

LEISURE SOLUTIONS UK

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“**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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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 P Michel Finance, page 6.

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 22 - 23.

Secondly, we are featuring Le Tonkinois Varnish, a natural oil based yacht varnish using an ancient chinese formula dating back 2 or 3 centuries!

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
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Latest News

Keep on dancing!

Michele Maguire fell in love with dancing at the age of six, and at 12 years old had her heart set on her dream job of becoming a dance teacher. Michele returned to her love of dance in her mid-30's and hasn't looked back since. After

spending time under training, Michele started her own business, and 14 years later Michele's Dance Club is still going strong.

Michele is a trained dance teacher and has been in the

industry for over 30 years. Over the years Michele has never lost her true love for dance and has created a safe and friendly space for others to explore her passion. Michele's Dance Club specialises in Latin and Ballroom Dance and is open to people of all ages and experience.

Michele offers 30-minute one-to-one private lessons for individuals or couples, as well as classes for groups of children and adults. Classes include Waltz, Quickstep, Foxtrot, Tango and many more, with the main focus being on having fun and immersing yourself in the joy and expression of dance.

What makes Michele's Dance Club unique is the reaction people usually get from their first time attending. One person mentioned, "I wouldn't have lasted two lessons if Michele hadn't made it so much fun." "Dancing is for fun and enjoyment," mentioned Michele, whose bubbly personality and witty sense of humour makes dancing a joyous experience for all who participate. "Dancing isn't complicated, it's just about moving your body and following basic movements. Everyone is a beginner at some stage, there's no need to feel embarrassed," said Michele.

Children's dance classes are very much a big priority for Michele and is a highlight to her Saturday mornings. "It's a perfect environment for your child to learn a new skill whilst enjoying themselves," said Michele. Regardless of whether you're a beginner or more experienced, you're guaranteed to have a great time whilst meeting new people.

Michele's Dance Club is based in Cheshunt, Hertfordshire. Payment is available from pay as you go or monthly.

See below for more information.

T 07895 130607
michele_maguire@
hotmail.co.uk
www.michelesdanceclub.
co.uk

Michele's Dance Club



At Michele's Dance Club, we have friendly and efficient staff who will provide you with a memorable experience. Whether it's a wedding dance you're interested in booking or other upcoming special events, we've got you covered.

All classes cover a range of dances to learn – if you require a specific dance lesson we can offer private lessons.

Our classes include;

- Waltz
- Quickstep
- Foxtrot
- Tango
- Slow Rhythm
- Viennese
- Cha Cha Cha
- Rumba
- Samba
- Jive
- Paso Doble

Come and Visit

Monday – Friday: 6pm – 10pm
Saturday: 10am – 11pm
Social Evenings: 8pm – 11pm
Sunday: Closed



If you wish to join please contact me

T 07985 130 607 | ✉ michele_maguire@hotmail.co.uk
www.michelesdanceclub.co.uk

Instant Sunshine



Sounds like a holiday in the Seychelles or the latest high-fibre offering from Kellogg's. But actually we're probably more of a cross between Flanders & Swan and the Cirque du Soleil.

Various described as the cutting edge of comic song or the evening wear window at Moss Bros, Instant Sunshine is three dinner-jacketed men of a certain age, singing our own original humorous songs, gently mocking the British way of life.

The three founder members – Peter Christie, David Barlow and Alan Maryon Davis – are still going strong after more than 40 years hovering on the fringes of showbiz. Peter pens the music and lyrics and also plays the guitar, trumpet and ukulele. David is the lead guitarist and doubles on mouth organ and spoons. Alan is the group's percussionist and rubber face.

Together with our occasional double-bass player Tom Barlow (and his predecessor the late Miles Kington) we have wowed audiences as far afield as New York, Hong Kong, New Zealand and Bermuda.

We have more than 100 Instant Sunshine songs on vinyl, cassette or CD, and have written and performed many signature tunes for radio and TV, including Oneupmanship, One is Fun, Money Box and for our own three series of Jackanory.

In the mid-1980s there were three series of Instant Sunshine Reasonably Together Again on BBC Radio 4 (in 1985, 1986 and 1988) which are still occasionally repeated on BBC7. A recent recording of the history of Radio 4's Today programme includes songs from the band. It was our long association with Radio 4's Stop the Week (1975-1992) that gave us the opportunity to reach a wide audience, with a three-minute slot most weeks to sing a song about whatever topic was under discussion – anything from unrequited love to weeding the herbaceous border.

