

Sainsbury's Journal

June 2013

The month ahead for colleagues

TRIED AND TRUSTED

Why our customers can
trust our meat

A taste of summer

Great food and
handy homeware
for a sizzling
summer

HOW WE
ACHIEVED
OUR LANDFILL
TARGET
PICTURES AND
CHAT FROM
AROUND THE
REGIONS
PRIZES,
PUZZLES AND
EXCLUSIVE
COLLEAGUE
OFFERS



Quick word

You'll notice that this issue of the *Journal* is a bit different. Because there are fewer pages, we'll be able to bring you 10 issues a year rather than six, so the magazine will be much more current.



With shorter features, it's also more of a tea-break read. But while the *Journal*'s thinner, our MySainsbury's site is getting bigger so there'll be more exclusive content and news for you online. So make sure

you're signed up at mysainsburys.co.uk.

Each issue, colleagues from one of our locations will be in the spotlight, starting in this edition with our first-ever Local store, Hammersmith, which is celebrating its 15th birthday.

Also this month, Director of Sainsbury's Brand Judith Batchelar talks about how, in the wake of the meat contamination issue, we make sure customers can really trust our products (P6-7). Plus, read all about our exciting Summer Series (P3 opposite), and what's coming up instore this month (P8-9).

I hope you like the new-look magazine. Tell us what you think on MySainsbury's.



SUMMER IN THE SUN: our colleagues at Hammersmith Local enjoy some sunshine (see page 8). Nabeel Ahmed wears: Blue and red checked shirt, £16, and red chino shorts, £10; Senait Hagos wears: V-front tropical print jersey dress, £12; Nawaz Khan wears: Stripe t-shirt, £8, green chino shorts, £16, and straw trilby, £8.

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A REAL DIFFERENCE: Find out on page 12 how Catherine Pickering saved someone's life.

Timewatch - some past milestones on our road to zero waste to landfill *

1975 - Fred Corby from our Basingstoke Depot was pictured in the *Journal* collecting cheese scrapings, which were then sold on. Baling machines

costing £17,000 were also brought in to recycle cardboard, while butter was sent to a processor to be melted down.



2001 - The *Journal* featured a visit by deputy Group Waste Manager David Catton to the Organic Resource Agency laboratory in Berkshire, where he learned about turning waste into compost. Leftover produce was mixed with other organic waste, before additives helped the composting process. We had three separate trials running in 60 stores in Berkshire, London and East Anglia.



2011 - We became the first retailer to send food waste to anaerobic digestion (AD) plants where decomposing food waste releases biogas, which is then used to generate electricity. Waste is collected from our distribution centres and taken to AD plants in Scotland and Staffordshire.

Why are we sponsoring the Sainsbury's Summer Series?

2012 gave us a sporting summer like no other. But our sponsorship of the Sainsbury's Summer Series means we can cheer on our sporting heroes once again.



AT THE LAUNCH: pictured with high jumper Robbie Grabarz (centre), wheelchair sprinter Hannah Cockroft (front left) and discus thrower Josie Pearson (front right) are colleagues Sue Wilson (Newbury Park), Sam Offer (Holborn SSC), Rach Hyams (Holborn SSC), Mary Walker (Holborn SSC), Tarvinder Bhamra (Greenwich) and Luke O'Sullivan (Bromley).

We promised at the end of London 2012 that we would carry on the legacy of the wonderful sporting summer. Following our successful sponsorship of the London 2012 Paralympic Games, the first step was to help

put £1 million of funding into schools, clubs and organisations to ensure the next generation of athletes get the support and coaching they need.

In partnership with British Athletics, we're proud to be the title sponsor of the Sainsbury's Summer Series, including three world-class athletics events in the UK this summer (see panel).

British champions Mo Farah, Greg Rutherford, Jessica Ennis, Hannah Cockroft and David Weir are among the Olympic and Paralympic gold medallists who have signed up to make 2013 another great summer of UK athletics.

And 3,500 of our colleagues will once again be getting involved after winning tickets for the events.

Luke O'Sullivan, Bromley, was among a group of colleagues who helped to launch the Sainsbury's Summer Series along with Justin King and Olympic and Paralympic medallists Robbie Grabarz, Hannah Cockroft and Josie Pearson at Forman's Fish Island, overlooking the Queen Elizabeth Olympic Park.

"I have severe arthritis in all of my joints, so I really believe in these events," said Luke, who was a

Games Maker at Eton Manor at London 2012 during the wheelchair tennis.

"London 2012 was absolutely astounding and we thought it would be hard to recapture that feeling. Now, the Sainsbury's Summer Series makes me so proud to be a part of this business. It's a great opportunity for all our colleagues to enjoy these wonderful events."

Mark Given, Head of Brand Communications and Sponsorship, added: "Our sponsorship of the Sainsbury's Summer Series demonstrates how we're truly committed to supporting inclusive sport at all levels and builds on the great work of our Active Kids for All scheme."

FIND OUT MORE AT WWW.BRITISHATHLETICS.ORG.UK

WATCH ON TV...

The Sainsbury's Summer Series includes:

- **Sainsbury's Grand Prix** - Alexander Stadium, Birmingham, June 29th to 30th
- **Sainsbury's British Championships** - Alexander Stadium, Birmingham, July 12th to 14th
- **Sainsbury's Anniversary Games** - The Queen Elizabeth Olympic Park, London, July 26th to 28th.

Hello

Hammersmith Local is 15 years old this month. So what better reason could there be for inviting colleagues to be our guest editors for our new-look *Journal*? Here, store manager Paul Tinley introduces life at Hammersmith Local and tells us how they'll be celebrating their milestone.



