

LEISURE SOLUTIONS UK

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Recovery**
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4PE
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Lockitt Funerals
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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
See pages 20-21.

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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 Lady Toast Master.

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 20-21.

Secondly, we are sponsored by Le Tonkinois Varnish, a natural oil based yacht varnish using an ancient chinese formula dating back 2 or 3 centuries! See more on page 07.

And Solware Ltd - the UK's leading Gun shop that sells almost every supplier available nationwide. Now in their 20th year of trading. Read more on page 10.

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



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Latest News

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

.....

☎ 01756 709676

www.teddyboutique.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


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Commercial Finance News

Commercial Finance Solutions

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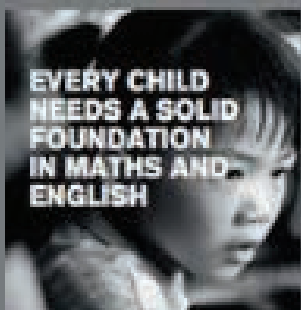
Website www.tonywelshifa.co.uk

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EVERY CHILD NEEDS A SOLID FOUNDATION IN MATHS AND ENGLISH

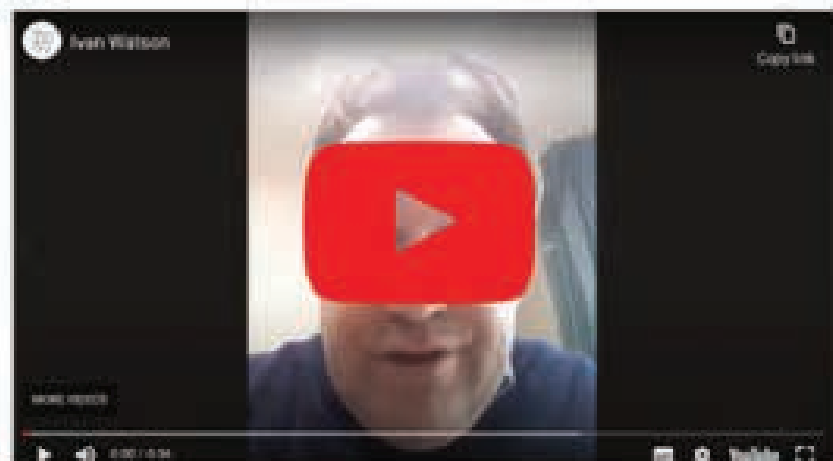
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Whether you have broken down on the side of a motorway, down a small country lane or within the centre of an urban jungle, or even if your car has become undrivable or unroadworthy due to an accident, recovery options are available to help recover 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 transportation. Whether it's for a car show,



Silverback Recovery

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.

T 07740 123495

recovery@silverbackrecovery.co.uk

www.silverbackrecovery.co.uk



If your car has broken down or has become undrivable or unroadworthy due to an accident. Silverback Recovery can help you through the urban jungle by providing you with a first rate recovery service at a great price. We can recover or transport most cars and light commercial vehicles for private and business customers.

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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Areas Covered

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Cracking egg processing equipment from 4pe Systems Limited

4pe Systems Limited is an egg handling and processing equipment provider and stockist of Kletec, Nuovo and is an agent for SANOVO and STAALKAT. Based from its location in Shrewsbury, the company provides a wide range of expert services including maintenance, installation and sales throughout the UK and Ireland. 4pe Systems Limited provides a comprehensive service, establishing itself as a one-stop-stop solution for egg processing equipment.

In terms of its range, 4pe Systems Limited provides sales services for egg handling and processing equipment including: egg stamping, packaging, pasteurization, eggshell processing, breaking, loading, Farmpackers, graders and much more. Furthermore, the company can provide equipment for a wide selection of processes and sizes, from small Farmpackers right up to large egg processing systems; 4pe Systems Limited can do it all!

4pe Systems Limited has gained a reputation for quality, which is reflected both in its products and services. Using Dutch innovation and expert engineering, 4pe Systems Limited's range is fully comprehensive, reliable, robust and efficient. Better yet, the company's range is supported by a friendly and reliable team who is always around and able to pick up the phone, with a positive, helpful reply

SANOVO 
TECHNOLOGY GROUP

to assist its customers, whenever they need them.