We have performed privately for the Royal Family and publicly at the North Peckham Civic Centre. And now, thanks to the wonders of the World Wide Web, we are here with you in cyberspace.



www.instantsunshine.co.uk

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:

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Teddies and soft toys to make you smile

At Leisure Solutions, we seek to provide a spotlight on the services of others. We take pride in ensuring that we provide a platform to share the latest and best services provided by organisations, small businesses and people that provide added value to the industry. As such, in this issue of Leisure Solutions we are proud to announce that we have selected Teddy Boutique as the recipient of our Commitment to Excellence Award.

For every bear that ever there was will gather there for certain because...



Welcome to the wonderful world of Teddy Boutique! With a simple mission to make its customers smile whilst helping them find their perfect match, Teddy Boutique is a family run business that stocks a wide range of products. In fact, the company has over 2,500 products inside its lovely, welcoming little shop with its brands and suppliers including: Charlie Bears, Steiff, Jellycat, Llorens Dolls, Suki, TY, Jomanda, Kiddies World, Powell & Craft and Blade & Rose. From pocket money teddies bears, toys and gifts to limited edition collector's pieces, Teddy Boutique caters for all.

"We have something for everyone! We also sell children's clothing, ranging from 1-2lb incubator sizes up to 5-6 years. We have a range of seasonal clothing, such as Christmas attire for ages up to 10 years old, and we also work with a teddy bear hospital in the South, restoring those family treasures," stated Liz, Company Owner.

Teddy Boutique was established over seven years ago by a mother and daughter but was taken over in March 2020, when Liz purchased the business and reopened it just after the first COVID-19 lockdown. "I bought Teddy Boutique at the start of the pandemic, without viewing the actual premises. I could see the potential it had to offer and how it could be made into a special, magical place to browse and shop," explained Liz.

Based in Skipton, North Yorkshire, Teddy Boutique is one of a kind has built a reputation, being well known in the area as one of the best soft toy and bear shops in North Yorkshire. Its customer reviews and

feedback are a glowing emblem of how successful Teddy Boutique has become since Liz took over the business. 'It's like stepping back in time', 'my favourite shop - ever!', 'the best customer service anywhere', just some of the many reviews the company has received from its happy customers.

Among these reviews, was this one featured on Yell.com – 5* This is a shop full of dreams for young and old I am waiting delivery of my second Charlie bears mouse. Well worth a visit. Lovely friendly owner.

With customers being at the heart of Teddy Boutique's operations, Liz added that, "Customer Service is paramount to our success, and we pride ourselves on the service we offer and deliver. Whether a customer is buying a £6 pocket money item or a £600 collectors' piece, everyone is treated with the same level of respect, care and service. Teddy Boutique is a safe place where customers are welcome to browse, sit in the VIP Chair for a chat, or use our facilities for nursing - we are an open environment and welcome all."

Liz is always using customer feedback and requests to better Teddy Boutique and make it more accessible to everyone. She mentions, "I am delighted to say I'm expanding the business and opening the second floor which will be dedicated to my new range of children's clothing. I'm really excited to be able to offer customers what they want and



what they've asked for. At the same time I'm planning on introducing parties for children or adults – keep an eye on our website for further updates and information."

Renowned for making people smile and with a magical atmosphere, Teddy Boutique provides an unforgettable experience all under one roof. The company is however looking for areas to grow and one day soon hopes to expand and open more boutiques in the future.



In closing, we caught up with Liz, who passed on this message, "a huge thank you to each and every one of our customers, without whom Teddy Boutique wouldn't and couldn't exist. A sincere and heartfelt thank you for all the support and amazing feedback received, it really is something special."

Whether its for a special occasion, a loving present for a loved one or to add to your own personal collection; Teddy Boutique has a bear friend for you.

If you would like to find out any further information, please see the details featured below.

T 01756 709676
www.teddyboutique.co.uk

Teddy Boutique



Teddy Boutique is a small family run business based in the beautiful town of Skipton in North Yorkshire. Our mission is to simply make you smile, and to help all our wonderful and amazing customers find their perfect match! Whether it's a collector's piece, or something smaller, we'll do whatever we can to make sure you walk away with the item you really want.

