williams, Club Manager and Personal Trainer at Snap Fitness



# Loosen Up with Lloyd!

At Saunders Personal Training Studio (SPTS) we cater for everyone, whether you are just starting out on your fitness journey or advanced and looking to be pushed that bit further.

We want to help people build confidence when it comes to gym and fitness class environments as joining a gym or going to classes for the first time can be very daunting.

From day one we will make you feel welcome so you'll feel great whilst keeping fit. A key benefit is we don't have a tied-in gym membership –

you simply pay for personal training sessions or fitness classes. There is also an option of using the gym itself.

Our personal trainers Lloyd, Billy and Matthew are very welcoming and would love to help you hit your goals whether it's weight loss, getting stronger, gaining confidence or even getting ready for a big event. As well as having the one-to-one support, personal training can really help you stick to your goals, learn correct techniques, enjoy a variety of workouts and stay motivated.

If group classes are more your thing, we also hold 10 fitness classes per week (indoors and outdoors) and running clubs to fit in with lunch breaks for those working in Manor Royal.

To book your FREE consultation and taster session email

[Lloydsanderspt@yahoo.co.uk](mailto:Lloydsanderspt@yahoo.co.uk) or telephone **07786600498**.

(We are also offering a 20% discount on fitness classes and personal training sessions to BID members for their first month.)



Last year, Perry Watts, a Production Manager at Document Options on Manor Royal, decided he needed to get in shape and so got in touch with Sean Parkinson, Owner and Personal Trainer at Specialist Performance Personal Training (SPPT), based in Royce Road off Fleming Way. Here is Perry's account of his experience....

"Last year I decided I needed to make a change to my life regarding my health, I was tired and got out of breath walking up the stairs, and the thought of exercise was horrific! I think everyone feels self-conscious about going to the gym and struggles to find motivation. I was recommended to Sean at SPPT and decided to check them out as they felt a bit different to the standard gyms around. It was the best decision I've made!

Sean was able to put any fears to rest very quickly and simply said what I needed to do to achieve my goals. For me, diet was a key factor and SPPT helped me understand how to recognise what works for me and how I can manage it (so I don't have to only eat plain rice then!) Consequently, in the past 13 months, I've lost 35kg and 15% Body Fat. I have gained confidence and am healthier and stronger, both mentally and physically. I just wish I'd done it years ago.

I couldn't do a press-up when I started and now can do 20 with ease! SPPT isn't just a gym, it's a community and everyone who goes there supports each other. I've made some great friends too. I can't recommend SPPT enough!

Contact Sean Parkinson at Specialist Performance Personal Training on [Sean@sp-pt.com](mailto:Sean@sp-pt.com) or telephone **01293 513152**

# Ease those Aches and Pains!

Bridgeham is a multi-disciplinary health and wellbeing clinic located within the Manor Royal Business District. The owners, Trevor and Jo Strutt, along with their expert team of reception staff and practitioners are passionate about their business, helping people to enjoy movement, and solve the mystery of why their body does what it does. They strive to help all people to 'Be the best they can be'.

Jo and Trevor have created an environment where you can share your health experiences and feel completely safe, supported by high quality practitioners who focus on providing complete wellness integrating health with care. Whether it's osteopathy, physiotherapy, Pilates, massage, acupuncture, nutrition, Pranic Healing, hypnotherapy or foot health, your healthcare is their top priority.

Their aim is to not only treat the symptoms, but to also get to the cause of the problem. The primary healthcare team are qualified to diagnose many common aches and pains and will formulate a personal treatment plan. You don't need to go to your doctor first. Bridgeham specialises in making movement as effortless and pain free as possible whilst also focusing on your wellbeing.

Bridgeham is Manor Royal's one stop rehabilitation clinic, caring for your body and your health, for life. They can help you and your colleagues find your optimal best working posture and wellbeing.

Discover more at  
[www.bridgeham.com](http://www.bridgeham.com)  
or call **01293 542245**



# Sivantos - Hear Here!

Located on Manor Royal, Sivantos Ltd (formerly Siemens Hearing Instruments) has a legacy spanning 140 years. As a global hearing aid manufacturer, Sivantos provides the latest technological and audiological developments for a growing market.

According to the latest WHO-research, approx. 466 million people worldwide have disabling hearing loss. We use our expertise to tackle hearing loss globally and have won numerous awards for our services and products.

Earlier this year, Sivantos launched the Styletto Connect hearing aid, which is designed to provide an exceptional user experience, and fight the stigma attached to wearing hearing aids. Since its launch, the award-winning Styletto has established itself as the most fashionable device in the hearing aid industry.