I was here on day one.

Fifteen years ago, I was working as a team leader at Wimbledon and was sent to Hammersmith Local to support the opening. We were the first-ever Local store. The building was initially designed as a warehouse.

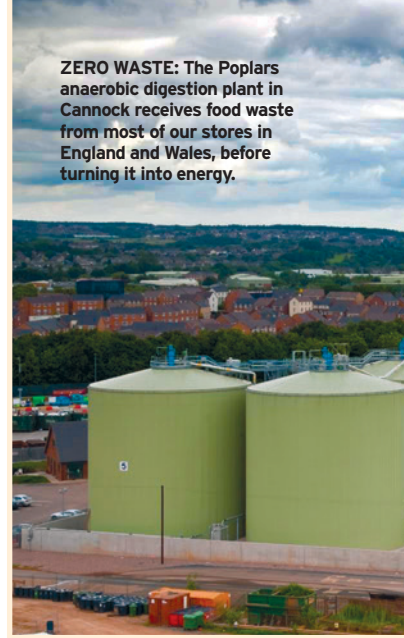
It can be busy and challenging.

But I love it. My team here is brilliant and everyone is always ready to work hard and help each other out. Over the 15 years, we've seen a fair bit of competition nearby, so we're really focusing on working together to drive sales. As we're positioned on a busy high street, we get a lot of late-night trade too.

Reaching our 15th anniversary

is a great milestone. We've all got to sit down and talk about what we want to do, but we'll definitely be organising a team event or outing. Everyone's looking forward to celebrating - and cake will definitely be required!

ZERO WASTE: The Poplars anaerobic digestion plant in Cannock receives food waste from most of our stores in England and Wales, before turning it into energy.



Ten things

YOU NEED TO KNOW IN JUNE

How our colleagues have achieved zero waste to landfill, chosen their Local Charities, been really promoting our business and much, much more.

1

WE'VE CHOSEN OUR LOCAL CHARITY PARTNERS



Who's your new Local Charity?

Our Local Charity nominations took place in May. So now it's time to kick start your Local Charity partnership with a bang and come up with some great fundraising ideas for the year. How about making a plan of action with your colleagues? Or inviting the charity instore for an initial visit?

Let the fundraising begin - visit mysainsburys.co.uk for some top fundraising tips.

YOU CAN BE A VIP WITH NECTAR



Have you heard? Nectar, the nation's most popular loyalty programme, has launched an online VIP club - just for our colleagues.

Being a VIP means you can enter prize draws, learn more about Nectar and find out how to collect extra points, and even play our 'Hector the Nectar Collector' game! The person who completes the game the quickest each week is awarded 1,000 Nectar points!

To join, visit mysainsburys.co.uk, go to 'Working@Sainsbury's' and choose 'Extra Colleague Benefits' in the menu. All you need is a Nectar card and your colleague ID to sign up.



WE'VE LAUNCHED A GREAT NEW COOKBOOK

After 20 successful years on the nation's newsstands, *Sainsbury's magazine* has released its very first cookbook.

Filled with more than 100 delicious recipes from all our favourite celebrity chefs, the book will appeal to the three million people who read our magazine each month.

Each recipe - from culinary stars such as Gordon Ramsay, Nigella Lawson and Madhur Jaffrey - also contains nutritional information to make it easier to watch the calories.

Sainsbury's magazine cookbook is now available for £6.

YOU CAN GET YOUR VIDEOS ON DEMAND

We've launched a new service that allows film fans to buy or rent movies and watch them immediately on their computer or Apple device - with access to over 300 movies. *Les Misérables*, anyone?

sainsburysentertainment.co.uk



WE'RE ASKING COLLEAGUES TO PREVENT UNWANTED VISITORS



DANGER MOUSE: this 'stunt mouse' was used in the filming of the DVD, on a set dressed to look like one of our stores.

Is there a mouse in the house?

If we're to be the most trusted retailer where people love to work and shop, we need to ensure our stores and depots remain clean and free of pests.

A new DVD - *Mouse Trap* - is available in every store, Local and depot to give guidance on keeping our stores as clean and tidy as our homes, so that we can prevent these unwanted visitors.



WE'VE ACHIEVED OUR GOAL OF ZERO WASTE TO LANDFILL

We've done it!

In 2008, we decided to cut 85,000 tonnes of waste we were sending to landfill and put it to better use. Today, thanks to the hard work of so many of our colleagues, none of our store waste goes to landfill.

But how has this been achieved?

Much of our food waste is processed at anaerobic digestion plants in the UK and produces enough energy to power 2,500 homes. We also donate any surplus food we can to help feed vulnerable people

in our communities through organisations such as FareShare.

Also, a small proportion of food waste, mostly bakery, is turned into animal feed for pigs and cows, generating income each year and cost savings.

Finally, operational waste from our supermarkets is baled and taken back to our distribution centres for onward transportation to facilities where it's sorted, recovered and turned into fuel. At our Locals the waste is taken to Biffa premises, where it's sorted in the same way with food waste also separated for anaerobic digestion.

WE CARE ABOUT SUSTAINABLE SEAFOOD



Your pasta bake wouldn't be the same without it - and now our tuna has also been given the thumbs-up by the Marine Stewardship Council.

Fourteen lines of our own-brand canned skipjack tuna have been certified as being from a well-managed and sustainable source. By 2020 we want all the fish we sell to be certified as sustainable as part of our aim to help protect the world's fish stocks.

Look out for our Fish with Thought leaflet instore soon for more information.