We have over 2,500 products in our lovely little shop with brands and suppliers including; Charlie Bears, Steiff, Jellycat, Llorens Dolls, Suki, TY, Jomanda, Powell & Craft and Blade & Rose.

With so many different lines in stock and to make sure we offer the very best in customer service, on the website we mainly focus on Charlie Bears, Jellycat, Steiff and Llorens Dolls, so if there's anything you would like but can't find it online, don't hesitate to get in touch. Teddy Boutique - always here to make you smile!

Bettie Bailey x

Opening Times	Thursday: 10:00 - 16:00
Monday: 11.00 - 16:00	Friday: 10:15 - 16:00
Tuesday: Closed	Saturday: 10:15 - 16.30
Wednesday: 11.00 - 16:00	Sunday: 11:00 - 16:00

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Our base is situated in Maidstone (Kent) covering the South East, including East and West Sussex, Surrey and Essex. We can transport your car to your home address or a repairing garage of your choice anywhere in the U.K.

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✉ recovery@silverbackrecovery.co.uk

2 Glebe Meadow, Watlington, nr Maidstone, Kent. ME18 5DE

www.silverbackrecovery.co.uk



For over 12 years, Silverback Recovery has provided one of the most cost-effective recovery services in the South East of England. Located near Maidstone in Kent, it's ideally located to cover any emergency within a 50-mile radius.

Whether you have broken down on the side of a motorway, down a small country lane or within the centre of an urban jungle, or even if your car has become undriveable or unroadworthy due to an accident, recovery options are available to help recover or transport most cars and light commercial vehicles for both private and business customers.

Basic roadside assistance is readily available with Silverback Recovery and its services come in many forms. For accident recovery, up to six passengers can be transported from one location to another with ease. Its accident recovery service has the ability to recover cars, light commercials vehicles and even caravans to any chosen location anywhere in the UK. Customers can rest assured their vehicles are handled with the upmost care and attention through using a tilt and slide bed, the recovery vehicles can quickly load and move any damaged vehicle off the public highway easily and safely.

Over the years, Silverback Recovery has established itself as a trustworthy service in car



Silverback Recovery

transportation. Whether it's for a car show, a competition or even delivery of a new car purchase, Silverback Recovery can transport cars to any destination including sports and classic cars.

If an accident or breakdown occurs during non-working hours, safe overnight storage of the vehicle can be arranged. Whether it be for one, two or three nights, costs start at £25 per day for outside storage and £40 per day for covered.

Additionally, Silverback Recovery offers a contracts service for companies who run a fleet of cars or light vehicles requiring a reliable 24-hour recovery service all year round. Furthermore, a collection and recovery service for Accident Repair Bodyshops is available where customers can be collected from any destination with opportunities of collecting a courtesy car if eligible.

For more information, see below.

☎ 07740 123495

✉ recovery@silverbackrecovery.co.uk

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Financial Services News

Industry News




Tony Welsh DipFA, Cert CII (MP & ER)
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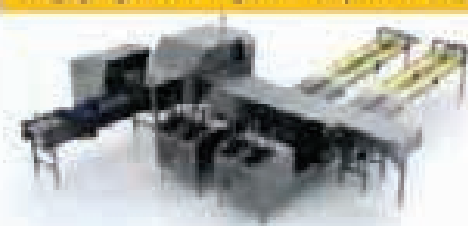
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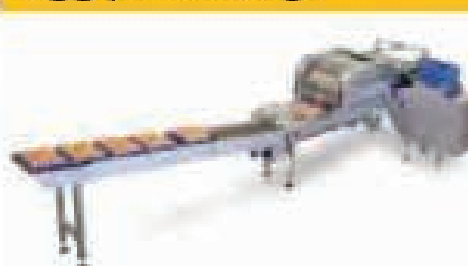
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Hate cleaning but would love a clean oven?

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When our oven technician arrives to clean your oven the first thing they do is to place all racks and shelving into the dip tank and leave them to soak. They then remove the door of the oven to make a thorough clean possible (99% of all doors are easily removed). The main body of the oven is then cleaned using fume free, biodegradable oven cleaning products which have been specially developed for us by our consultant chemist. The door is then replaced as are the racks and shelving – and there you have it – a clean oven, restored to near showroom condition!

In respect of hobs our oven cleaners use a similar method, with any removable parts placed in the dip tank whilst the hob itself is cleaned and then replaced, resulting in a gleaming hob.