Of course, hearing well is only one aspect of good health and wellbeing. To ensure healthy lives and wellbeing for all, we must act ourselves as part of Corporate Social Responsibility (CSR); recognising the impacts our activities have on our society and acting on them accordingly!

Sivantos UK has been matching the charity fundraising efforts of its employees since 2014. In that time, the company (and its employees) has raised c£20,000. As well as running a tuck shop, some of the team regularly take part in running events (such as "Run Gatwick") fundraising for local charities.

Discover more at  
[www.signia-hearing.co.uk](http://www.signia-hearing.co.uk)



**reddot design award**  
winner 2019

## Crawley Chiropractic Centre

The Crawley Chiropractic Centre is based in Basepoint Business Centre, off Metcalf Way on Manor Royal. Chiropractors are practitioners interested in overall health and wellbeing including nutrition exercise, sports performance, rehabilitation, spinal health maintenance and prevention.

The practice offers clients a variety of treatment options and is run by Dr Danny Scahill DC, who has been in practice since 2006, helping many clients. During this time, he has acquired a reputation for being a chiropractor who listens and cares for his clients.

The practice recently was named Chiropractic Centre of the Year at the 2019 Alternative Medicine and Holistic Health Awards.

Discover more at  
[chiropractorcrawley.com](http://chiropractorcrawley.com)



# HAVE A HEYLAND & WHITTLE HOLIDAY

Crompton Way based Heyland & Whittle is an award-winning Luxury Soap and Home Fragrance Company and one of the largest manufacturers of cold-processed soap in England. If you are thinking of heading off for a late summer holiday, see where the Heyland & Whittle team have been this summer and the products they've been packing!

## MEET CHARLIE BONE, HE'S OUR COLD-PRESSED SOAP MAKER SUPERVISOR

Charlie was heading off to Thailand for his annual holiday to indulge in his love of fishing. His favourite product is the Hemp & Walnut Soap Bar - a great way to beat airport liquid restrictions. This one is a good all-rounder, as it's perfect for shaving as well as general cleansing.

## INTRODUCING LUKE BIDWELL, OUR BRAND MANAGER

If you find it difficult to drift off in a new place, then follow in the footsteps of Luke, who took the Sleep Easy Room Spray with him to Dubai this summer. The soothing combination of lavender and chamomile will soon help you to forget you're not in your own bed. He also packed the Men's Luxury 3-in-1 Wash, to save space in his luggage!

## TAKE A TIP FROM DANIEL SHAW, OUR GENERAL MANAGER

A true adventurer, Dan set off across the salty sea for destinations unknown to find remote islands and forget the modern world. Not content with just sailing atop the ocean, Dan was bathing in its bounty, as he always packs the Seaweed Soap Bar! Brimming with the vitamins, minerals and amino acids that are found naturally in spirulina seaweed, its beautiful sea green hue will no doubt help him recall his voyages now home.

## COORDINATE YOUR SCENTS WITH ROXANA ASAFTEI, OUR SOCIAL MEDIA MANAGER

Girls - you know how the perfect pair of shoes demands a corresponding handbag. Well Roxana knows how to coordinate her fragrances in style too! Not only will she be exfoliating her skin with the Neroli & Rose Body Scrub before she heads up north to Longyearbyen Svalbard, but there will be a tube of Neroli & Rose Hand Cream in her carry-on bag too. This approach to layering scents means she'll be able to top up as she goes and protect her hands from the Arctic elements.

## FEEL AT HOME WITH SOPHIE BENCE, OUR WORKSHOP MANAGER

She may have been enjoying the sun in Santorini this summer, but our workshop manager did not feel too far from home with our classic Earl Grey Candle in a Tin. This instantly recognisable fragrance encapsulates the comforting feeling of a hot cup of tea, letting you truly relax.

## GET FIZZY WITH CAROL VIGORS, OUR ADMINISTRATION ASSISTANT AND CREDIT CONTROLLER

What could be better than a glass of fizz while you watch the sun set in Gibraltar? Ask our administrative assistant, who went one step further and bathed in the Clementine & Prosecco Hand & Body Wash this holiday season!

## STAYCATION WITH SHARON COOMBES, OUR OFFICE ADMINISTRATOR

When in Cornwall this summer, Sharon was dreaming about being Queen of the Nile with our delicious soap bar. Cornwall is a favourite staycation destination at Heyland & Whittle, as we all love the warm climate and fresh air it evokes. If you want to make your holiday vibes last as long as possible, light the Open Window Candle in a Tin once you return home and you'll instantly be transported back to long days exploring the Cornish Riviera.

Go on - treat yourself by visiting the Heyland and Whittle Outlet Shop in Manor Royal: 1 Crompton Way or discover more at [www.heylandandwhittle.co.uk](http://www.heylandandwhittle.co.uk) (10% OFF when you spend £10 for Manor Royal employees!)