One of the most noteworthy brands and ranges that 4pe Systems Limited provides is its Nuovo range of printing and stamping machinery. Nuovo egg printing systems manufactures printing systems for marking and coding eggs. Utilising its patented cartridge based ink jet egg printing technology and screen print egg stamping technology, 4pe Systems Limited provide Nuovo's innovative range of egg stamping systems including: stamping on Farmpackers, stand-alone stamping, stamping on grader and manual stamping.

Most recently, 4pe Systems Limited has seen significant growth and further expanded its team to position the company better geographically. Now positioned throughout the UK, the company is able to provide its top quality products and services, throughout the country.

For any more information on 4pe Systems Limited, please see the details below.

T 07801 565 860
www.4pe.co.uk

We are ready to assist you

In the food and egg processing industry SANОВО TECHNOLOGY GROUP has gained the reputation of being a manufacturer of machines, equipment and turnkey projects of the highest quality and performance.

We supply a complete range of equipment, knowhow of service for the egg handling and processing industry, solutions for egg inoculation and harvesting for the vaccine industry as well as end-of-line automation and robotics.

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4pe Systems Ltd

john@4pe.co.uk
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www.4pe.co.uk
www.sanovogroup.com

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Industry News

LE TONKINOIS VARNISH

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IT REMOVES YOUR BRUSH-MARKS, BRINGS OUT THE NATURAL BEAUTY OF THE TIMBER, DOESN'T CRACK OR FLAKE OFF, AND IS PERMANENT SIMPLY ADD A FURTHER COAT EVERY FEW YEARS.

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

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.

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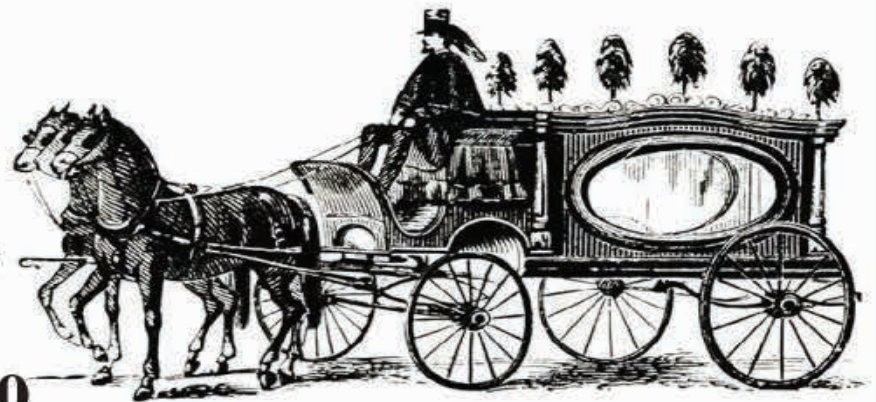
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Gallery News

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A space for artists and buyers

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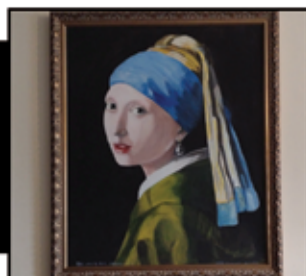
For buyers, we provide all the essential information about the works in our unique 'online gallery', so you can make an informed decision about the artwork and contact the artist directly.

We do not charge visitors to browse our available works.

Original oil painting of fields of flowers on canvas

Why sell your art through us?

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- Self-representing artists are always welcome
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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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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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Vintage & Craft Fair Melton Mowbray 2022 Dates

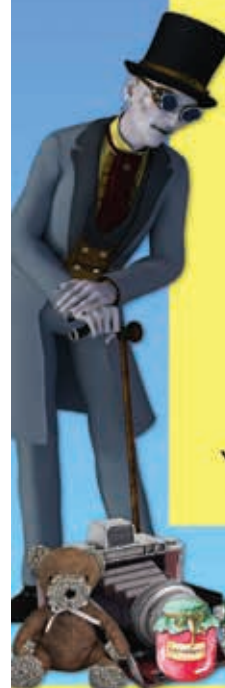
April 3rd
May 1st
June 5th (Jubilee celebration market)
July 3rd
August 7th
September 4th
October 2nd
November 6th

All dates are weather permitting

Market Place
Melton Mowbray
LE13 1XD

For more info you can contact
Shelagh info@meltonbid.co.uk
Sharon 07837398610

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10am-4pm



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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www.solware.co.uk



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Feel free to visit our shop

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

Rutland Farm Park: A fun-filled day out!