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The Home of Le Tonkinois Varnish UK

B& D Murkin are a small family run business based in Maidenhead. Providing varnish and sander products, they are the sole importers of Le Tonkinois Varnish and the Flexidisc Sander.

They have been importing Le Tonkinois Varnish and the Flexidisc sander for almost 40 years. They demonstrate and sell these products on various shows throughout the UK and operate a first class mail order service.

Le Tonkinois Varnish is a traditional oil based varnish, manufactured using a 200 year old Chinese recipe. It contains Linseed oil, Tung oil & natural resins. No solvents or water therefore it is environmentally friendly and is a pleasure to work with, no nasty smells and no brush marks.



Le Tonkinois Varnish is 100% waterproof and does not crack or flake off, even



on oily woods like Teak and Iroko. It also withstands hot pans and boiling water. It produces a high quality and professional finish and requires very little maintenance, simply add a top up coat every few years as required.

Le Tonkinois Varnish has gained world recognition for its results and is regarded as one of the world's best varnishes for indoor, outdoor and marine use.

The flexidisc sander is an extremely unique piece of equipment, although being a general sander, it can also be converted into many other applications including: finishing sander, bench grinder, general purpose sharpener, partial angle grinder, polish applicator, polisher and grinds glass and nails.

"The Flexidisc sander can be used to prepare any type of material prior to applying Le Tonkinois and results in a better finish than most orbital Sanders in a fraction of the time

For any more information, please see the details below.
www.letonkinoisvarnish.uk

LE TONKINOIS VARNISH

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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.



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A hub for everything antiques in Cornwall



Discover Cornwall's first ever comprehensive antiques guide, offered in an easy-to-read A5 booklet and extensive website.

Antiques Guide Cornwall is a hub for everything antiques within Cornwall, including lists of all antique related businesses, specialist buyers and sellers, and events happening all across the region. This is a must-have resource for any antiques lover during a visit to Cornwall, helping them to discover endless amounts of attractions to make their trip worthwhile.

The first edition was released in June 2020 with a minimum of 10,000 copies printed and distributed throughout the region. The guide will be printed annually, and they are now looking for businesses and enthusiasts to feature in the 2021 issue.



If you would like to feature in the guide, you can appear for free on the website if you book a section within the booklet. For website only, it is half price and includes a direct link to your website, your business location on the website and map, and links to your social media accounts.

The guide can be collected for free from various antique related sites and tourist places in the south west, as well as Wadebridge Antique Centre, which is opening again after the lockdown on Wednesday 2nd December. Then, it is open seven days a week from 10am – 5pm, including bank holidays – the centre is only closed on Christmas Day, Boxing Day, and New Year's Day. The guide can be posted for a £3 admin charge, and can also be downloaded for free at www.antiquesguidecornwall.co.uk.

If you would like to find out more information and feature in next year's issue, head to the website and fill out the contact form or get in touch with Alex Robins using the details below.

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www.antiquesguidecornwall.co.uk

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

PENSILVA

Millenium House, Pensilva, Nr Liskeard PL14 5NF

ANTIQUES & COLLECTORS FAIR

SUNDAY 26TH SEPT 2021

9am - 3pm, FREE PARKING | CAFE

Admin: J1, upto 75 stalls

At last we're back!

Last Saturday in the month

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www.antiquefairscornwall.co.uk

FERNSEBY HALL

Fernsby Hall Tapestries

Tapestry Kits produced by Diana Fernsby from the original paintings of Catriona Hall

Beautiful Paintings made into Amazing Tapastries

Kits for each design, consisting of:

- The printed canvas
- The correct quantity of Appleton tapestry wools
- A photograph of the stiched kit
- Easy to follow instructions
- A needle • A helpline

For more information please get in touch on;

Tel: 01279 777 795 | Web: www.fernsbyhall.com

Colin Lockitt Funeral Services Ltd, here for you

At Leisure Solutions, we like to share the latest and best services provided by small businesses and people that provide added value to the industry. As such, in this issue of Leisure Solutions we are proud to announce that we have selected Colin Lockitt Funeral Services Ltd as

the recipient of our Commitment to Excellence Award.

Thanet based Colin Lockitt Funeral Services Ltd offers professional yet personal funeral services in and around Kent. Established by himself, Colin Lockitt's professional approach combined with skills

acquired over the longevity of his career enable him to conduct services that are peaceful, thoughtful and meaningful to the family.