### Financial Fitness

Don't forget it isn't just about physical fitness - here's an insight into financial wellbeing from Manor Royal based Magus Wealth....

How much money will I need to retire? What will my financial future look like? What should I be doing immediately? What should I be doing in the longer term?

These are very practical and important questions to ask when considering your financial fitness, but when you break this down, financial planning is about understanding what you want from life - for both you and your family in the short, medium and long term. Alongside this, you also need to consider what makes you happy, as financial planning should ensure your happiness and not just your wealth.

Day to day, financial wellbeing is about having control over your finances and the financial freedom to make choices that mean you can live the life you love. Longer term, it's about ensuring that you have capacity to absorb any challenges that may come along and that you are on track to meet your long-term financial goals.

At Magus, we think if you have a clear picture of your financial future both now and for the long term, this leads to a sense of security and peace of mind, and that's what we believe financial fitness should be about. More than that though, it should ultimately be about being able to do more of the things you love. Discover more at [www.maguswealth.co.uk](http://www.maguswealth.co.uk)

### Inspiration Healthcare - Caring for vulnerable babies

When it comes to our wellbeing at work, it is all too easy to forget that our colleagues also have personal lives and sometimes families to take care of too. Manor Royal is home to companies and charities who support families in their time of need. Here is a profile of Inspiration Healthcare, based in the Satellite Business Village off Fleming Way... Inspiration Healthcare currently has 70 employees, 23 of whom are based in Manor Royal. The company is a global supplier of medical technology for critical care, operating theatre and home healthcare applications. It provides high quality products that help to improve patient outcomes and the efficiencies of healthcare organisations with customer service and technical support. The team works closely with leading healthcare universities and institutions, including the Karolinska hospital in Sweden, famous for ground-breaking technology developments in respiratory care for babies. Building on this knowledge and the desire to improve the outcomes of the most delicate of lives, the company has developed the Inspire rPAP™ - a respiratory support system that provides superior outcomes to the traditional method for resuscitating vulnerable babies who require breathing

support at birth. This system, used in combination with another unique device, the LifeStart, enables clinicians to provide vital support to the baby by the mother's side. This is not only important for the mother but also facilitates the benefits of maintaining the umbilical cord intact for the baby's first moments of life.

This allows the baby to receive much more of the placental blood volume, that otherwise would have been lost, had the cord been cut immediately.

As well as providing the best treatment for the baby, the LifeStart™ also enables family members to stay together in one space for mutual comfort, without having to be separated from their baby, as is normal practice, during this worrying procedure.

Inspiration Healthcare is another example of the ground-breaking medical technology innovations taking place on Manor Royal. Discover more at [www.inspiration-healthcare.com](http://www.inspiration-healthcare.com)



### Treat Yourself at Revolutionary Retreat

Revolutionary Retreat provides on-site wellness programmes for small and large businesses on Manor Royal, helping their employees to combat challenges in the workplace. Combined meditation and massage have been proven to help reduce stress, ease muscle pain and regulate emotions, enabling employees to maintain better clarity and focus while at work.

Specialising in massage, yoga, meditation and motivational speaking, the team offers a bespoke treatment menu to



suit busy lifestyles, making it easier to include wellbeing into the working environment.

Shareen Omar, a mobile Wellness Specialist says their most popular corporate treatment is a massage performed on our ergonomics massage chairs. "This type of massage is performed over the clothing, which is convenient and comfortable for both staff and the workplace environment."

Discover how your business can benefit at [www.revolutionaryretreat.com](http://www.revolutionaryretreat.com)



## A Passion for Porsche

Health and wellbeing are basic needs for all people and as the majority of us spend a lot of time in our car it is important that it offers the best all round experience.

A recent study undertaken by a major car manufacturer reported that driving a performance car was good for your mental wellbeing in fact the only thing that beat the buzz

from the sports car was a roller coaster ride.

This is where Parr can help you get the best possible all-round experience from your Porsche.

We fully understand the philosophy and are expert in providing all that's necessary to enhance your Porsche whether it be a road or race car.

We all know how good it feels to get into a clean and fresh bed, well a car is no different. Beautiful shiny bodywork, gleaming wheels and the lovely fresh smell of the interior are all feel good factors as is knowing it will get you from A to B safely. Then when out on the open road or track, its improved performance, handling and braking all add to the pleasure of owning a Porsche.

Whatever your Porsche needs, whether it be a MOT, Service, full restoration, new tyres, exhaust or you just need a Porsche - Parr are ready to help.

Discover more at [www.parr-uk.co.uk](http://www.parr-uk.co.uk) or pop in to 5 The Faraday Centre in Faraday Road, Manor Royal.