Located in the beautiful county of Rutland, Rutland Farm Park is a family run farm that offers guests a fun day out in the East Midlands.

The farm is located within the idyllic British countryside, situated on the remaining Noel estate that dates back to the Victorian era. Because of the property's age, the farm features a selection of Victorian farm buildings and structures, in addition to a range of exotic plants and blossoms, including rare Himalayan flowers and bamboo.

After a long closure that was caused by the infamous foot-and-mouth crisis in 2001, the farm re-opened last year due to popular demand. The farm's owners, the Ball family, wanted to welcome guests back onto their premises to encourage wildlife conservation and educate groups on the natural world.

The Ball family work hard to conserve rare species of livestock, preserving an array of unusual and endangered poultry and cattle. The family encourage visitors to ask questions about the animals and interact with breeds to learn and develop their knowledge on conservation. A member of staff will always be on hand to answer any questions and delve deeper into the breed's history, making it the ideal location for schools to learn and have fun.

The Farm is home to a flock of Lincoln Longwool sheep, a breed that has been reared since medieval times and produces 35lbs of wool in only one clipping. The farm is also home to one of the largest Friesian Holstein bullocks in the world, towering above guests at an impressive height of 7ft. In addition to these fantastic beasts, the farm also houses a host of farmyard animals, including: ducks, geese, goats, pigs, alpacas, llamas and much more.



Once guests have explored the farmyard, they can enjoy a drink and a bite to eat in the farm's Tea Room. The Tea Room is available to guests of the farm and to the general public, allowing everyone to enjoy a beverage and take in the gorgeous country scenery. The Tea Room can also accommodate groups of all sizes as the farm has generous on-site parking and plenty of indoor and outdoor tables.

It is important to note that all of the Tea Room's food is freshly prepared and caters to a variety of dietary requirements. This includes, but is not limited to: homemade cakes, ice creams, milkshakes, hot and cold drinks, baked potatoes and sandwiches. The Tea Room also organises a variety of events and occasions where the menu will change accordingly.

For any more information on the farm, or if you would like to view the farm's opening times, visit their website listed below. Alternatively, if you would like to book a table at the Tea Room or have any other specific enquires, telephone Rutland Farm Park on the number below.

T: +44 (0) 1572 722 122.
E: enquiries@rutlandfarmpark.co.uk
W: www.rutlandfarmpark.co.uk
Facebook: www.facebook.com/rutlandfarmpark



THE White Swan

HUNMANBY

There's always a friendly face to welcome you and we pride ourselves on making your visit to us the best that it can be.

Due to the new laws that the government is passing we are implementing the following procedures;

1. More than 6 people of all ages meeting will be illegal therefore we will be limiting this and will apply indoors and out.
2. When on our site you will not be permitted to swap between different tables if there is more than 6 people at that table.
3. There are multiple sanitising dispensers around the pub, we must stress the importance of using these upon entry and during your time in the pub.
4. Social distancing is still important and the goal is to make space, please try to keep 2 metres apart or 1 metre plus if not possible from anyone who is not part of your group of 6.
5. We are required to take the contact details of at least one member of your party upon entry of the premises for track and trace purposes, so this will be taken as mandatory.

We will continue to make sure that our premises is Covid secure, we know that this may seem a strange time but this is done to protect everyone's health. Please be aware that these rules are law and the police have the powers to disperse a group larger than 6 people and issue fines.



Traditional Family Run Pub



Great Food



Accommodation

Please visit our website to see our Dine In and Take Away menu

www.whiteswan.app

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

☎ 07985 130 607 | ✉ michele_maguire@hotmail.co.uk

www.michelesdanceclub.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

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

THE GEORGE HOTEL



HOTEL, RESTAURANT & B&B

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.

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

T: 01539 624 071

E: georgehotel.orton@gmail.com

www.thegeorgehotelorton.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 ensuit. 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

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**

BARHILL Holiday Park

Welcome to Barrhill Holiday Park, situated in South Ayrshire near to the border with Dumfries and Galloway. Our tranquil country park is surrounded by beautiful farmland and woodlands, which makes it a perfect retreat in which to relax and enjoy your holiday. We are only 1 mile from the village of Barrhill, which has a public house and well stocked shop which sells hot food and tea & coffee, and close to Girvan with its superb sandy beaches and the beautiful coastlines.