"I first started out in the industry 35 years ago and learnt my trade under the guidance of the late



Mr Geoffrey Love at Blackburn's Funeral Service. Bereavement is difficult but my experience means I'm able to hold your hand through every step of the funeral process and help give your loved ones the send-off they deserve," stated Colin.

Between work and family, Colin spends his spare time working on his allotment, as well as maintaining his beekeeper hobby. Throughout his career and personal life, Colin truly understands the importance of family. His impeccable professionalism enables him to deliver truly wonderful tributes from family members and loved ones in a respectable, honourable manner.

His extensive and successful career means there is no better person to help pre-plan the right funeral for you at a price to best suit your budget. "My objective has always been to offer affordable care and superior service to everyone, irrespective of personal beliefs or circumstances and I think it's something we have been able to achieve. I understand that people wish to say goodbye in different ways; that's why we provide such an extensive range of services to cater for each of our client's individual needs. We think we are well thought of in the local community which means we are obviously doing something right," said Colin.

For more information and for impartial and independent advice on pre planning services or immediate need funeral information visit www.lockittfunerals.co.uk.

T 01843 310 187

Discount for
all NHS and
support workers

Colin Lockitt

INDEPENDENT, FUNERAL, SERVICES

Over 33 years' experience

Home visits available in Kent

**Burial or Cremation Any Distance, Natural Burial,
Private Chapel of Rest, Horse Drawn Carriage, 24hrs
Day and Night service, All pre need plans taken, tailor
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Formerly of Blackburns Funeral Services

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M: 07738 286 370 E: colinlockittfuneralservices@gmail.com

www.lockittfunerals.co.uk

Broadstairs, Ramsgates, Birchington & Margate: 01843 310 187

Deal, Sandwich, Eastry & Walmer: 01304 763 031 | Ashford: 01233 367 177

ARTI~FARTI FINE ART GALLERY



AT ARTI FARTI YOU WILL FIND DELECTABLE WORKS OF CONTEMPORARY SCOTTISH ART IN AN EXCITING ARRAY OF COLOUR AND FORM TO ADORN YOUR WALLS. MAKE ART A PART OF YOUR HEART AND YOUR HOME.

WE OPENED ARTI-FARTI LTD IN NOVEMBER 2016 TO COMPLEMENT OUR PRINT GALLERY AND FRAMERS ART 'N' JOY SO WE COULD SHOWCASE OUR ORIGINAL ART AND SIGNED LIMITED EDITIONS SEPARATELY.

WE SPECIALISE IN SOUGHT-AFTER ORIGINALS AND LIMITED BY NATIONAL AND INTERNATIONAL ARTISTS ALIKE WHILE ALSO EXHIBITING ARTWORKS BY LOCAL AND ASPIRING ARTISTS.

WWW.ARTI-FARTI.CO.UK

Five-star boho glamping ground

Ettie's Field is nestled in the Heart of England, near Market Bosworth in Leicestershire. Its raw and peaceful location attracts many animals and boasts a relaxed and peaceful vibe.

"As Airstreamers ourselves our aim was to create a glamping ground for people who are as passionate as us about glamping. We named our Airstream Ettie after my grandma and when we bought Ettie we put her in the field and called it 'Ettie's Field'. Ettie's Field is not a caravan park or a campsite, it is a glamping ground. We love all things airstream, vanlife, bongo, glawnings, teardrop, t@b, Vdubs, bikers, classic hymer, eriba touring, bell or lotus tent, tipis, roof tents, converted ambulances. WE LOVE different! Ettie's Field is different!" stated Linds, Owner.

Want that sleep under the stars without having to sacrifice comfort? Ettie's Field has airstreams, eight hardstanding and grass pitches with electric and water taps, 3 grass pitches with only water taps and six circle pitches with electric and water. Individual shower rooms, toilets and wash basins are available also. Trade waste and recycling bins are available alongside an elsan and washing up area.

Even though it's quiet and remote, civilisation is only a stone's throw away. With nearby attractions such as Twycross Zoo, the little town of Market Bosworth, the



Bosworth Battlefield heritage centre, Bosworth Water Park, Lucky Tails Alpaca Farm, the Gate Inn, the Turpins Bar, and San Giovanni, a beautiful Italian restaurant only a short drive away, there is plenty to do.