OUR PHARMACISTS ARE HELPING PEOPLE TO BECOME HEALTHIER



You met the Wells in a previous *Journal*, as part of a year-long challenge that saw families with the surname Wells getting regular advice from our pharmacists to improve their health.

Now that the challenge is complete, how did they get on?

Nick Wells, Holborn store support centre, is entering into retirement in super shape after working with Dunstable pharmacy.

"My blood pressure is down by 20 points and my cholesterol has gone from 5.1 to 4.6," said Nick. "I've also lost a stone - the returns have been huge."

The Wells challenge proved that regular advice from a pharmacist can help prevent illness, shrink waistlines, drive down cholesterol and blood pressure and encourage exercise and healthier eating.

So why not speak to your pharmacist about our new Healthy Living Plan, which offers you a four-month package of practical advice?

YOU CAN GIVE A WHOLE LOT OF LOVE

Visit mysainsburys.co.uk to nominate your favourite own-brand food and GM or clothing product for one of our special LOVE awards. Shortlisted entries will be voted on by colleagues and the winner will be announced at Our Conference.



WE'VE GOT SOME GREAT PR AMBASSADORS



Well done to all our PR ambassadors (PRAs), who continue to promote our business to the outside world.

And for the second year, two PRAs from each region have been recognised, receiving certificates as part of the annual PR Ambassador Awards.

"Our PRAs help us to promote our stores and build a strong image in our

communities," said Kevin Smith, Holborn store support centre.

Just like Adrian Wheal from Talbot Heath, recognised for organising the Dinotour for Red Nose Day - a seven-metre tyrannosaur that was driven through the local streets and gained lots of publicity.

PR sponsors, who support PRAs, have also been recognised, with Damian Fancy, Wareham, receiving the Star PR Sponsor award for organising great PR.

Why our customers can trust our meat

In the wake of the meat contamination issue, the *Journal* looks at how we are ensuring that our customers can have every faith in our products.

The horsemeat issue may have shaken consumer trust in the UK food industry, but none of our own-brand products, from ready meals to processed meat products, have been found to contain any horsemeat. Judith Batchelar is pleased but not particularly surprised by this. As Director of Sainsbury's Brand, she's passionate about the quality of our products and is responsible for our extensive programme of tests and checks on all our own-brand food.

We asked Judith to tell us more about our new food centre laboratory at Holborn store support centre – and the rigorous tests that help to ensure we never become complacent about the standard of our food.

The Journal: Has our new lab been set up in response to the recent horsemeat issue?

Judith: We've been planning the new lab and equipment since last year, and we'll use it together with our network of specialist laboratories around the world to test all our own-brand products, not just meat.

The Journal: How do we make sure there's no horsemeat in our products?

Judith: We check all our food to make sure it contains exactly what's on the label. In the case of horsemeat, we use DNA testing that tells us exactly what species of meat is present and because it's so sensitive it can pick up anything that shouldn't be there. We're also looking at technology that can receive results electronically from tests

carried out in stores and at supplier sites all over the world so we can take immediate action if anything isn't as we expect.

The Journal: But how do you make sure that tests that are happening somewhere else are accurate?

Judith: We work closely with our suppliers to make sure there's consistent testing on their sites. That can mean installing monitoring equipment or CCTV in their production areas as well as sending our brand quality experts on regular visits. Suppliers welcome this because it helps them ensure that what they produce is exactly what we and our customers want. That way we sell more and order more from the supplier. It's good for everyone.

The Journal: Can you give us an example?

Judith: Take beef mince. Our mince is sold in packs that state the fat content. But because the meat comes from different individual animals, the fat content could vary without the supplier knowing. We have infrared equipment on production lines that tells us if the fat content goes outside the range that we allow. The supplier can halt production immediately to correct it, avoiding wasted food, or product that is out of specification.

The Journal: Tell us something surprising about our food testing.

Judith: We can tell from which ocean a fish has come to make sure we're keeping our sustainability promises. For example, we test cod to check whether the fish is from the Atlantic or Pacific Ocean, and we use other tests to tell us whether our tuna has come from the Indian or Atlantic Ocean.

The Journal: What motivates you most in your role?

Judith: It all comes down to our customers. They put their trust in us to make sure our products are the very best they can be and, above all, safe to eat. This drives me and my team to carry out the most thorough testing we can and come up with new ways to check our food at every stage of its journey to our stores.

Quickfire CV



Name: Judith Batchelar
Job title: Director of Sainsbury's Brand
Responsible for: Sainsbury's brand quality and innovation and reputation. Including animal welfare, sustainability, product technology, product development, product safety and packaging.

Previous career: 29 years in the food industry, working at Safeway, Marks & Spencer, Mars and Bass.

Qualifications: Biochemist and Registered Nutritionist.

Outside responsibilities: Trustee of GroceryAid, a charity supporting former grocery workers in need. Trustee of Marine Stewardship Council (MSC). Trustee of Farm Africa. Member of the Government's Chief Scientific Adviser's Food Research Partnership and Leadership Council. Member of IGD Technical Leaders Forum. Patron of The Hunger Project, helping people around the world to produce and sustain their own food.


"Our obsession with food quality goes right back to the start of Sainsbury's 144 years ago, when our founders built their reputation on selling the freshest and best butter to customers every single time they shopped"

TESTING BY NUMBERS

200
FOOD SCIENTISTS
AND QUALITY
SPECIALISTS
OVERSEE...

10 MILLION
SUPPLIER TESTS
AND...

63,000
QUALITY TESTS...
AT SUPPLIERS,
IN THE CENTRE
AND AT OUR
DEPOTS BEFORE
OUR PRODUCTS
EVEN REACH THE
STORE.



