

LEISURE

SOLUTIONS UK

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• WHAT'S ON • CHARITY • PROPERTY FOR SALE • HOLIDAYS

“Rodney Peyton OBE MD. is a remarkable individual. He's best known as a trauma surgeon and is widely regarded as the world's leading surgical coach. He is also an international keynote speaker, businessman, entrepreneur and investor with a portfolio that spans three continents”
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Promoting independence through mobility

Featuring a wide variety of companies from across the UK and Sent via email to 100,000 UK Consumers Aged 18 +.

Editors comments

Hello & welcome to Leisure Solutions UK!

The team at Solutions UK has been working extremely hard to bring you an issue that is full of innovative and exhilarating companies and we are very excited to share their success and achievements with you.

We have searched the length and breadth of the UK to bring you some of the most ground-breaking innovations and this month we are overjoyed to be highlighting the activities of Wise Global Training.

Firstly, we would like to focus on the work of Peyton Medical Legal who this month features on our front cover! Rodney Peyton OBE MD. is a remarkable individual. He's best known as a trauma surgeon and is widely regarded as the world's leading surgical coach. He is also an international keynote speaker, businessman, entrepreneur and investor with a portfolio that spans three continents. See pages 21 - 22.

Secondly, we are featuring Solware, leading UK Gun Shop that sells all types of Air Weapons, Shotguns and Firearms from almost every supplier available nationwide. Now in their 20th year of trading! Read more on page 3.

I hope you enjoy reading this issue of Leisure Solutions as much as we have enjoyed bringing it to you. Happy reading and we hope to see you for the next edition!

Ian Hayward

Editor

Leisure **SOLUTIONS UK**

For all advertising & sales enquiries
please contact Ian Hayward
0121 241 8788



Available on the
App Store

FIND US ON:



Education & Training

Invest in your future with Tutor One To One

Tutor One To One offer cost effective tuition on a wide range of subjects to all ages ranging from early years all the way up to adulthood. Established by Janet Bray-Pullin, a retired fully qualified teacher, the company resides in the beautiful settings of Torbay, South Devon, providing the perfect learning environment.

Unlike many of its competitors, Tutor One To One works solely on an individual basis with no group work involved. All tutors are fully qualified teachers and hold a valid DBS license.

"Most of our competitors are agency based; we are not! We are a group of passionate, qualified teachers who want to help others achieve their best results." States Janet.

Its tutoring program offers a wide range of subjects covering, 11+, GCSE, A-Levels, Adult Tuition and SAT levels.



"We even teach subjects such as needlework as I am a qualified dress designer. This is a subject not every tuition agency can offer." Explains Janet.

Each piece of homework or set work is designed specifically to cater to the needs of the individual. By having a one-to-one approach, each client gets the tutor's undivided attention. Tutor One To One offers a fully open approach, Janet's phone number is open to all clients until 9pm seven days a week.



TutorOneToOne
TUTORING AGENCY

Each tutor goes above and beyond their duties, and this approach is what sets Tutor One To One apart from the competition. One main aspect Tutor One To One focus on is exam preparation and catch up. Due to COVID-19, lessons have been held in the garden, over zoom and other virtual platforms. Homework has either been emailed or delivered to the client's letterbox allowing the company to carry on tutoring, while working remotely.

If you're looking for a professional and approachable tuition service, which offers one to one teaching available seven days a week, then look no further. Tutor One To One is always accessible for its clients, nurturing in its approach, and professional in its delivery.

T 07976 593525
enquiries@tutoronetoone.co.uk
www.tutoronetoone.co.uk

Lady Teviot

The Lady Teviot & Census Searches Ltd

My company is Census Searches Ltd, a professional genealogical research company which undertakes research into family history, probate and media research and featured in the very successful second and third series of Heir Hunters on BBC1 television (click to watch an exert from the programme).

I have undertaken lecture tours in Canada and Australia and have also toured South Africa, USA and New Zealand and am accredited speaker for the Surrey and West Sussex W.I's. On frequent visits to Australia I have also spoken to the Australian Monarchists' League.

I was the President of the Federation of Family History Societies from 2001 to 2011 and am now a lifetime Vice-President. I was Chairman of the Friends of The Keep Archive from 2009 to 2019 and currently a Member of the Council of the British Records Association.

ONLINE GATHERINGS WITH ZOOM: With regard to Talks, meetings and conferences, these can still go ahead on Zoom, please get in touch to discuss.

In or out of lockdown ... 'we're good to go!'

Despite the present Covid-19 difficult circumstances genealogy is still flourishing.

Now is perhaps a good time when we are temporarily restricted in our social activities to review family trees and approach old problems with a fresh pair of eyes.

Do please get in touch if I can help you.

Tel: (01444) 242605
Email: lady.teviot@census-searches.co.uk

www.ladyteviot.co.uk

Commercial Finance Solutions

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Whether just starting out or well established, businesses use finance for any number of reasons. Cashflow along the supply chain is a frequent concern. Suppliers, tax liabilities and wages can't wait. Straightforward and quick access to cash helps meet your expenses, and can help boost your growth.

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Telephone: 07863 753 111
Email: info@pmichelfinance.com
Web: www.pmichelfinance.com

Solware: Run by Shooters for Shooters



Solware Ltd is a leading UK Gun Shop that sells all types of Air Weapons, Shotguns and Firearms from almost every supplier available nationwide. The registered firearm dealers supply all kinds of mechanisms from Air Rifle Pellet Guns, Air Pistols, Shot Guns, Cartridges, Air Gun Tuning, BB Guns, BB Gun Air Pistols, Gun Dog Training, 22 rimfire, Centrefire, 17 hmr Bullet Guns and more. Not only that, but they can also supply shooting accessories, catapults and other related items.

Now in their 20th year of trading, Solware

Ltd is licenced for the sale of Air Weapons, Shotguns and Firearms. In addition to its online arm (www.solware.co.uk), the business also trades from a specialised store at the Tame Valley Business Centre in Tamworth, which provides a very friendly and professional service. Solware are also the only gun shop in the country that offers all types of guns from nearly all of the Manufactures available in the UK.

In order to guarantee customers nothing but satisfaction, the team at Solware Ltd work closely with all clients in order to supply them with the specific appliances to meet their needs. As a result of their excellent customer service and extensive collection of devices, Solware Ltd has been nominated as finalists for the last five years for the Gun Shop of The Year Award, and has gathered several five star ratings from customers on TrustPilot.com. With their wide array of guns, friendly service, high



quality products, fantastic deals and speedy delivery services, Solware Ltd are renowned for nothing less than excellent customer service.

If you would like to find out more then don't hesitate to contact the team today, as they will be more than happy to help you with any queries you many have:

T 01827 215222
www.solware.co.uk



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53

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Email: sales@solware.co.uk www.solware.co.uk

Unit 1, Tame Valley Business Centre, Tamworth B77 5BY



Crafting a community

Situated in Faversham on Court Road, sits a hub of fabric, patterns, colours and accessories.

All Stitched Up Faversham is a fab-ric-lous shop, adorned with a variety of fabrics and products for stitch/needle crafting and is Faversham's home for fabric, haberdashery, yarn and so much more.

"We have a bit of everything; we mainly provide fabric, polycotton, yawn and haberdashery. We also provide accessories such as knitting needles, crocheting and cross stitch kits, sewing patterns and much more." Sarah Horne, Owner.

One of the most notable things about All Stitched Up Faversham's services is its family-run feel and friendly hands-on participation of its team. "We run workshops." Sarah shared, "Traditionally, knitting and crocheting were skills taught and passed down from family members such as grandmothers. We like to provide this service for people that maybe didn't have that and keep that family-run feel."