Boho-tique shop is on site and open to guests daily. If you're not too busy seeking out the local attractions, lose yourself in Ettie's Boho-tique which stocks Fair-Trade, recycled plastic and hand-crafted gifts. Ettie's Field is also available for exclusive hire for weddings, family gatherings, parties, rallies or even craft weekends. A few dates for your diary:

Ettie's Boho-tique will be holding a Christmas open day on the 4th of December. Tickets are £5 and available here. www.eventbrite.com/e/etties-boho-tique-christmas-shopping-event-tickets-176612531837?aff=ebdssbeac

Ettie's Field will be exhibiting at Your Wedding Live at Telford International Centre in the Midlands on February 19th-20th, 2022. Tickets available here. <https://yourweddinglive.co.uk/wedding-show-introduction/>

Customers rave of Ettie's Field, "It's like entering another world", "The site offers everything you want for glamping: eco-friendly, beautiful settings, relaxed, lovely animals and a chiminea on every pitch!"

If you're interested, see below.

T 07817 543972

linds@ettiesfield.com

www.ettiesfield.com

www.ettiesboho-tique.com



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 ensuite. 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.



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

Embark on your next staycation

Nestled on the outskirts of the ancient market town of Thirsk in North Yorkshire lying below the Hambleton hills, Newsham Grange Farm is an award winning 4* luxury, family run, Bed and Breakfast.

The farm house is situated in 16 acres of land with a breath taking orchard dating back to Georgian times. The house is a Grade II listed Georgian Farm House offering spacious facilities with features including: en-suite rooms, secure parking, outdoor pool, hot tub and free WIFI. Most rooms can also be adapted to accommodate an extra single bed, if a family or twin room is required.

In terms of the location, Thirsk market town is approximately 4 miles away with Northallerton market town being only 6 miles. Both towns offer a variety of amenities including shops, cafes, bars and restaurants. Thirsk also features its own race course and the Famous World of James Herriot.

Another accommodation is its Eagles Cottage, a newly refurbished single storey barn decorated in a traditional and contemporary style. Retaining some of its original features, the barn is beautifully adorned with wooden beams throughout the building and stretching across the high vaulted ceiling. Creating a cosy, welcoming atmosphere, Eagles Cottage is the perfect 'home away from home' and during cooler months, there is even a log burning stove fireplace to snuggle up to, in the main living area.



comprising of one king size bed, one double bed and two single beds. Its facilities include: a full private bathroom with shower and separate toilet, large kitchen/dining area with appliances including a dishwasher, microwave, slow cooker, double oven and washing machine, and an oak dining table and chairs.

The main living area maintains two comfortable large sofa's, a flat screen TV with Freeview and a DVD player. Outside features a courtyard decorated with planters and lights, complete with table and chairs, BBQ and hot tub; which can be used all year round. Guests also have access to the outdoor swimming pool and garden room located in the Orchard, offering the perfect spot to sit and watch the sun go down on a summer evening.

With so much on offer throughout the year, take advantage of your next 'Staycation' and visit Newsham Grange Farm – we're sure that you will not regret it!

For more information, please see below.
T 01845 588047
www.newshamgrangefarm.co.uk



The cottage is self-catering and is able to accommodate up to six people in three bedrooms,

Blossoming Bunches for all Occasions

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



At Sal Majik Events we strive to help create Majikal memories for all attendees of our events. People are our number one priority and we thrive on making every person feel comfortable trusting us with their needs.

Our method is to start with a free consultation in order to establish a relationship with you and find out everything we need to know to help us create your dream event - one that goes above and beyond your expectations.

+ (44) 7484 216 730
info@salmajikevents.co.uk

www.salmajikevents.co.uk

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



Bovehay Down is a quiet, rural retreat located in the tranquil surroundings of the Devonian Countryside. With outstanding natural views the farm offers the perfect space for Woodland Weddings.

We are perfectly located; a secluded location yet not more than 15 minutes from all you will need: the beach, the shops and local attractions so we've got your wedding covered.

Fully licensed for marriages and civil partnerships ceremonies



For more detailed information or a free no obligation, consultation, please contact Pamela on;
☎ 01404 871480 | ✉ info@sweetlands.co.uk or visit
www.bovehay.co.uk



Boho Glamping Ground

As Airstreamers our aim was to create a Glamping Ground for people who are as passionate as us about Glamping..