SETTING THE STANDARD:
Darrell Hewitt at Haywards
Heath runs the rule over
our meat products.

Why we **June**

What's coming up online and instore during the next 30 days

11th

TASTE OF SUMMER

Look out for our 'Taste of Summer' campaign, which will hit stores on June 11th. The campaign highlights all the great food lines we're offering this summer, including some tasty treats from our Just Cook and Food to Go ranges.

Four strawberry & vanilla cones by Sainsbury's, **£1**

Melon medley by Sainsbury's, **£1.50**

British strawberries by Sainsbury's, **£2 (400g)**

Moroccan chicken street wrap by Sainsbury's and Singapore noodle street wrap by Sainsbury's, **£3.50**



Summer sorted

Whether you're staying at home or going on your travels this summer, our new outdoor ranges have all you need. Our nautical-style 'Regatta' range will make sure your holidays stay ship-shape, while our 'Selvedge' range will give your garden a magical Moroccan feel. Our 'Summer Sundae' products feature pretty summer pastels and - if floral takes your fancy - look no further than our delicate 'Bluebell walk' range.

Blue Regatta striped cushion, **£8**

Regatta red bucket barbecue, **£10**

Bluebell walk wicker hamper, **£16**

WORTH THE WAIT

Due to the late arrival of summer, the release of certain products has been delayed so they can be sold at their best. For example, our new season crop of strawberries (now available) are well worth the wait! Find out more about our Taste of Summer campaign on mysainsburys.co.uk

WIN!

Why not submit your own Pitchers cocktail recipe idea on mysainsburys.co.uk for a chance to win tickets to Wimbledon. See page 14 for more details. Entrants must be over the age of 18 when entering.

Healthier options

Want to get ready for a healthier summer? With our new TtD ready meals, we've reduced the oil in our marinades, replaced double cream with single cream and served all recipes with a large portion of fresh vegetables. All of these products are under 400 calories, contain at least one of your 5 a day and are green and amber on the nutritional traffic lights. Here are two of our favourites...



TtD SATAY CHICKEN, £4

We've teamed chicken, peanut sauce and udon noodles with carrots and Swiss chard to deliver bags of flavour.

TtD MEDITERRANEAN CHICKEN, £4

A light and colourful chicken dish made with chargrilled chicken, volanti pasta, sun-dried tomato sauce, fresh roasted vegetables and spinach.

Cool offers

GREAT FOR KIDS:

Look out for our '2 for £2' offer on a range of lollies, including by Sainsbury's Fruit Spirals, Rainbow Lollies and Popping Candy Lollies (or £1.30 each).

GREAT FOR GROWN-UPS:

Chill out with our by Sainsbury's Pure Indulgence ice cream sticks (£2.99 or 2 for £4). Flavours include white chocolate and raspberry, caramel and hazelnut praline and chocolate brownie.



Our great summer serve

Wimbledon - the world's oldest tennis tournament - is back on our TV screens on June 24th. So while you watch the players serve, make sure you serve up a big jug of Pitchers - our refreshing gin-based fruit drink (£12). It's often mixed with lemonade and fresh fruit, but for something a bit different we've also come up with a tennis-inspired cocktail of our own:

ACES HIGH COCKTAIL

25ml Pitchers
25ml Gin
15ml Strawberry syrup
25ml Mandarin juice

25ml Double cream
Method: Shake, strain into a champagne glass and serve.

Who's the Daddy?
Puzzle set, **£7**



16th

FATHER'S DAY



King for the Day mug, **£2.50**

It's the day where Dads everywhere are allowed to take control of the TV remote (and maybe even get a present or two). We've got some fantastic Father's Day offers instore between June 5th and 16th. As well as some great deals on gifts, books, CDs and DVDs, we'll be selling Virgin gift experiences and giving away triple Nectar points on all branded gift cards.

Monkey plush soft toy, **£30**





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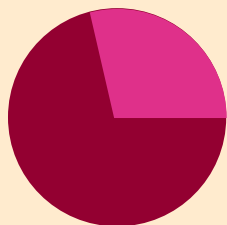
DOWNLOAD

Full-size PDF of the Why we  June pages so you can print it out and put it up around your work place



At a glance

YOUR MONTH IN NUMBERS



42K

● colleagues and growing have registered for extra benefits and more with mysainsburys.co.uk. Make sure you're not missing out.

26K

culinary colleagues have attended our food colleges.

£90M

134,000 colleagues will share our largest ever performance-related bonus of £90m.



3,237

colleagues completed our Red Nose Day survey on mysainsburys.co.uk in April.



84% OF COLLEAGUES ARE WILLING TO DO SOMETHING FOR SPORT RELIEF IN 2014.



CATHERINE'S QUICK THINKING SAVES A LIFE

WEST CHESTER

The prompt actions of Chester colleague Catherine Pickering, pictured right, helped save a man's life.

Catherine was in her kitchen in the early hours of the morning when she spotted the man, who had collapsed head first into the snow outside.

Along with her husband, Colin, they carried the man inside and rang an ambulance.

Catherine said: "I only did what everyone else would have done, and I've since heard that he has fully recovered."



TELL US YOUR NEWS! SEND YOUR STORIES TO THEJOURNAL@44COMMUNICATIONS.CO.UK



Your news

News and pictures from around the regions

PSSST!

A few more tasty snippets from across our regions...



REGION 48

Over 500 colleagues from Region 48 were treated to an entertainment-packed variety evening at the Plymouth Guildhall recently. Julie Morton and Alun Evans hosted the event, which celebrated the achievements of colleagues from each of the 20 stores in the region.