An inclusive feel is quite prominent at All Stitched Up Faversham, welcoming new hobby enthusiasts alongside well-established professional crafters; the shop provides products and services for all of its community.

"The one thing I pride myself on is providing really good customer service and feedback." Sarah continued, "We are lucky to have a loyal local



band of customers who constantly support us, this was evident during the lockdown when I moved our services online and our customers continued to use our services over others."

Knitting itself into the fabric of its community, All Stitched Up Faversham is supported and beloved by its customers and this ethos of going the extra mile for its customers is an area that the shop excels in.

All Stitched Up Faversham has much to look forward to, with big plans for its future, including expanding upon its services for its customers.

"We will be starting our subscription boxes for customers. Inside will be all the materials they need to make a certain item for example a handbag and all the handles, fabric, zip, instructions and patterns. This will be an on-going monthly subscription." Sarah continued, "I am also looking at creating my own sewing patterns. This is aimed at curve sizes from 16 plus where there is a gap in the market for fashionable plus-size clothing patterns."

For any more information, please see the details below.

T 01795 538952
www.asufaversham.co.uk

Blossoming Bunches for all Occasions

In this issue of Leisure Solutions we have selected Lisa Flowers Floral Design as the recipient of our Commitment to Excellence Award.

Situated in Knowle, Solihull in the West Midlands, Lisa Flowers Floral Design provides florist services for all occasions.

Owned by Lisa, the shop benefits from her wealth of expertise in floral design and she provides unique, bespoke designs, specifically created for each customer. "I qualified in 2008 and established Lisa Flowers Floral Design formally April 2011." Lisa continued, "I provide flowers for all occasions including Weddings, Hand Tied Bouquets for everyday use, Funeral & Sympathy Flowers and Restaurants & Bar displays."

Excelling in its services, Lisa Flowers Floral Design is passionate in designing unique, breath-taking floral designs that capture and create the right visual appearance to meet the needs for each customer. Catering for all big life events as well as personal day to day events, Lisa provides services for gift bouquets/ flowers, birthdays, weddings, corporate entertainment, special events, celebrations, sympathy and funeral tributes, Valentine's Day and Mother's Day.

"I pride myself on providing an individual bespoke service. Every client is unique and no two orders



are ever the same. I create individual designs to suit all budgets." Lisa stated.

Lisa Flowers Floral Design has been able to carry on working throughout the COVID-19 pandemic and has seen an increase and importance placed on its services, for providing loved ones with tokens of love and affection, while families and loved ones have been separated due to COVID-19 restrictions.

"I have worked constantly through this unprecedented year. It has been incredible in every way and it has been helping to keep families in touch from all over the UK and internationally too." Lisa expanded on some of her recent achievements, "I have recently become the floral designer for Jaques Restaurant in Knowle which is a new bespoke restaurant. I have also achieved awards over the last three years with UK Wedding Planner and I am the preferred florist for Taylor's

Independent Funeral Services in Knowle."

A clear favourite service provider for its community, Lisa Flowers Floral Design provides a personalised, professional service which has helped to establish Lisa as being the preferred choice for floral designs in the community.

For any further information, please see the details below.
T 07900 881867
www.lisaflowersfloraldesign.co.uk

Home Improvement News

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Welcome to Lisa Flowers Floral Design

I am a bespoke florist offering a personalised and professional service for your floristry requirements.

Flowers have long been my passion so to be working with them every day, creating different styles and designs, is very rewarding. I pride myself on my ability to provide a personalised bespoke service where I can express each customer's specific requirements with flowers.

Whether contemporary or traditional, simple or complex, a hand tied or an elaborate celebration, I am able to meet all budgets and requests.

If you would like to discuss a design or event, or have any enquiries, please get in touch. You can find my details on the Contact Us page.

I will look forward to hearing from you!

For more information please contact me on;

T: 01564 635126

M: 07900 881 867

E: enquiries@lisaflowersfloraldesign.co.uk

www.lisaflowersfloraldesign.co.uk



Homely, friendly and relaxing feel – The George

Situated in the picturesque village of Orton, The George is a traditional Country Inn and Pub nestled on the border of the Howgills and the Eden Valley.

A family run business, visitors at The George can expect nothing less than a warm, friendly and comforting welcome.

Producing an enviable selection of traditional real ales and home cooked food using locally sourced produce, The George's menu is an unmissable experience. The George prides itself on using local produce, sourced from within a 20-mile radius of the George Hotel. Offering an abundance of traditional pub grub dishes, alongside its selection of drinks, The George is the perfect spot to meet up with friends and family.

Looking to stay? The George maintains eight rooms on its premises, providing Bed and Breakfast at extremely reasonable prices. The rooms include single, double/twin and a family room. All rooms contain a TV and have tea and coffee making facilities.

THE GEORGE HOTEL

HOTEL, RESTAURANT & B&B

Specifically designed to provide a 'home away from home' feel, all of The George's rooms feature comfy beds and a warm, homely feel making them perfect for a snooze after a long day of exploring the nearby attractions.

Being perfectly positioned, Orton is just three minutes from the M6 Motorway (Junction 38) and is four scenic miles from the M6 Motorway (Junction 39). There is plenty to see in terms of its surroundings and The George is also on various coast to coast and cycle routes including Alfred Wainwright's "Coast to Coast" walk and Walney to Wear & Whitby Cycle Route (W2W).

Whether it's for a pint in the sun, enjoyed in The George's outside terraced beer garden or a cold winter's night with delicious food cosied up in front of its roaring log fire, The George offers a relaxed atmosphere with a friendly personal service all year long!

For more information please see the details below.

T 01539 624 071

www.thegeorgehotelorton.co.uk



THE GEORGE HOTEL

HOTEL, RESTAURANT & B&B

Welcome to The George Hotel

The George Hotel offers eight bedrooms including single, double/twin and a family room. All rooms have tv's & have tea and coffee making facilities & hairdryers. Ironing boards are available on request. All our rooms are warm and homely with seriously comfy beds, ideal after a hard day walking or travelling.

A laundry and drying service is available just in case you were unlucky enough to get caught in a shower of our Lakeland rain. If you are cycling, we can also offer secure overnight storage for your bike to rest.

We are now available to provide camping facilities for up to 4-5 tents £5.00 per pitch (booking is essential) Meals are available in the bar & restaurant where you can relax and unwind at the end of the day.

We are sorry that we are unable to accommodate dogs. However, Guide Dogs are welcome.

Offer:

2 night stay. Double room B&B - £79

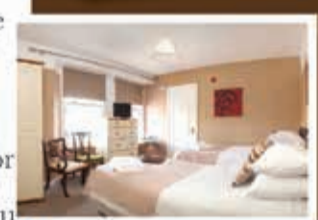
3 night stay. Double room B&B - £119

The George Hotel
Front Street, Orton,
Penrith, Cumbria, CA10 3RJ

T: 01539 624 071

E: georgehotel.orton@gmail.com

www.thegeorgehotelorton.co.uk



NEWSHAM GRANGE FARM

Bed & Breakfast

Newsham Grange Farm is a family run Bed and Breakfast on the outskirts of the Ancient market town of Thirsk in North Yorkshire lying below the Hambleton hills. The farm house is set in 16 acres of land with an orchard dating back to Georgian times. The decked terrace, adjacent the spa and swimming pool, overlooking the orchard is a particularly pleasant place to sit and watch the sun go down on a glorious summer evening.

TAKE A LITTLE BREAK & ENJOY OUR RELAXING WARM AMBIENCE!