Ettie's Field is **NOT** a caravan park or a campsite....

Ettie's Field is for everyone who owns an interesting Glamping rig.

WE LOVE..

Airstream, VanLife, Bongo, Glawnings, Teardrop, t@b, Vdubs, Bikers with small touring tents, Classic Hymer, Eriba Touring, Bell or Lotus Tent, Tipis, Roof tents, converted ambulances

WE LOVE different! Ettie's Field is different!

Ettie's Field is NOT suitable for normal tents, normal caravans or normal motorhomes...

We welcome children at Ettie's Field but we have not designed the site around children, we do not have a playground or allow any type of ball, frisbee games or kite flying.

If you're not sure if Ettie's is right for you, please send an email with a picture of your Glamping set up and we will get right back to you!

For more information please get in touch;

☎ 07817 543972 | ✉ linds@ettiesfield.com

www.ettiesfield.com



PATRICIA CREIGHTON M.B.E.

INDEPENDENT LADY TOASTMASTER



MASTER OF CEREMONIES COMPERE & EVENTS HOSTESS

Weddings (all denominations and cultures) - Parties Anniversaries -
Balls - Festivals - Corporate Events

Charitable Functions Christenings - Bonquets - Dinners Fashion Shows
- Charity Auctions - Receptions - Centenary Dinners

Would you like an experienced, qualified Lady Toastmaster to give your event that WOW factor, no matter how large or small the event? I have worked in Europe and I am willing to travel (almost) anywhere for any type of event! Client care, attention to detail and professional expertise, will ensure your event is a success!

Please feel free to contact me to discuss your requirements

T 07885 780149 | patriciaacreightonmbe@googlemail.com

www.lady-toastmaster.com

For All of Your Event Needs!



today. Leaving the logistics to a well-experienced specialist will ensure you can

relax and enjoy the planning process instead of getting frustrated and flustered.

What's more, you'll benefit from two Toastmasters at your event for the price of one, as Patricia always brings along an Assistant Toastmaster. Please contact Patricia using the details provided to find out why two Toastmasters are better than one, and how she can help make sure your day goes exactly how you dreamt it would.

T 07885 780 149
patriciacreightonmbe@googlemail.com
www.ladytoastmastermbe.co.uk



Founded in 2010 Patricia Creighton MBE started offering Toastmaster services after realising there was a gap in the market for actively operational female Toastmasters. With her organisational strength and problem-solving ability, Patricia turned her hand to the planning of weddings, balls and parties, and has since become an extensively appreciated event organiser.

Having worked in previous roles as a wedding organiser and registrar, Patricia is well practiced at participating in important ceremonies and has subsequently obtained a decorated background in wedding arranging, civil partnership procedures, banquets, bat mitzvahs, cocktail parties, award ceremonies, product launches and official openings.

The reputable Toastmaster is also experienced with corporate events and has assisted many companies with the development of a smooth-running and memorable gathering. Her work extends to more specialist celebratory services such as vow renewals and baby naming ceremonies, and she has also attended various balls and parties.

Having been granted the coveted MBE in 2003 for her notable contributions to the voluntary youth sector, Patricia is a sought after figure who always offers a sleek and professional service, taking all your stresses away. In fact, all of Lady Toastmaster's testimonials praise how efficient and professional the service is, and her satisfaction at a successful event coming together after months of preparation is evident in the passion she puts into her work.

Although based in Croydon, Patricia is more than happy to travel should this be required and has conducted much of her ceremony-centred work in Spain. Some of her favourite memories are being a Toastmaster in Spain for The Royal British Legion fundraising Balls, in Park Lane for a large fundraising event (Ataxia Society), and travelling to Wales for a big fundraising ball in aid of Sepsis Society.

Patricia's work is incredibly customer-oriented; each project she is presented with is handled with care and attention to detail as well as, of course, the expected level of professionalism and efficiency. Communicating with the necessary experts – photographers, caterers, bands and guest speakers included – she ensures the day goes according to plan and that all aspects are taken into consideration.

If you don't want the stress of organising an important event then consult Lady Toastmaster

PATRICIA CREIGHTON M.B.E.

INDEPENDENT LADY TOASTMASTER



Master of Ceremonies Compere & Events Hostess

**Weddings (all denominations and cultures) - Parties Anniversaries - Balls
Festivals - Corporate Events - Charitable Functions Christenings - Banquets**

Dinners Fashion Shows

- Charity Auctions - Receptions - Centenary Dinners

Would you like an experienced, qualified Lady Toastmaster to give your event that WOW factor, no matter how large or small the event?