## Leasing the Way to Go



Mike Harris is head of fleet sales JLR at Harwoods group, a family-run automotive retail group serving customers across

Sussex, Hampshire, Surrey and Kent. The company has a significant presence on Manor Royal. Established in 1931, its directors are very involved in the business, which has grown to employ more than 1,000 people today.

Mike runs its large Jaguar Land Rover fleet division and is as enthusiastic about the motor industry as he was when starting his career as an apprentice aged 16. From selling

Austin Allegro cars in the seventies and Honda's in the 1990s to Jaguars today, he has seen many industry changes during his career.

Mike reports that his team has had a positive year, despite the doom and gloom reported in the national media about the motor industry. "Whilst companies rarely purchase cars these days, (avoiding the upfront outlay and having a depreciating asset on the books), they are continuing to provide lease cars for employees or an allowance enabling them to lease privately from JLR," he says.

"You can often lease a premium car for rates that aren't much more than

a non-premium vehicle. This plays to Harwoods strengths he says, as we offer affordable aspirational brands, including Audi and Jaguar."

Currently, most fleet and business sales are still diesel models says Mike, but he recognises that electric cars are the future although says the infrastructure is still lacking. "Our diesels are super clean and don't produce the levels of nitrogen oxides that older diesels pump out. That said, as soon as the infrastructure improves, this is likely to change."

Discover more at [www.harwoods.uk.com](http://www.harwoods.uk.com) or visit the dealership on Manor Royal.

➤ Coming up

# DATES FOR YOUR DIARY...

## Manor Royal Matters Conference and AGM

14 November 2019

@ Sandman, 09:15-14:00 hrs

'Manor Royal Matters' brings together Manor Royal businesses, stakeholders and partners to debate those issues that make a difference to working life on Manor Royal. The event will allow delegates to feedback using electronic voting pads. This year, for the first time, the event will also include the Manor Royal BID Annual Review and AGM. We will also be welcoming a leading economist this year to speak about the impact of BREXIT!

Book your FREE place online at [manorroyal.org/events](http://manorroyal.org/events)

## New Training Courses

The latest Manor Royal BID Training Programme, developed in partnership with and delivered by Crawley College, is now available for you to book onto. This new programme includes Mental Health Awareness training, Excel and a wide range of other courses for you to pick from so you can get trained for less.

Book online at [www.crawley.ac.uk/manorroyal](http://www.crawley.ac.uk/manorroyal)



## Tickets Going Fast for Manor Royal People Conference:

10 October 2019

@ Sandman, 09:15-14:00 hrs

The Manor Royal People Conference is designed for business owners, company managers and HR professionals located on Manor Royal who want to build and lead teams that are motivated for success.

Focused on sharing and promoting good practice, the event provides expert insights and the chance to connect with other professionals working in this area. This year's theme is Employee Health and Wellbeing, what it means to be a considerate employer, why that is important and what you can do to help your people.

Book your FREE place online at [manorroyal.org/events](http://manorroyal.org/events)

## Charities and Community Special

Are you a charity based in Manor Royal? Has your company got a great story about the work it has done in the local community? Is there a colleague or member of staff who deserves a mention for going the extra mile? Let us know for the next issue of Manor Royal News.

## Go wild with SWT



Our partnership with Sussex Wildlife Trust now offers volunteering days at Crawter's Brook, Corporate Detox days at Tilgate Park or nearby Gatwick Woodland and opportunities for individuals who can't make their company volunteer days but still want to get involved. See our online Benefits pages for this and other exclusive BID Benefits

Discover more on the Manor Royal BID website Events pages.

## Manor Royal Goes Social

Follow and post on our NEW social media channels



Facebook: [www.facebook.com/ManorRoyalBID](http://www.facebook.com/ManorRoyalBID)



Instagram: [www.instagram.com/manor\\_royal](http://www.instagram.com/manor_royal)

*Be part of it!*

### KEEP IN TOUCH

Got something to share or promote?

Email [chris@manorroyal.org](mailto:chris@manorroyal.org)

Discover more about the Manor Royal Business Improvement District:

[www.manorroyal.org](http://www.manorroyal.org)



@Manor\_Royal



Manor Royal Business District |  
Crawley | Gatwick

Unit 38, Basepoint Business Centre, Metcalf Way, Manor Royal Business District, Crawley RH11 7XX Tel: 01293 813 866

## Sign up for regular eBulletins

If you want regular updates on all things Manor Royal, sign up to the free monthly Manor Royal BID eBulletin service. A simple sign up process from the homepage of our website will ensure you get to know what's going on each month - no hassle, no missing important stuff.