Newsham, Thirsk, Nr Kirby Wiske, YO7 4DF
T 01845 588047 | sue@newshamgrangefarm.co.uk

The Shed

Your Welcoming, Friendly Local Pub



Here at Leisure Solutions, we pride ourselves on sharing and acknowledging the best companies, establishments and businesses that provide excellence for their community and enhance their industry sector. With this in mind, in this issue of Leisure Solutions, we have chosen to award The Shed, for their on-going commitment and excellent services to customers and visitors and awarding them with our Food and Drink Excellence Award.

Situated in the quiet surroundings of Lode, near Cambridge, The Shed is a vibrant country style pub and restaurant offering visitors and locals a chance to catch up with friends and family in a warm and welcoming atmosphere.

"The pub has a country style vibe but is also very modern. Three years ago the pub was renovated and has a lot of new modern features." Sarah Sturgess.

The renovation of the pub has really optimised its space and provides a contemporary, spacious and inviting atmosphere with features such as a bar area, pool room and a large separate room upstairs. "We have a very large upstairs space which caters for up to 70 people." Sarah explained, "The room is available for hire and we can cater for wedding receptions and similar events such as baby showers and birthdays."

With a selection of mouth-watering food and drink available, The Shed provides a delicious menu of food created by its talented chef and offers a wide range of drinks including wines, cask ales and draught beers. "We are a pub and restaurant," Sarah stated, "We provide locally brewed beer and good pub food."

Created by the Shed's very own talented chef, the menu has been designed to incorporate seasonal, local produce which is delivered every day and each meal is freshly prepared daily. Ensuring



nothing but the best for its customers, all of The Shed's food is freshly prepared and made on site.

In terms of its offers for visitors, The Shed maintains a variety of offers available for its customers to enjoy with friends and family. "On Tuesday we offer a 'Buy one get one free' burger night and on Wednesday we have a 'Buy one get one free' steak night." Sarah said.

Providing something for everyone within their warm, cosy pub; The Shed is a great place to visit for food, drinks and fun. "We have happy hours from Tuesday – Saturday." Sarah shared, "within these hours our drink prices start from just £2.20 a pint!"

Another offer that you won't want to miss, The Shed hosts regular quiz nights which is a particular favourite among locals and families, available every other month.

With all of this on offer and so much more, whether you're looking to celebrate a special occasion, meet up with old friends for a natter or bring the family for a meal – The Shed is the perfect location for a whole host of occasions and is waiting eagerly to welcome you.

For any more information or to speak to the company directly, please see the details below.

T 0122 381 2425

W www.the-shed-pub.co.uk



Modern and Charming Holiday Cottage in Beautiful Sennen Cove

Cornwall has long been a popular UK holiday destination, thanks to its wild coastlines and breathtaking beaches. With a history steeped in mining, fishing, and farming, it is full of charming coastal villages that provide an idyllic retreat from the rush of everyday life.

One such village is Sennen Cove on Cornwall's west coast. Whilst being a popular destination, it manages to avoid being overcrowded with tourists, unlike other destinations in the area. Retaining the ambience of an old fishing village, it hosts a little harbour with its own fleet of fishing boats and has one of Cornwall's best stretches of golden sand. Whitesands beach is a popular spot with surfers and has its own local surfing club, and Sennen Cove beach and Gwenver beach are perfect for families and surfers alike. The ancient cove was once said to have been frequented by mermaids; these may have really been dolphins, which can still be seen in the crystal clear waters close to the coastline.

Nestled in this traditional Cornish village is Surf Cottage, an 18th-century former fisherman's cottage just two minutes' walk to Sennen Cove beach, half a mile from Land's End, and eight miles from Penzance. This fantastic property boasts a number of return customers, and it is easy to see why. With a garden which overlooks the beautiful coastline, the cottage is granite-built and is surrounded by high stone walls. The spacious living and dining area has stunning views of the coast and headlands, with a TV, DVD and CD player and a dining table that seats six. There are three large bedrooms which comfortably sleep five people, including a double room with an en-suite, a twin room with a wash basin, and a third room with a large single bed. There is also an extra power shower downstairs, along with a WC and hand basin.



The surrounding area boasts plenty of little shops and cafés, pubs, galleries and a selection of excellent restaurants for evenings out. If you fancy a meal at home, however, Surf Cottage has a well-equipped kitchen to satisfy all of your culinary needs during your time away, as well as WiFi access and private parking. During the winter, you can be sure to stay cosy and warm in front of the open fire, and in the summer you can enjoy a meal or barbeque on the stone terrace whilst soaking up the Cornish sun and dazzling sea views.

As well as being close to local shops, Surf Cottage has easy access to walks along the South West Coast Path, as well as being a short distance from a number of popular attractions including the Geevor Tin Mine, the Minack Theatre, St. Michael's Mount, the Levant Tin Mine, Tate St. Ives, and the Barbara Hepworth Museum.

A modernised and renovated property, Surf Cottage still manages to retain its traditional charm, and offers self-catering accommodation all year round. If you would like to take advantage of its stunning location and amenities, contact Cathy by using the details below.

**Please contact Cathy on
Tel: 07979 241 421**

Professional Family History Research

Census Searches Ltd is a company that provides professional genealogical research for family history, probate and media research.



The company was set up by Lady Teviot, an internationally renowned expert on family history.

"I provide family history, media and probate research and have provided book research for Ben Macintyre; a well-established British Author. I have been conducting family history research over many years and through my research, I have learned and continue to learn new things in genealogy, as no one case is ever the same." Lady Teviot.

Recognised by many for her regular appearances on the popular TV show 'Heir Hunters' on BBC1, Lady Teviot has been involved in family history research for over 35 years. With a plethora of experience, Lady Teviot is highly skilled in family history research and has lectured and participated in media engagements world-wide including in Australia, New Zealand, Canada, USA and South Africa.

From 2001 to 2011, Lady Teviot was President of the Federation of Family History Societies and is now a lifetime Vice-President. Notably, she is the former Chairman of the Friends of The Keep Archives, a Member of the Council of the British Records Association and an accredited speaker for the Surrey and East Sussex W.I's.

"I started researching family history through my own intense curiosity into my family history and both my husband and I, have been involved in it ever since." Lady Teviot continued, "The

research can be exciting and can make you feel like a dog with a wagging tail going down a rabbit hole. It can be challenging but it is always thoroughly interesting."

Through the rise of the internet, many people have started undertaking research into their own family history. Accredited to the vast index of information that is now accessible via the internet, for many people this has seemed like the easiest way to obtain their family history research. However, without access to archives or legal documents, the research can come to a standstill. This is where Lady Teviot skillset makes Census Searches Ltd the perfect tool for fine-tuning this research and obtaining reliable information, certificates and documents.

"The benefit of my services is my years of experience." Lady Teviot expanded, "We are fortunate that the coming of the internet records has provided a basis for people to look into their family history online, however without the expertise of skilled researchers, they may find that the information is not accurate. It is important to obtain legal documentation such as birth, marriage and death certificates, as this is vital for validation and I can help them achieve this."

For any further information on Lady Teviot services, please see the details below.

**T 01444 242605
www.ladyteviot.co.uk**

Plan an Autumn Break

Surfs Cottage, Sennen Cove

Granite built 16th Century Fisherman's Cottage, with surrounding high stone walls and mature garden overlooking stunning Sennen Beach and headland views. Just 2 minutes walk from Sennen sea shore. This small private home consists of 3 bedrooms, 1 en-suite. The large living and dining area overlooks the beach and headland.

A peaceful and tranquil cottage where you can enjoy a glass or two of wine on the lawn or stone terraced patios in the summer or the same in front of the large open fire in winter.

Set in beautiful surroundings with easy access to local shops as well as places such as St. Ives, Truro, Falmouth and Penzance. If you enjoy the many beaches, surfing and cliff top walks then this is for you with the added attraction of private parking.