LOGISTICS

DEPOT MARKS A MILESTONE

LOGISTICS
GREENFORD DEPOT

Cake anyone? Greenford depot colleagues tucked in as they celebrated a new milestone.

Colleagues gathered together after successfully supporting the opening of their 100th new store, Brentford.



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LOGISTICS BASINGSTOKE DEPOT

"We had some amazing feedback from visitors"



1974 was the year that Bagpuss hit our TV screens, The Wombles topped the

charts and Lego was named Toy of the Year.

It was also the year Basingstoke depot held its last open day... until now.

The depot team decided to hold the event as a last opportunity for colleagues and their families to visit before the site undergoes a two-year rebuild. Over 200 people attended and activities included a tour, a quiz, face-painting and food-tasting.

"We had some amazing feedback from visitors," said colleague Jill Ford. "It really was a fantastic day."

NORTH MOORTOWN



A TRUE INSPIRATION

HOW ADAM STANSFIELD CAME BACK FROM A SERIOUS ILLNESS AND IS NOW RAISING FUNDS FOR THE STROKE ASSOCIATION

When 28-year-old Adam Stansfield suffered a stroke, his entire life was changed. But thanks to the support of his colleagues at Moortown, not only has he returned to work, he's also

helped the team to raise money for the Stroke Association.

"Adam's a real inspiration and smashing bloke," said Jo Conoby-Gibb. "Together we've raised £800 through

collections, tombolas and dressing up in store."

The future is looking much brighter for Adam too, as he is due to marry his girlfriend, Sarah, in September.

NORTH

5



AN 'ACE' CELEB SPOT!

NORTH SUNDERLAND

Sunderland colleague and tennis fan Rob Fraser couldn't believe his luck when former British number one Greg Rusedski popped into the store recently.

"There was a big buzz around the store on the day, and he was really pleased to meet all of our colleagues," said Rob.



WHITE ROSE

White Rose brought Easter cheer to a local community get-together by providing Easter eggs and activity packs for the children to enjoy.



NANTWICH

Bonjour! Colleagues warmly welcomed five French exchange students who visited the store as part of their business studies course.



CHAPEL ALLERTON

Chapel Allerton Local brought a smile to the children on the cardiac ward at Leeds General Infirmary, by providing food and decorations for a special party.

A DONATION OF DOUGH

CONVENIENCE NOTTINGHAM CARLTON STREET LOCAL



Nottingham Carlton Street Local's Joanna Roberts and Stuart Fraser were on hand to present a cheque for £240 to Arkwright Meadows Community Garden.

The garden offers a place for the local community to relax, get some fresh air and grow their own organic fruit and vegetables.

The donation will go towards a new tandoor oven, so that people can come along and bake their own bread.

CONVENIENCE



CONVENIENCE EWELL CHEAM ROAD

FOR A GOOD CAUSE

Ewell Cheam Road Local has recently donated £175 to support Local Charity Sunnybank Trust, which works with people with learning disabilities.

The Trust provides a range of social events, including basic cooking and art classes.

"We're very keen to support the local community, and we look forward to working with the Sunnybank Trust in the future to help them even further," said colleague Darren Courtney.

Thought for the month...



When summer comes... "I love playing basketball

in the sunshine with my friends. We've been playing together on a local court in West London."

Yonas Tekeste - Hammersmith Local



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EAST 3 GETTING ACTIVE

EAST CHAFFORD HUNDRED

Our MPs have been getting active - they've been visiting Active Kids registered schools across the UK in order to raise awareness of the Active Kids Challenge.

Thurrock's MP Jackie Doyle-Price visited Harris Academy alongside colleagues Kevin Marshall and Elizabeth Stevens from Chafford Hundred.

"We've been working with Harris Academy for a couple of years," said Elizabeth. "It was fantastic to see so many children engaged in Active Kids. We took part in some Paralympic sports together while we were there, which was lots of fun for Jackie and us."

PSSST!

A few more tasty snippets from across our regions...



LUTON

Colleagues had their cake and ate it when they celebrated their achievements in MAC and MCM by sharing a homemade cake by Marion Salsairso.



BADGER FARM

Colleagues were on top of their game recently when they put on their footy shirts to raise money for the Bobby Moore Fund.

2 AN EVENTFUL MONTH

SOUTH ISLE OF WIGHT

Local Charity Breathe Easy, a support network for people who have a lung condition, came instore recently to hold an awareness day.

They also took the opportunity to promote their 'Coastal Path Challenge', and challenge colleagues to take on the 72-mile trek around the island. In total an amazing £591 was raised.



PUPPY LOVE

SOUTH WARLINGHAM

Well done to Warlingham colleagues, who've raised an outstanding £5,000 for their Local Charity, Guide Dogs.

The money will support Nectar the puppy through the first year of life.

The team held numerous events throughout the year, including a sponsored parachute jump, quiz nights and a balloon race to reach their total.



EAST SIDNEY STREET

SUPER DAY AT SIDNEY STREET



Batman, Thor, Storm and Wonder Woman took a day off from saving the world to lend a helping hand to another good cause recently.

Sidney Street colleagues dressed up as their favourite superheroes for a 12km run to raise £270 for Centre 33.

The charity in Cambridge offers a number of services to young people, including health and living advice, counselling and support for those who care for family members.



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CANVEY ISLAND EAST

"I never dreamed I would still be here after 25 years..."



Cheers! Canvey Island colleague Dawn Cooper was given champagne and a card to celebrate her 25 years' service.