I have worked in Europe and I am willing to travel (almost) anywhere for any type of event! Client care, attention to detail and professional expertise, will ensure your event is a success!

Please feel free to contact me to discuss your requirements

T 07885 780149 | patriciacreightonmbe@googlemail.com

www.lady-toastmaster.com

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

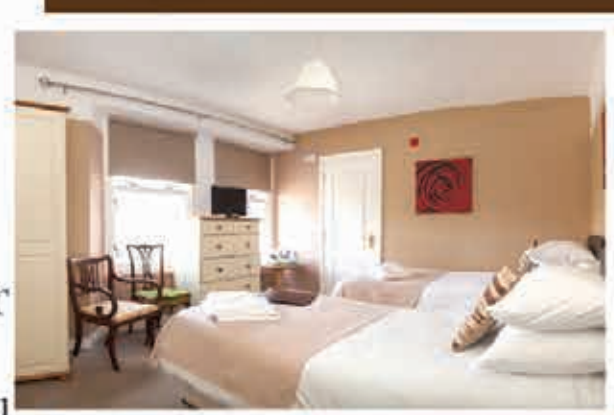
3 night stay. Double room B&B - £119

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

T: 01539 624 071

E: georgehotel.orton@gmail.com

www.thegeorgehotelorton.co.uk



A great day out with Sandwich River Bus Tours

The Sandwich River Bus Tour is located on the river Stour in Sandwich, Kent, and navigates the many waterways of the area, ferrying passengers so they may enjoy the sights and sounds of the river, the stunning picturesque countryside, and the town of Sandwich itself which is renowned for its medieval history. The town of Sandwich regularly brings tourists together from all over the world to view the many historic buildings dating back to the Anglo-Saxon times and the Roman invasions.



Founded in 1992 by the Highway Marine and then taken over by Captain Colin Carr in 1999, The Sandwich River Bus group holds a very high reputation for their exceptional scenic, historic and wildlife centred river boat trips.

Since becoming Harbour Master, Colin has worked out of an office that was first built back in 1338 and is a relic and attraction in itself. The River Bus has a variety of boats, including two 12-seaters and a 55-seater boat which was first built back in 1935.

With a diverse range of tours available, such as regular traditional boat trips, river tours from Sandwich to the Roman Fort at Richborough, or short rides staying near the town, guests will be treated to exploring the rich and



scenic history of the local town. In addition to history, passengers often seek out Colin's services to explore the many untouched pockets of wildlife along the English countryside. Seals

are a huge draw for the company, with families, children, and more all seeking to see the seals in their natural watery habitat.

If you're looking for a family-friendly day out, with fascinating wildlife and a picturesque view of the British countryside, then be sure to get into contact with The Sandwich River Bus today, or visit the website for more information.

CAPTAINS COLIN'S RIVERBUS

M 07958 376183
M 07503 928409
sandriverbus@gmail.com
www.sandwichriverbus.co.uk



RUTLAND FARM PARK

Covid-19 Update

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. 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

Rutland Farm Park is a small, family-owned, working farm located in Rutland - England's smallest County.

The Farm Park has been in the family for five generations. On 10th September 2017 the Farm Park was once again reopened to the public having been closed since 2001.

We've got a range of friendly animals for you to see, from rabbits and guinea pigs, to sheep, horses and alpacas.

Come and see some of the rare breeds as well.

We are focused on the conservation of these breeds, which no longer get the love and attention that they once used to. We want to change that.



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



CAPTAINS COLIN'S RIVERBUS



Captain Colin Carr has been running the river bus and river tours in Sandwich since 1999.

He is also the Harbour Master for Sandwich and is always happy to help. Prior to running the Riverbus Colin worked at a boatyard in Medway repairing and maintaining boats. In his spare time Colin has an interest in all types of old machines including old tractors and trains and enjoys restoring old boats.

The cost of use is available on request.

Sandwich River Bus

T: 07958 376 183

E: plucksguttercptcolin@gmail.com

The Quay, Sandwich, Kent CT13 9EN



RUTLAND FARM PARK

Covid-19 Update

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enquiries@rutlandfarmpark.co.uk
www.rutlandfarmpark.co.uk



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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