Surf Cottage in Sennen Cove some 20 minutes' walk from Lands' End was one of the original buildings in Sennen Cove and was once a small thatched cottage surrounded by its own strawberry fields.



For more information and to book please contact

Email: cbksec@hotmail.co.uk or Tel: 07979 241 421

RUTLAND FARM PARK

Covid-19 Update

We ask that all visitors respect the measures that are in place

We are currently open as usual from 10am - 5pm with the front gates closing at 4:30pm.

We have a one-way system in operation with social distancing reminders places around the farm. We also have sanitiser stations at picnic tables and around the farm.

Animal feeding is permitted and you can get bags of animal food from the shop.

The play area is still closed but will reopen on 19th July.

Daphne's Tea Room is serving a reduced menu and there are no self service cooler cabinets.

Seating has also been reduced in the Tea Room for distancing measures.

The toilets are now gender neutral and we ask that only one family at a time use each facility.

If you have any questions please don't hesitate to call us on 01572 722122



Please contact **01572 722122**
enquiries@rutlandfarmpark.co.uk
www.rutlandfarmpark.co.uk



The home of registered Original Population Hereford



The Traditional Hereford Breeders Club was established in 1996 by Hereford cattle breeders within the UK. The breeders desired to maintain the native or Original Population of Herefords, which were bred from the original cattle that were born and reared in Great Britain and Ireland, whose ancestry is traceable to the 1878 Herd Book.

"Original Population Herefords are directly descended from the Hereford cattle originating in England during the 18th and 19th centuries and have not been altered by the cross breeding with any other cattle breeds." David Fenton.

Through the breeder's initiative to maintain and document Original Hereford Population, The Hereford Herd Book International Ltd (HHBI) was created to provide an international register to deliver an efficient means of identifying the Original Population Herefords cattle.

"The Council of the Hereford Cattle Society, the official registration Society, refused to provide an up to date means of identifying Original Population Herefords as against all other types of Hereford cattle, now mostly imported from North America." David expanded, "This led to the necessity of providing a

company with the official status to carry out this function."

In terms of the difference and benefits of Original Population Hereford, Original Population Hereford breeders pride themselves on producing a high-yielding, compact beef animal with natural thickness and an unmatched ability to convert grass to high-quality meat. This high grass conversion rate is attributed to the skilled breeding of these cattle, passed down through generations dating back to the 17th century.


"It is clear how increasingly important Native Cattle are and will be with the changes in farming practices and greater use of meat produced from cattle feeding entirely on grass and forage." David continued, "The likelihood is that Original Population Herefords and other native cattle breeds contain a unique and valuable reservoir of genetic material likely to prove to be a great asset in the future, as the climate and farming practices change."

The main service which the company provides is a DNA analysis service to enable Hereford cattle breeders to obtain a clearer understanding of the genetic make-up of their Hereford cattle. The analysis is carried out by IBERS at Aberystwyth University and DNA extraction by Neogen Ltd. The company also provides an accessible International register of those cattle which have been DNA tested and have satisfied the requirements of the test.


Through this service, the company confidently provides assurance to breeders that the Hereford cattle they breed, buy and sell are definitively, Original Population Hereford.

<https://www.traditionalherefords.org/>





CABLETRAIL



Cabletrail Ltd derived from an innovative project to solve a specific problem. Since then Cabletrail have formulated a portfolio of problem solving products as well as being able to offer fast and efficient solutions tailored to your own particular asset or cable management problem.


Whether it is a single piece of equipment you need to identify for your own register or part of a more sophisticated assets management program utilising unique electronic coding, then Cabletrail can help.

We have a range of off the shelf solutions including Atex, RFID asset tag products, personalised ID tags, plastic cable ties and much more.


If we do not have an off the shelf product to suit your needs then we can work with you to develop your own unique solution through our product management team.

Utilising the vast experience of working within other ID companies, Cabletrail's design and manufacturing team have incorporated years of customer feedback into the new range.

- Easy to assemble
- Super Elastic for flexible fixing
- High contrast colours
- Large visual marking area
- RFID Enabled
- Versatility
- Low Cost




Enquire today about our cable management solutions!
Simply email us at enquires@cabletrail.com or call 01423 611 610



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And fulfil the mandatory "OBJECT" of breed purity prescribed by the Memorandum & Articles of the Hereford Cattle Society a Charity & the CLOSED Herd Book of 1886, which the Hereford Cattle Society has a DUTY to uphold

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- Developed in conjunction with **Aberystwyth University (IBERS) and Neogen**
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- Know the DNA Profiles of your Herd - **YOUR cattle are YOUR Property and the DNA IS YOURS!**
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DALESBRED

SHEEP BREEDERS ASSOCIATION

CONTACT US

Call: 01423 565812

Email: info@dalesbredsheep.co.uk

Dalesbred sheep are indigenous to the upper reaches of the Dales which comprise the central area of the Pennine Hills on the borders of the North and West Ridings of Yorkshire, North Lancashire and Cumbria. Here the Dalesbred sheep are well suited to both hill and lowland farms, able to cope with harsh environments and good pasture grazing capable of producing a quality carcass pure or crossbred lamb from any area suitable for today's market requirements.

About Dales Cross Breeds

- Crossing Potential

The Dalesbred can produce a valuable crossed lamb as well as providing reliable pure bred replacements. Crosses such as that of the Dalesmule, Masham and continentals can play a key part in the breeding sheep up and down the UK, as well as providing a quality carcass lamb, also profitable when sold.

- Longevity

Dalesbred sheep are long lived, capable of rearing strong lambs for many years even in harsh fell environments, due to being a reliable strong hardy sheep.

- Conformation

The Dalesbred provides an excellent carcass suitable for breeding commercial ewes while still maintaining a valuable whether lamb carcass which is suitable for today's market. With her excellent conformation comes weight too.

- Maternal

The Dalesbred is prolific and is an excellent mother. She is milky and will rear twins with little problems. Her lambs are vigorous and strong, and little lambing assistance required.

- Hardy

The Dalesbred is designed for hill farming and therefore can cope with harsh environments and weather conditions.

- Conservation schemes

Dalesbred sheep are a native breed and therefore qualify for certain conservation schemes. They are a hill breed so are suitable for the areas of harsh roughage often found in the scheme environments.

- Quality Rams

All registered rams are inspected thoroughly by society markers. These are then crowned and tagged with an association tag to allow them fit for purpose and sale.

- Wool

Dalesbred wool is dense often weighing 1.5 to 3 kg. The wool is used mainly in the carpet making industry with a small amount going to the Tweed makers.



Beautiful Bespoke Tapestry Kits from Fernsby Hall

Based in Furneux Pelham, Hertfordshire, Diana Fernsby began stitching tapestries from a young age after being taught by her Nanny. Her experience and passion grew over the years and this is evident in the stunning tapestry kits she now sells, which are based on the artwork of her lifelong friend, Catriona Hall.

We spoke to Diana about her inspiration for the business: "I watched as Catriona grew and developed her artwork, and I began to realise the paintings were perfect to turn into tapestries, and luckily she agreed." Indeed, during the 20 years that Diana spent organising charity art exhibitions, it was always Catriona's paintings that sold. Now, you can recreate these unique paintings yourself and display them in your home thanks to Diana's spectacular tapestry kits.



There are currently over 30 kits available, but this selection is ever-growing as Catriona paints new pictures to inspire the tapestries, making them anything but old-fashioned. Each kit contains a photograph of the original tapestry, instructions, tapestry wool, a needle, a printed canvas and a helpline if you get stuck. The background wool colours can also be modified to suit the customer's needs, as long as you send in a colour sample.