Barrhill Holiday Park is a family owned business and is well maintained, catering for all, including motorbikes and American RVs. It is open from the 1st of March till the end of January the following year with all amenities open throughout that time.

☎ 01465 821355

📞 07718 389144

www.barrhillholidaypark.com





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



A humble Welsh sanctuary

You will find Dyfnia Bach buried away in the rural, peaceful countryside of Anglesey, close to Llanfairpwllgwyngyll and some of the most scenic coastal walks in North Wales.

This beautifully, calm and quaint hideaway cottage boasts two ground floor bedrooms, with one double and one twin bed. There is a crog loft which has been converted into a bedroom and is an ideal space to sleep two small children of five years or older.

Downstairs you'll find a cosy family room with a large roaring log burner, alongside a television and DVD player to provide some great entertainment and chill out time. The entire cottage is fitted with unlimited Wi-Fi and there is also oil-fired central heating for those very cold nights.

You can rustle up a lovely evening meal in the kitchen which includes all the necessary amendments such as a dishwasher, microwave, large fridge and washing machine. You will also find a freezer and a tumble dryer situated in the garage.

Step outside to find a large, enclosed garden that



includes a BBQ and picnic table for those warmer evenings where you can enjoy some great food with a lovely view. And on those extra special nights when the sky is clear, you will be able to see the 28m column of the Marquis of Anglesey, and beyond that the mountains of Eryri.

You won't be short of things to do as the cottage is very close to the Isle of Anglesey Coastal Path which explores the magnificent coastline of Wales. Some other local attractions include Plas Newydd, Sea Zoo, the town of infamous Llanfairpwllgwyngyll, Llanddwyn Island, South Stack, Moelfre, Red Wharf Bay, Llanddona, Bodnant Gardens, Llanberis, Llyn Padarn, Aber Falls, and many more.



Dyfnia Bach is available all year round and guests are welcome to stay as long as they wish. All dogs are welcome, providing they are well behaved of course! With prices starting from £475 per week, Dyfnia Bach just might be the well-deserved break you've been waiting for.

For more information, see below.
T 01635 298 106
maggiehughes11@gmail.com
www.dyfniabachcottage.co.uk



Dyfnia Bach is located in a rural and peaceful area, it's ideal for holiday-makers looking to relax and unwind. This superb 19th century stone cottage makes a romantic hideaway or a practical base for exploring North Wales and the coastal walks of Anglesey. The cottage was bought by my husband's family in 1912 from the Marquis of Anglesey. When Llew inherited it in the late 1980's he set about renovating it, a lot of TLC went into this!

There are two ground floor bedrooms at the cottage, one double (three steps up to this one) and one twin. There is a crog loft/crow's nest which has been converted into a bedroom, it has two Z-beds ideal for children five years and over.

The cottage has a cosy and comfy sitting room with a log burner plus oil-fired central heating for those cold winter nights. There is also a television and DVD player, a radio with a CD player. There is now an unlimited Wi-Fi connection. There is a well-equipped kitchen with a dishwasher, microwave, large fridge and washing machine. In the garage there is a freezer and tumble drier. The family bathroom has a walk in shower, toilet and wash hand basin.

Dyfnia Bach has everything you could need for a self catering break of any length. There is a large enclosed garden, with a picnic table plus a barbecue. On a Summer's evening you can walk to the top of the garden sit on the bench with your glass of wine, and listen to the birds. In the distance you will be able to see the 28m column of the Marquis of Anglesey and beyond that the mountains of Eryri.

Dyfnia Bach is available all the year round. Weekend breaks can be arranged. Well behaved dogs are always welcome.

www.dyfniabachcottage.co.uk

For more information please call or contact Maggie Hughes on;

01635 298 106 | maggiehughes11@gmail.com

You can unwind at
**Dyfnia Bach
Cottage**



Stunning Woodland Weddings and Picturesque Glamping

Boveys Down Farm is a stunning quiet retreat set amongst the breath-taking east Devon Area of Outstanding Natural Beauty. The organic working farm, which has been successfully ran by husband and wife Gerald and Pamela Sweetland for over 25 years, is the ideal location for bespoke woodland weddings, scenic glamping and all year round camping.

The farm specialises in crafting some of the most memorable wedding experiences in the UK and they're also able to work that same magic for civil marriages and partnerships.