"I only took the job part-time to help bring in some money when my family was small - I never dreamed I would still be here after 25 years," admitted Dawn.

"I have seen lots of changes over the years and have made many friends - colleagues and customers alike - and would like to thank everyone for their good wishes."



NEW ROMNEY

New Romney colleagues James White and Alfie O'Sullivan have completed a half marathon to raise money for Local Charity Pilgrims Hospice. So far this year the store has raised over £2,700 for this great cause.



LONDON COLNEY

Muhammed Shafi was clearly onside when he met Arsenal and England star Jack Wilshere at the store recently.



READING

Congratulations to George Brand who recently celebrated his 80th birthday instore.

SSCs

A TOP MODEL PERFORMANCE

SSC COVENTRY

Coventry store support centre worked with colleagues at Witney store recently to show off our new summer styles in a fabulous fashion show.

Looking hot on the catwalk in the new TU range, colleagues 'strutted their stuff' to music and applause from colleagues and customers.

"As well as showcasing the new clothes, we raised more than £150 for Witney's Local Charity, Special Effect," said Rebecca Hitchings.

"They help teach computing to people with special needs.

"The entire event was a great success."



SSC HOLBORN

HOLBORN'S HEROES

Colleagues at Holborn store support centre have been reflecting on a fantastic year of fundraising.

For Halloween, the Simple team ran a Trick or Treat tuck shop for Leukaemia & Lymphoma. Over Christmas the HR division held a book appeal, which raised money for Body & Soul. More recently, the Group Commercial team held a household sale in support of Macmillan Cancer Support.

In total, the store support centre raised over £100,000.



TELL US YOUR NEWS! SEND YOUR STORIES TO
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Take a break

Puzzles, prizes & more

WIN A GUITAR AND BOOMBOX SIGNED BY KATY PERRY!

Thanks to our friends at popchips, we're giving away two very special prizes in this issue of the *Journal* - a guitar and boombox signed by music megastar Katy Perry!

Katy has been working with the San Francisco-based popchips team as a creative partner on the launch of a Sainsbury's exclusive flavour of popchips: Katy's kettle corn. It's a deliciously sweet, salty popcorn chip - and it's coming instore soon. To celebrate the launch, we're giving you the chance to win a guitar or boombox signed by the singer herself!

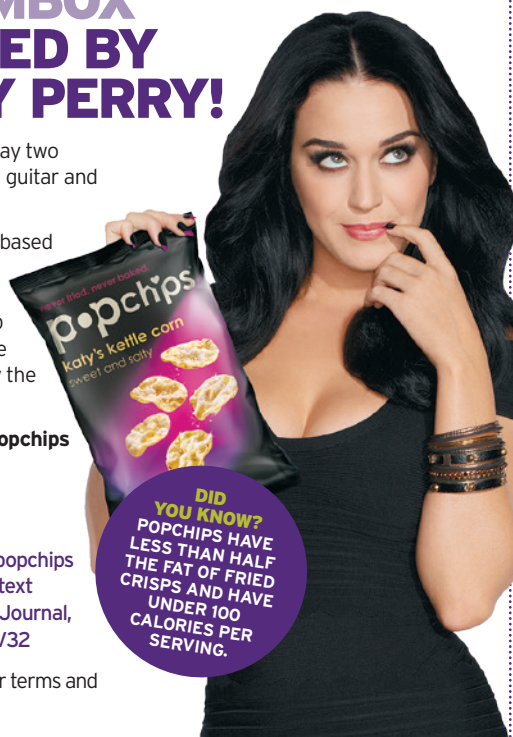
First prize: A signed guitar and a month's supply of popchips

Second prize: A signed boombox and a month's supply of popchips

Third prize: A month's supply of popchips.

To enter tell us your name, your store, and tell us where the popchips team is based. Email thejournal@44communications.co.uk, text 80800 starting with the word *Journal*, or write to us at The Journal, Somerset House, Clarendon Place, Royal Leamington Spa CV32

Open to all Sainsbury's colleagues. Closing date: June 30th. For terms and conditions see mysainsburys.co.uk



Style SOS

VICTORIA MACKAY FROM THE TU TEAM AT COVENTRY STORE SUPPORT CENTRE ANSWERS YOUR FASHION QUESTIONS.



Dear Victoria, I am going to a wedding this summer and need a new outfit. However, I want to be able to wear it again without it feeling like 'that wedding outfit'. Can you suggest something that would look great for the wedding but which would be versatile and changeable afterwards?

Stephanie Handley, Bolton (pictured)

Hi Stephanie, I think I know just what you're after. Our Spring/Summer collection features lots of beautiful tops, dresses and trousers, which can be worn for any occasion.

If you want to go from wedding glam to casual chic, I recommend this beautiful **printed maxi dress** (£22). The bright colours on the dress are perfect for a summer wedding and are really on trend this season.

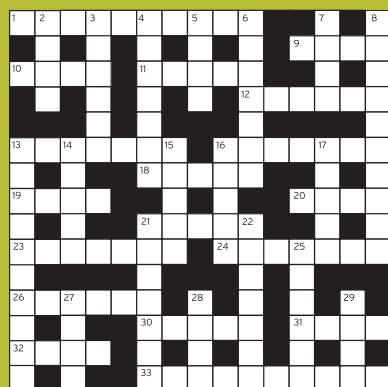
Afterwards team it with our **denim jacket** (£22) and **gold sandals** (£12) to help create an effortless glam daytime outfit - perfect for a day out shopping with friends.

Stay stylish!



If you have a Style SOS for Victoria, then email thejournal@44communications.co.uk, or text 80800 starting your text with the word *JOURNAL*.