After you have completed your tapestry, which typically takes between three to six months, Fernsby Hall offers a 'Making Up' service which turns your finished tapestry into a cushion or framed picture. This can be from as little as £40 depending on your fabric and edging choices. Furthermore, Diana offers lessons on how to stitch the kits and how to do the cross stitch and embroidery to embellish the piece. With the end result being so beautiful, it is easy to see how a complete beginner can become hooked.

Diana's wide-ranging customer base is a testament to the excellent quality of her kits, selling them as far away as Canada, Japan, Australia and the USA, as well as the whole of the UK. If you would like to find out more information, head to the website or use the contact details below.

01279 777 795
Kits@fernsbyhall.com
www.fernsbyhall.com

Wyre Forest Press' publishing journey

Wyre Forest Press was established in 1992 to publish social history titles written by Frances Wilkins. Since then, Frances has published over 40 books and booklets about the 18th century, including series about south-west Scotland, the Isle of Man and Cumbria.

"I never intended to publish books, but I wanted to copyright a course about the Isle of Man's smuggling history. A few publishing houses were interested but the book would not appear in print for another year – too late to copyright my material. At the time I used to go and work at a picnic table in the Wyre Forest and got chatting to the man who ran the tea bar, who suggested I publish the book myself. I agreed on the condition that he helped me, and then Wyre Forest Press was formed, on the back of a napkin!

"Printing has changed a lot over the last 30 years. When I first started everything was camera-ready copy, meaning you had to print the text and then spend hours producing the best possible photocopy of illustrations to stick in the book. This involved a lot of Tippex and playing around – doing the illustrations took longer than writing the book!

"Then, when digitisation came along, I was initially

worried about doing things this way but once I got used to it, it's brilliant! The difference is enormous, you can just put the illustration straight in and don't have to photocopy anything. Then, the cost of printing rocketed about 10 years ago, and I started doing desktop publishing. I've done this with several titles now and it works.

"Now, the price of printing is much cheaper, so I've gone back to using printers on short runs. There's been enormous change since the early days, and during lockdown I've had so many orders for books that some of the ones from the 90s have gone out of print. They were camera ready copies, so I'm working on digitalising them so they can be reprinted.

"I've come so far since that first book in 1992, I never dreamt it would grow this much!"

Recently, Frances released five new books which were completed thanks to an intriguing new source of information. "Most of the books on smuggling I'd written before had been more official versions of events, using court cases to inform my writing. I discovered some letters from the smugglers to their lawyer in Edinburgh, which told the truth of what really happened. You get a totally different perspective on it and discover the more personal

details of their lives, like falling in love and worries about illnesses. The letters put extra flesh on the bones of the smugglers, and all five of the books I released in 2020 ended up using information from this new source."

Looking forward, Frances has some more books planned, with the mission to publish a round total of 50 books by the time she finishes her writing and publishing career. If you would like to find out more information and purchase one of Frances' fascinating social history titles, head to the website below or get in touch.

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Unfortunately we are closed on Monday 2nd November, However, we are open for business as usual on Tuesday 3rd & Wednesday 4th November. 10 am til 4pm.

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Open Space Gallery


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Open Space Gallery supports the needs of both artist and buyer. We provide a simple and effective way to promote your art to potential buyers in Leicester and the UK. For buyers, we provide all the essential information about the works in our unique 'online gallery', so you can make an informed decision about the artwork and contact the artist directly.

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- Discounts for multiple submissions
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To submit your art via smart phone you can email us. Attach the image to the email and include a description of your art. Please also provide your name, contact details, asking price (optional), size and medium of art.

Our online gallery is open 24/7, but our team can be contacted directly between the following hours: Monday-Sunday: 09:00:00 - 17:00:00

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For more information please get in touch on;
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Promoting independence through mobility

Poundbury Mobility Ltd is the place you need if you're looking for an electric wheelchair in Dorchester. With years of experience in delivering quality mobility solutions, the company has gained a strong reputation for delivering excellent service and great products, and the team at Poundbury Mobility is sure to find the right product to make your life easier.

With the aim to promote independence through mobility, Poundbury Mobility offers mobility scooter sales, repairs, servicing and maintenance, as well as disability and living aids. Whatever your situation, Poundbury Mobility has everything you need to live a life of increased mobility.

When you come looking for an electric wheelchair to buy or hire, Poundbury Mobility will always offer a personalised service. The team knows the product range inside out, and takes the time to work with you to find the right model for your needs, as everybody's situation is different. Whether you go to the showroom or need a home demonstration, Poundbury Mobility will go the extra mile to ensure you get the right product.

This high level of service is underpinned by a comprehensive range of mobility solutions. Whether you're looking to buy a mobility scooter that will provide years of service, just looking to hire, or if you need repairs and maintenance for your current model, Poundbury Mobility has the experience and knowledge needed to help. Whatever your circumstances, the team will deliver a quick, efficient



Poundbury Mobility



and tailored service to ensure you stay moving.

If you're interested in finding out more, visit Poundbury Mobility's showroom to discover its range and get expert advice and guidance from the team. And, if you can't make it to the showroom, the team is happy to come to your home and help you choose the best solution. See the website and contact details below to discover how Poundbury Mobility can help you.

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Commercial Finance Specialist

Cashflow Solutions from Paul Michel Finance

Many companies at some stage find themselves in need of cash – for meeting monthly expenses, payroll, tax liabilities, or new opportunities. It can be a frustrating position, to be awaiting satisfaction of invoices for work already completed as bills pile up or opportunities slip away. Although Government-backed schemes have helped a vast number of companies weather the challenges of the past year, many others have been unable to access funding.

Paul Michel Finance is a partner of Fifo Capital England, providing short-term financing solutions to limited companies in need of cashflow.

The company offers three main funding strategies:

1. elective Invoice Discounting – Paul Michel Finance purchases invoices for work already completed, advancing up to 85% of the invoice value to its clients. When the invoice is satisfied after 30, 60 or 90 days, the company deducts costs and passes on the residual to its clients.
2. Short-term Business Loans – Paul Michel Finance provides secured loans to businesses from 3 – 12 months, or negotiable thereafter.
3. Trade Finance – Paul Michel Finance purchases supplies for its clients, secured against verified purchase orders and the resultant invoices.

Solutions can be tailored to clients' needs, incorporating some or all of these strategies.

"I've helped a number of clients that could not secure funding, even from banks they've used for years. Fifo



Paul Michel FINANCE

Capital has been established for over 15 years in Australia and New Zealand, and our processes allow for great flexibility."

Clients are grateful for this flexibility. They are not tied in to long-term contracts, only using the company's services when they wish to. Nor is there the need to provide Paul with the whole book of invoices. Moreover, decisions can be made more quickly than many institutions, and this means access to funds much sooner.

There is no typical client for Paul. Some have enjoyed healthy finances, but require flexibility and speed for occasional purchases. Others have struggled to secure finance from more traditional lenders. A number of his clients have sought to grow their business, and others just to refinance.

Short-term finance offers flexibility, discretion and speed for companies in need of funds. As businesses begin the journey of economic recovery after the past year, they might do well to consider short-term funding secured against work already done.