Gerald and Pamela are very serious about making your wedding perfect – down to the tiniest details – and when booking through them you will be invited to their site for tours and a detailed talk regarding your needs and wants for your special day. From the decoration through to the menu served throughout your



day, Gerald and Pamela will ensure they'll do everything possible to match your vision and create your magical day.

The private camp site offers a variety of different facilities to campers and glampers, from renovated toilet and shower facilities to brand new electric hook-ups. Other facilities include tent pitches, internet access, hard standings, but most importantly, opportunities to purchase Boveys Down Farm's famous award-winning pasties and pies.

T 01404 871 480
info@sweetland.co.uk
www.boveysdownfarm.co.uk

Camping & Caravanning in the Heart of East Devon



Boveys Down Farm

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Boveys Down Farm is a quiet, rural retreat located in the tranquil surroundings of the Devonian Countryside. Situated in the heart of **East Devon Area of Outstanding Natural Beauty** the farm offers campers and visitors alike a relaxing break enhanced by the breath taking views of the Farway Valley. We are perfectly located; a secluded location yet not more than 15 minutes from all you will need: the beach, the shops and the pubs so we've got your holiday covered.



www.boveysdownfarm.co.uk



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Chilton Park, Chilton Trinity, Bridgewater Somerset, TA6 3JW

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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



Making majikal memories

Even the long-standing event and wedding planners have had a challenging past couple of years due to the effect that COVID-19 has had on the industry, but Sal Majik Events has not only weathered the storm of lockdown but actually came into establishment in the midst of it. "I had always planned to launch in November 2020, but it just so happened that COVID-19 hit at that exact time. Business started off quiet as you would expect but I have lots of experience in the wedding and event industry, so I just felt it was the right time for us," stated Mickayla Laurie, Director and Planner at Sal Majik Events.

Sal Majik Events is fast becoming one of the most successful up and coming wedding and event planners in the UK. Based in the Berkshire and Hampshire regions, Sal Majik Events services also spread nationwide.

Sal Majik Events was established in 2020 on the breach of the COVID-19 pandemic by Mickayla who is not shy to the wedding and event management industry and holds a well experienced professional background in the field. She commented, "I have a degree in Creative Industries where I majored in Entertainment. Previous work has seen me working on cruise ships and in hotels, where I worked as a wedding and event coordinator."

Going above and beyond clients' expectations, Sal Majik Events offer a bespoke, personalised service that aims to attend to your every need. "We can do as little or as much as the client requires. They can acquire our service for the whole day meaning we take charge of the entire event from start to finish, or we also offer other services such as on the day event coordination, and also a six-week package for weddings and celebrations which includes working with the client from beginning to the end for weddings, birthday parties, special occasions, gala dinners, and Christmas parties." Designed to eliminate as much pressure and stress away from the client during the event as possible, Mickayla has



developed a unique and layered method that allows her clients to enjoy their day stress free. Mickayla continued, "our ultimate goal is to be there for the bride/client's every need. I stay by my clients every step of the way, offering a truly personable relationship."

Sal Majik Events presence has not gone unnoticed as within its first two years it has received Wedding Planner of the Year Award in Berkshire and LUXlife's magazine Customer Service Excellence Award for 2022.

With many brides on the lookout to find their perfect wedding planner, Sal Majik Events is busier than ever now the event industry is once again back in full flow. In closing, we asked Mickayla what the company's plans for the future entail, she answered, "there are lots of weddings on the horizon which is very exciting. We will endeavour to continue providing an excellent service that is, to create long lasting memories for our clients."

For more information, see below,

T 07484 216 730

info@salmajikevents.co.uk

www.salmajikevents.co.uk

We create edible works of art from cake, chocolate and sugar that make those special occasions memorable for a lifetime giving you a edible dream of anything your imagination can conjure up. Make those special once in a lifetime occasions even more memorable and enhance your day with one of our creations!

Let us create an edible dream for you

www.stickysponge.co.uk

M: 07766306154 E: info@stickysponge.co.uk

Any cake is possible - Sculpted bespoke designs, hand painted and traditional

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

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Contact Paul Michel
T: 07863 753 111
E: info@pmichelfinance.com

For All of Your Event Needs!

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 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
patriciaacreightonmbe@googlemail.com
www.ladytoastmastermbe.co.uk



PATRICIA CREIGHTON M.B.E.

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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.

For more information visit www.rpeyton.com