Crossword



Across

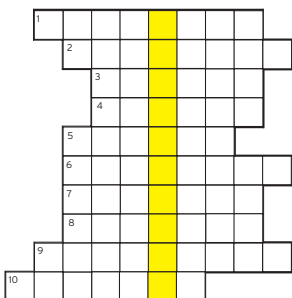
1. These protect our eyes in summer (10)
9. Endorsement on a passport (4)
10. Beaujolais, chablis or saucerre (4)
11. Bird associated with the Tower of London (5)
12. Urgent requirement (6)
13. Professions or occupations (7)
16. US state which is home to major tourist attractions such as the Magic Kingdom (7)
18. Organised holiday trips (5)
19. Refreshing fizzy drink (4)
20. Vertical pole for supporting sails (4)
21. '___ Among Equals', a Jeffrey Archer novel (5)
23. Memory loss (7)
24. Larval frog or toad (7)
26. Holiday destination (6)
30. Foolish person (5)
31. And 21 Down. Cult Quentin Tarantino movie, starring John Travolta (4,7)
32. Doing word (4)
33. Act of officially naming a candidate (10)

Down

2. Individual group of workers (4)
3. This country's islands are major tourist destinations (6)
4. People depart on their holidays from here (7)
5. Ballesteros, the golfing legend (4)
6. Summer footwear (7)
7. Its Leaning Tower is a big tourist attraction (4)
8. Children on holiday build one using a bucket and spade (10)
13. Popular tourist area of Spain (5,5)
14. French sculptor whose most famous work is 'The Thinker' (5)
15. Bulgaria's capital city (5)
16. Television policeman played by David Jason (5)
17. This US state's capital is Boise (5)
21. See 31 Across
22. Somerset's county capital (7)
25. '___ On A String', a Eurovision Song Contest-winning song (6)
27. Waves of the sea as they break upon the shore (4)
28. 'The ___', a Tom Cruise film partly set on the Cayman Islands (4)
29. Highest adult male voice (4)

Word Ladder

1. These are available as Caramelised Red Onion & Pork
2. Supermarkets sell ___ software
3. Their varieties include Royal Gala and Braeburn
4. Sainsbury's ___ offers a huge choice of groceries and products
5. Set of instructions for preparing a particular dish
6. Supermarket publication with news for customers
7. Popeye's favourite vegetable
8. Place in the home where meals are prepared
9. Sainsbury's ___ offer quality, freshness and choice
10. Sainsbury's has a superb sport and ___ range



WIN tickets to Wimbledon!

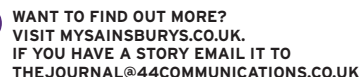
'Pitcher this!' For a chance to win two amazing tickets to Wimbledon, upload your own Pitchers cocktail recipe idea on mysainsburys.co.uk. The colleague with the winning recipe will win a pair of luxury Centre Court Debenture tickets for Thursday July 4th. See page 8 for a sample recipe and get mixing! Closing date is Sunday June 16th.

Open to Sainsbury's colleagues aged 18 or over. Closing date: Sunday June 16th. For terms and conditions see mysainsburys.co.uk

CONGRATULATIONS

...to **Michelle Hollis** from Hornchurch for winning our Unilever iPad competition.