If you're in need of funding, get in touch using the details below:

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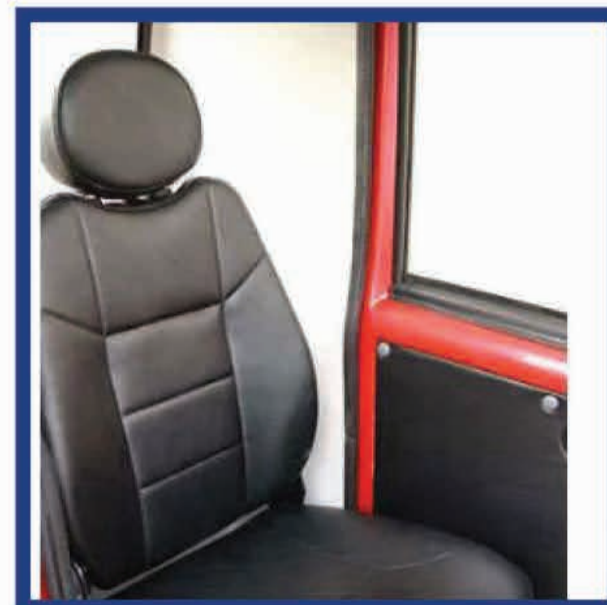
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Contact Paul Michel

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Quit foaling around, eliminate Sweet-Itch now!

Leisure Solutions is proud to feature Itchy Horse Company Ltd, an experienced no obligation advice service based in Mold, Flintshire. Itchy Horse Company Ltd uses its experience to offer extensive expert advice to owners of horses who suffer with Sweet-Itch.

Does your horse suffer with flies in their eyes? Or midges around their face and body? Having previously owned three horses coupled together with many years of hands-on managerial experience of The National Sweet-Itch Centre, Itchy Horse Company Ltd uses its expert no obligation approach to tackle the problem. Using all its necessary skills and equipment, Itchy Horse Company Ltd fully understand the distress caused by this condition to the carer and the horse.

Itchy Horse Company Ltd is the UK sole supplier of the renowned Swedish Boett Blanket and Hood which has been at the forefront of the treatment of Sweet Itch for 30 years.

"The Boett Blanket has survived the test of time, still the best product for Sweet-Itch, recommended by Vets and some insurance companies will cover the cost of too. It is such a good product that many have attempted to copy the design, but it's the breathable fabric that makes the difference and the excellent customer service that comes with it." Alison, Manager.

With an abundance of information available on how best to care for your horse it can be difficult to know who to trust. This can lead to confusion and frustration, ultimately leaving the problem unsolved. Itchy Horse Company Ltd offer products that are tried and tested with great success. It believes in the products offered and will always go the extra mile for the customers to ensure 100% satisfaction.

In aid to eliminate Sweet-Itch, Itchy Horse Company Ltd offers BioPlus capsules, these have resulted in a breakthrough in the treatment of Sweet-Itch. "We trialled them for 10 years. It started as a vaccine and was later developed into

capsule form. We fed one capsule a week throughout the year and 90% of horses showed an improvement in their symptoms. Out of those horses 70% showed an above average improvement greater than 50%." Alison stated.

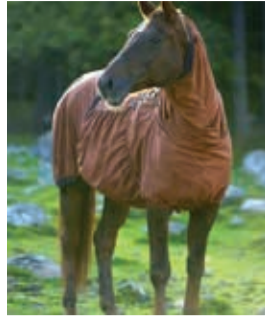
BioPlus capsules is not only an effective product, but it is simple and safe, designed to modulate the immune system. Itchy Horse Company Ltd has seen great results from this product not only to help treat Sweet-Itch but also treat other immune conditions such as COPD and Sarcoids.

"The BioPlus capsules are also making a difference to horses' comfort by modulating the immune system in an extremely safe and simple way without any side effects." Noted Alison.

Other fantastic products the company supply is a non-allergenic shampoo alongside numerous ointments including Mothers Bee products and Itchy Horse Barrier ointment. These products help soothe and protect, repairing damaged skin by providing a protective barrier allowing the skin to breathe and regenerate. Made from Beeswax, the Mother Bee sweet relief ointment is a blend of selected oils to help treat all skin conditions.

Everything Itchy Horse Company Ltd offers is geared towards the welfare of the horse as that is of vital importance. It has absorbed all increases in costs and has maintained set prices for the past seven years. Alison explained, "To us the welfare of the horse is more important than profit."

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Pawfect raw food products

In this issue of Leisure Solutions we are proud to announce that we have selected, Raw4pets as the recipient of our Commitment to Excellence Award.

Based in Bracknell, Berkshire, Raw4pets provides a vast range of raw food, bones, treats and supplements for your pawsome pals, from a variety of reputable suppliers.

The main objective of the company is to promote the adverse range of health benefits for pets, by adapting to a raw food diet. Derived from Owner and Founder, Marcelle Benneyworth's own pet experience, Marcelle noticed the health advantages that the diet contained for Cats and Dogs. With this ideology of getting back to nature, and introducing a diet for pets which incorporates raw food which traditionally, their bodies were designed to consume, Marcelle created Raw4pets to provide a portfolio of products to implement a raw food diet.

Raw4pets is committed to raw feeding and educating pet lovers on how following a raw diet will not only lead to a happy and healthier pet, but also help to a strong and lasting feeding relationship between you and your pet. The company ensures it maintains a large range of raw pet food products with the aim to add as many different suppliers to its catalogue.

In terms of the company's recent developments, Raw4pets has recently just started stocking Four Leaf Rover which is a range of plant based probiotics for dogs.



The range consists of FLR Green Eggs Natural Joint Support 68g, FLR Digest Probiotic 37g, FLR Immunity Organic Mushroom Mix 63g and FLR Protect Soil Based Probiotic 128g.

As pet lovers, Raw4pets is dedicated to providing advice and support for owners starting or continuing their raw feeding journey. This commitment to its customer and their pets, is of the utmost importance for the company who is always on hand to help. Raw4pets will always endeavour to provide any product that they do not currently stock, to meet any customer requests.

For more information, please see the details below.
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We are all about empowering, and enabling as many pet owners as possible, to give their pets a natural diet, and natural/holistic healthcare, for them to live as long, healthy and happy a life as possible. We care first and foremost about the pets. We care as much about your animals as we do about our own, and, quite simply, 'it's all about the dogs/cats etc.'



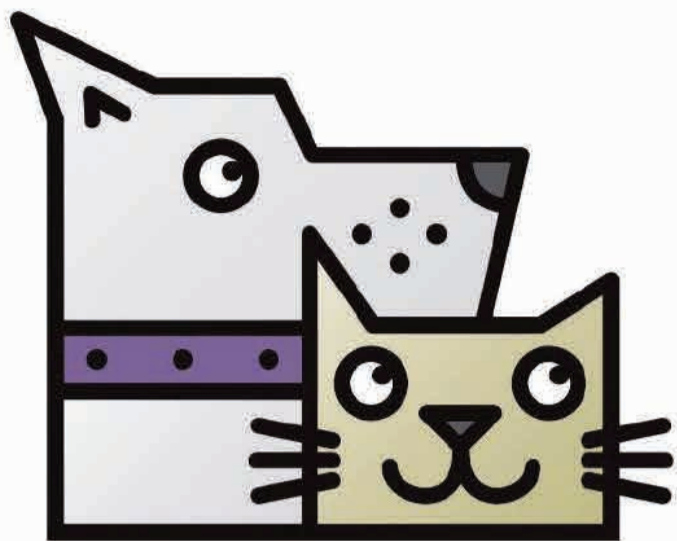
For more information please contact us on:

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Le Tonkinois Classic is the original Chinese recipe, which has proved to be a first class resilient and reliable varnish for more than a century. Traditionally used by the French Navy for all their sailing vessels, and widely used by traditional craftsmen for years. It tends to give a thicker coat than Marine No 1.

Le Tonkinois Marine No1 is basically the original recipe which has been further refined by modern techniques.

It is easier to apply. It also returns a slightly higher gloss. Both Classic and No 1 afford a high resistance to all extremes of weather, making them the obvious choice for outside environment. At the same time, low solvent levels and odour makes them ideal for inside application.

Le Tonkinois Parquet is for flooring and employs a strong synthetic Alkyd resin and Ester oil to return a harder-wearing surface for foot traffic. The finish is a little less glossy than the other two, just slightly opaque.

All three can be matted or semi-matted by including Gelomat in the final coat.

Some sites advocate a coat of Le Tonkinois Bio Impression to initially seal the timber, due to its ability to penetrate the wood more effectively, but no-one appears to have proved that this improves the durability in any way. Our own tests have so far proved inconclusive.



☎ Telephone 01628 629892 | ✉ mail@letonkinoisvarnish.uk

www.letonkinoisvarnish.co.uk

Lisa Flowers Floral Design

A Personal and Professional Florist in Solihull



Welcome to Lisa Flowers Floral Design

I am a bespoke florist offering a personalised and professional service for your floristry requirements.

Flowers have long been my passion so to be working with them every day, creating different styles and designs, is very rewarding. I pride myself on my ability to provide a personalised bespoke service where I can express each customer's specific requirements with flowers.

Whether contemporary or traditional, simple or complex, a hand tied or an elaborate celebration, I am able to meet all budgets and requests.

If you would like to discuss a design or event, or have any enquiries, please get in touch. You can find my details on the Contact Us page.

I will look forward to hearing from you!

For more information please contact me on;

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Do you want to hone your skills in health and safety? Do you need to gain accredited certification in health and safety? If this sounds like you and you are looking for a reputable, flexible and indeed, reliable course provider for health and safety training, then look no further.

Wise Global Training is an award-winning, global provider of accredited health and safety training. Specialising in online NEBOSH and IOSH courses, the company caters for individuals all the way up to global organisations such as UNIDO and multi-national companies such as Smith and Nephew.

"We are a small family run company that offers a personalised service," said Dave Newgass, Managing Director. "When you contact us, you are more than just a number. We take pride in top notch customer service and realise that everybody is different and has different goals, so we try to cater to that. Safety isn't expensive – it's priceless."

At Wise Global Training, the company understands the struggles and frustration it contains when searching for an online health and safety course which fits your needs. Ensuring that the course can work to your schedule, budget and needs is of the utmost importance. With this in mind, Wise Global Training strives to eradicate the associated stress for searching for online health and safety courses, by providing a whole host of benefits with varied courses to suit the individual's needs.

With a wide range of accredited NEBOSH and IOSH courses, Wise Global Training offers essential training including:

- IOSH Managing Safely
- IOSH Working Safely
- NEBOSH National General Certificate
- NEBOSH International General Certificate
- NEBOSH International Technical Certificate in Oil and Gas Operational Safety

This is in addition to other ROSPA and IIRSM accredited short courses which are just a few hours in length, which can help to upskill your staff.

All of the training courses at Wise Global Training were written by trainers, with learners need's in mind. This emphasis had been a proven success for the company and has enabled Wise Global Training to be able to provide material that contains the right tools and skills, to assist its clients to engage with the subject and course material. This is in addition

to full tutor support which is guaranteed at no additional cost and its flexible approach allows and encourages users to study at their own pace. The courses are easy to access, and Wise Global Training also boasts an impressive 100% Pass rate on IOSH Courses, plus the added customer benefit of flexible payment plans available for all of its courses.

At the heart of its operation, Wise Global Training puts the individuals needs first and strives to provide full support and assistance to help users pass their health and safety course. Through this commitment to its clients, Wise Global Training has hundreds of satisfied clients that they deem as part of the Wise Global Training community. Feedback and testimonials have stated their appreciation at the extra help and excellent course material that Wise Global Training provides to help them gain their qualification.

Thanks to over 10 years of excellence in the industry, Wise Global Training has gained a renowned reputation for its health and safety training courses, positioning the company as a key player in the industry, well-known for its high quality courses, support and service.

Wise Global Training has been recognised over the last couple of years with a number of awards that the company has achieved, including: UK Enterprise Awards - Best Occupational Safety eLearning Training Provider 2020; Global Business Awards - Best Health & Safety Training Provider 2020 - North East England; Corporate Vision Education and Training Awards - Leading Provider of eLearning Training Courses – Yorkshire; Corporate Live Wire 2019 Global Awards - Health & Safety Training Providers of the Year; and CV HR & Training Awards 2018 - Best Health & Safety eLearning Specialists – UK.



With these prestigious achievements under its belt, Wise Global Training is consistently developing and is looking to expand its global reach with new offices in South Africa and the UAE. "We are now in negotiation with some international companies to help facilitate new synergies to increase global awareness of the company and our partners."

For more information on the company or to view its full range of courses, head to the website or get in touch using the details featured below.

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Secure your long term financial future

For those looking to create long term wealth passive income has long been regarded as the elusive holy grail that everybody aspires to achieve. If you're not familiar with the term then in layman's terms passive income is money that you earn that requires very little or no effort to maintain. There are many strategies that savvy investors use to achieve this highly sought after income stream and in this edition we once again caught up with renowned entrepreneur and investor, Rodney Peyton OBE to try and gain an insight into the mindset and the techniques that help individuals create long term wealth.

Rodney Peyton OBE MD. is a remarkable individual. He's best known as a trauma surgeon and is widely regarded as the world's leading surgical coach. He is also an international keynote speaker, businessman, entrepreneur and investor with a portfolio that spans three continents. We were lucky enough to be able to speak to him again, this time about wealth creation and some of the key strategies that can help achieve financial freedom for ordinary people. These strategies are effective regardless of the financial climate which is reassuring as the world reels from the global Covid 19 pandemic and the unprecedented turmoil and uncertainty that it has brought.

Having financial freedom is something we all yearn for but sadly very few of us achieve it. Ultimately what holds us back is a lack of knowledge and

understanding about wealth and how it is created. Whether we like it or not having money allows you the opportunity to live life on your own terms and it gives you the freedom to make choices in life that are simply not available to others. Rodney describes it as "financial intelligence", and it is your financial intelligence that will help you progress from your current reality to a future of having the financial freedom that you and your loved ones deserve and dream of having.

Particularly now in the digital age, there are lots of mentors and financial gurus out there who make big promises but simply don't have the knowledge or the track record to back up their claims. In contrast Rodney Peyton is a man who practices what he preaches. For more than thirty years he has been successfully investing in a range of investments in the UK, Europe, the US and Australia. He has built an impressive property portfolio and as an author has written and spoken extensively on many wealth related subjects. For those truly serious about creating wealth the goal is to develop, grow and maintain diverse passive income streams in the pursuit of the financial independence we all crave. The ultimate objective is to build that passive income to a level where it covers all your living expenses and supports the lifestyle you choose. That is what true freedom looks like but it's not a level many of us reach because we don't have the right knowledge, mindset or plan.

the globe and make them relevant for professional colleagues."

Many professionals spend their entire lives studying and working towards achieving their professional ambitions but have little or no education about financial matters. Many of us take our advice from so-called financial advisors but what we don't take into account is that we are taking advice from individuals that are usually not independently wealthy themselves and are often employees of large corporations whose advice will be influenced by how much commission they will earn. Why would you put your financial security in somebody else's hand when by becoming educated and financially astute you can take the future of you and your family into your own hands.

What Rodney shared with us is a five step system he teaches that encourages individuals to take the steps they need to achieve financial freedom. It's an operational system that can be compared to the strategic path a physician would use with a new patient to help them bridge the gap between their current circumstances and their goal of financial freedom in the future. His system has five steps which we will take you through step by step so you can start making the changes you need to secure your future today. A common misconception is that you have left it too late or you are too old but whatever your current financial situation, how you arrived at it and whatever stage you're at in your life there is always the opportunity to evaluate your reality, make adjustments to the underlying factors and, much like a physician would do with a patient, come up with a treatment plan.

Rodney describes step one of the plan as 'History Taking' which he elaborates on by saying, "Dis-ease is the most powerful driver for a brighter future. The first step, therefore, is to recognise there is a problem and identify the nature of the dissatisfaction. What is it that you want, how far are you falling short and since when has this been an issue?"

Genuine progress in life often starts when you recognise that you are dissatisfied with your current situation. In any walk of life successful people are those that are always striving for more, happy to take themselves out of their comfort zones in an effort to keep improving and moving forward. Life doesn't stand still and neither should you. Just because something has worked and been successful in the past is no guarantee of future success as Rodney powerfully illustrates, "The Apollo space mission was a marvel of its time, then there was the space shuttle and now Space-X, which makes the computing on the Apollo mission look like a child's toy. Unfortunately, after the successful moon landing, there was no ongoing drive, vision, or purpose at government level in the USA for the future of space exploration and therefore advancements in space travel ceased."

So stagnating or standing still will eventually lead not just to a lack of progress but regression. In monetary terms inflation alone will diminish the real value of your income or investments if you choose to accept your current plight without trying to progress. So how do you achieve that progress? First of all you must establish what your goals are as part of your future financial plan. You must evaluate what for you constitutes the lifestyle you desire and the level of financial independence you need to achieve to fund that lifestyle. Success will not just happen by accident which is why you must be clear on your required outcomes, purpose and strategy.



Rodney shared with us a story which is typical of the existence many have where we have income but not the passive income we need to maintain our lifestyles. "When speaking at a recent business conference in Orlando, I was exploring with the audience their concerns about financial security. One answer, in particular, summed it up for many of those present. A lawyer stated he felt "like a hamster on a wheel". He reflected he was doing very well financially provided he kept going, but if he were to retire, or even slow down, he would not be able to maintain his lifestyle."

It's a situation many of us find ourselves in as Rodney goes on to explain, "I have found that many people, particularly professionals, would have great difficulty in maintaining their present lifestyle – especially if inflation is added to the equation. I am not a financial adviser. What I am is someone with more than 30 years' experience, not just as a medical professional, but as an entrepreneur, investor and business owner, who has learned from personal experience. I have also had the opportunity to study and discuss wealth strategies with experts from around

Summing up the first step Rodney says, "To achieve success in anything, including financial independence, you must be on purpose. Your "why" allows you to focus on what is most important, as goals must be compelling and inspiring, much more than a desire but a need. It is therefore essential to determine the "why?", the vision and purpose. This requires dedicated time put aside to concentrate on setting goals for the future and getting crystal clear on the reasons why those goals are important. Next, plot all the goal categories 20 years into the future and clarify your personal definition of success in each. Commit, in writing, why these goals are vital for you, so they become not just a vision but a purpose."

The next step on the plan is 'Investigation'. This requires an honest assessment of where you're currently at. You have already established what your financial goals are and why they are important. What's needed next is a thorough financial health check where you evaluate your finances, separating essential expenses like mortgages, utilities and insurance from expenses that could be considered a luxury such as eating out, the latest phone or a holiday. You need to calculate your current income streams from your salary, pension and your passive income from investments such as property or shares. Take the time to work out the difference between your current situation and the income needed to achieve your financial goals.

Bridging that gap requires a degree of pain. It comes down to linking the pain of your current predicament to pleasure in the future if you take action now to transform your circumstances. Rodney explains the emotions involved saying, "One of the strongest drivers is the avoidance of pain so consider what would happen if nothing were to change over the next six months, one year, five years. We tend to work hard to move away from pain, like moving away from a fire, but only until the situation becomes comfortable although, initially, this may be necessary to kick start the process."

It could be that your overall goal seems distant in which case it makes sense to break it down into smaller individual targets which are easier to achieve and stop you from being discouraged by a lack of progress. Therefore, at this stage, it is vital to be clear about the present financial reality and the gap between this and

future ambitions.

The next stage of the process is 'Assessment and Diagnosis'. Try and think of the reasons for your underachievement or not being where you want to be. For Rodney this is a key stage in the process, "We need to reflect on what happened in the past and why we have not achieved the level of success to which we aspire. We must get clear on what has prevented us from moving forward. Is it within ourselves – is it procrastination, mindset issues, feelings of being unworthy or that we are unable, is it because of age or education, to drive forward? Or do we blame the outside environment, the government, the company or someone else? At the end of the day, the root cause for our current circumstances usually comes down to mindset. If we change how we think, it influences our actions and hence our results."

It's important to forget about apportioning blame too and take back control of your circumstances. There are things in life that we have no control or influence over and if we put our emotions aside it can often be easier to see a way forward. It's far better to expend our energy on the things that we can control.

The next phase in the process is the 'Treatment'. This is where Rodney's background as a trauma surgeon comes to the fore as he explains, "As with any physical health challenge, once the diagnosis is clear, everyone must participate in their own recovery. The treatment plan has to be agreed and then followed. Just as negotiating geography requires a map, negotiating financial geography requires a different form of MAP – a Massive Action Plan. You must focus on the objective, remembering that focus stands for "Focus on Course Until Successful", and take action. This is the time to have a good mentor, someone who has been there before and can act as a beacon to guide you on your path. It is said that a wise man learns from his own mistakes, but a genius learns from the mistakes of others. It is always best to follow a path previously trod as success leaves clues and this is the quickest way to



formulate a workable plan to achieve the goal."

A tried and tested method for virtually anything in life is to study other people who've already achieved what you're aspiring to and to try and replicate some of the methods that they've used. Understanding how others did it and then integrating what you've learned from them into your own lifestyle is an effective method of getting closer to where you want to be. Put into practical terms Rodney says, "Think how you can increase your income, decrease your expenses and use any additional savings wisely to fund passive income streams. The secret is to save money and put it to work as efficiently and effectively as possible. This requires a combination of strong mindset, planning and determination to follow through. Remember, even the best financial plan means nothing unless you take action."

The final part of the process is the 'Follow Up'. Adopting medical terms again, as with any form of clinical treatment the impact needs to be evaluated over time in collaboration with a physician or in financial terms with your mentor. Feedback from your mentor and reflection are an essential part of ensuring you are hitting each goal or if you are not trying to evaluate the reasons why not. Regularly evaluating your progress and making adjustments where necessary to keep on course is important as Rodney emphasises with a great example, "A plane flying from London to New York is off course at least 90% of the time due to traffic lanes and the winds aloft. It, therefore, has to make course corrections frequently so that at the end of the journey it lands in the right direction, on the correct runway."

Achieving your long term financial objectives is not always going to be plain sailing and you will always experience difficulties along the way. You cannot be discouraged by minor setbacks and must stick to the plan whilst making adjustments where necessary. Concluding his advice on the final phase of his five step system Rodney concludes, "Results need to be measured regularly and the overall financial position rigorously evaluated at least annually to close the audit loop. Growth in financial aptitude along with changes in mindset as you move forward is just as important as the end goal. Success is not what you achieve, it's who you become in the process. This is why as you get closer to a goal being achieved, you need to set a new one to sustain the momentum."

Securing your long term financial future is something that is in your own hands. It will not just happen by accident and by following the process you too could take your first steps towards the financial freedom you dream of. You need to change your thinking and your mindset. Educate yourself and develop your financial intelligence. Identify role models or mentors who can help you on your journey by holding you accountable and of course offering support when you need it. It won't happen overnight but trust the process, don't be discouraged by short term setbacks which are inevitable and you can achieve those multiple streams of passive income that will give you the lifestyle you and your loved ones deserve.

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