Winners of our book offer can be found on mysainsburys.co.uk



Norman Aford, Badger Farm (4 yrs). **Pauline Anderson**, East Mayne (15 yrs). **Phyllis Bailly**, Tamworth (22 yrs). **John Barradell**, Chaddesden (8 yrs). **Jeremy Barry**, Mere Green (5 yrs). **Elizabeth Bartholomew**, Lordshill (30 yrs). **David Bevan**, Chislehurst (8 yrs). **Christine Bloomfield**, Colchester (33 yrs). **Margaret Bluck**, East Mayne (12 yrs). **Jean Bode**, South Ruislip (25 yrs). **Doris Bolton**, Brentwood (15 yrs). **Sandra Bostock**, Kempshott (25 yrs). **Hazel Boyden**, Peterborough (17 yrs). **John Brown**, Wickham High Street (7 yrs). **Annette Brumby**, York (17 yrs). **Derek Buckley**, Kingsway (8 yrs). **John Bullen**, Bamber Bridge (2 yrs). **Peter Bunter**, Longwater Lane (1 yr). **Glenda Burke**, Hill (26 yrs). **Jeanne Burrows**, Nuneaton (1 yr). **Philip Burrows**, Arnold (5 yrs). **Clifford Burton**, Kidlington (15 yrs). **Jayne Byrne**, Derby Road Local (3 yrs). **Roy Callender**, Purley Way (19 yrs). **Sandra Campbell**, Kingsway (25 yrs). **Robert Catchpole**, Hams Hall Depot (10 yrs). **Susan Chiari**, Ringwood (7 yrs). **Susan Christopher**, Poole (34 yrs). **Lorraine Clapp**, Worle (25 yrs). **Daphne Clark**, Coldhams Lane (27 yrs). **John Clarke**, East Mayne (16 yrs). **Pauline Clarke**, Potters Bar (23 yrs). **Christine Clothier**, Workstop (34 yrs). **Lana Colley**, Derby Westfield (37 yrs). **John Connor**, Cramlington (20 yrs). **Jane Cook**, Warren Heath (28 yrs). **Kenneth Cotton**, Newcastle Under Lyme (5 yrs). **Marion Court**, Arnold (29 yrs). **Gillian Cowin**, Ellesmere Port (7 yrs). **Pauline Cowley**, Bletchley (11 yrs). **Edward Cox**, Morden (27 yrs). **Richard Cox**, Banbury (2 yrs). **Thomas Cruickshank**, Blackhall (11 yrs). **Brenda Cummings**, Middlesbrough (23 yrs). **John Cummings**, Rice Lane (10 yrs). **Lorraine Dell**, Leeds Colton (14 yrs). **Glenn Demicol**, Harringay (40 yrs). **Jean Denham**, Workstop (7 yrs). **Diane Doyle**, West Howe (20 yrs). **Jennifer Dunn**, Fairfield Park (18 yrs). **Keith Dunn**, Ellesmere Port (2 yrs). **Jill Edwards**, Bridgend (4 yrs). **George Elliott**, Osmaston Park (4 yrs). **Vivienne Ellis**, Wrexham (21 yrs). **William Evans**, Eastleigh (17 yrs). **Brenda Farrell**, Redditch (16 yrs). **Sally Farrell**, Stratton (2 yrs). **Derek Fieldwick**, Hampden Park (15 yrs). **Dorothy Finch**, Stevenage (17 yrs). **Heather Finedon**, Coreys Mill (24 yrs). **Vivienne Finlay**, Locksbottom (23 yrs). **Timothy Forster**, Sedlescombe Road (13 yrs). **Keith Foster**, Halifax (8 yrs). **Janice Fotheringham**, Cameron Toll (22 yrs). **Carmela Fragola**, Leamington (17 yrs). **Carol Franklin**, Braintree (5 yrs). **Lesley Franklin**, Maypole (40 yrs). **Gillian Fraser**, Highlands Village (12 yrs). **David Freeman**, New Rye Park (8 yrs). **Janet Garbett**, Kingsheath (23 yrs). **Christine Gaward**, Hampden Park (13 yrs). **Rosalind Gautrey**, Broadcut (14 yrs). **Anne Green**, Bretton (31 yrs). **David Green**, Chipping Ongar (14 yrs). **Elsie Gribbin**, Ellesmere Port (18 yrs). **Deirdre Halliday**, Castle Boulevard (11 yrs). **David Hargate**, Dewsbury (7 yrs). **Diana Hazell**, Eltham (28 yrs). **Barbara Henderson**, Sellkirk Local (27 yrs). **Jackie Hewison**, Bybrook (21 yrs). **Eileen Hickman**, Washington (34 yrs). **Jillian Higbye**, Wintestroke Road (20 yrs). **Peter Holyfield**, Hunstanton (5 yrs). **Leonard Hubbard**, Purley Way (17 yrs). **Graham Hunter**, Darwin (7 yrs). **Mary Jacob**, Beckenham (26 yrs). **Sally Jacobs**, Dome Roundabout (9 yrs). **Revalyn Jenkins**, Cromwell Road (15 yrs). **Marilyn Jones**, Witney (10 yrs). **Catherine Jones**, Lampeter (13 yrs). **Maroula Kalispera**, Winchmore Hill (17 yrs). **Eileen Kimberley**, Bishop Stortford (31 yrs). **Patricia Kinley**, Heyford Hill (26 yrs). **Anne Leng**, Team Valley (13 yrs). **Frank Llyod**, Leamington (22 yrs). **Lynne McCormack**,

Kilburn (40 yrs). **Carol Mack**, Ellesmere Port (18 yrs). **Elizabeth Maynard**, Torquay (12 yrs). **Douglas McIntosh**, Conisburgh Local (9 yrs). **Barry McIver**, Torquay (9 yrs). **Monica Meadows**, Kenilworth (7 yrs). **Keith Meale**, Warwick Cotton End Local (4 yrs). **Helen Midgley**, Bradford (29 yrs). **Georgina Milford**, Locksbottom (15 yrs). **Ellen Millard**, Plymouth (9 yrs). **Christine Mills**, Rugby (31 yrs). **Carol Mintram**, Shirley (25 yrs). **Thomas Moore**, Strand Road (6 yrs). **Patricia Novell**, Thetford Store (19 yrs). **Frances O'Brien**, West Farm (10 yrs). **Edward Packar**, Taplow (4 yrs). **Alan Palmer**, North Chace (5 yrs). **Rita Piazza**, Walton On Thames (11 yrs). **Eileen Plant**, Willerby Local (13 yrs). **Linda Pleasance**, Bishop Stortford (32 yrs). **Brenda Priddle**, Exeter (23 yrs). **Christine Roberts**, Blackheath (28 yrs). **Edward Roberts**, Nine Elms (30 yrs). **Patrick Rochford**, Gloucester Quays (3 yrs). **Andrew Savvides**, West Farm (20 yrs). **Laila Sah**, Crystal Palace (28 yrs). **Michael Sheehan**, St Johns Road Local (3 yrs). **Bridie Sherry**, Balham (29 yrs). **Christine Skinner**, Waltham Point Depot (9 yrs). **Janet Smith**, Hedge End (19 yrs). **Patricia Somerville**, Calcot (13 yrs). **Christina Stevenson**, New Romney (11 yrs). **James Summerfield**, St Albans (11 yrs). **Rona Summerfield**, St Albans (11 yrs). **Ian Szmits**, Kirkcaldy (8 yrs). **Julia Szwarko**, Tamworth (14 yrs). **Ann Tattersall**, Chesterfield (11 yrs). **Glyn Taylor**, Fosse Park (11 yrs). **Keith Teague**, Lewes Road (6 yrs). **Colin Tennant**, Southport (20 yrs). **Lesley Thompson**, Staines (21 yrs). **Christine Tilly**, Christchurch (18 yrs). **Susan Usher**, Dartmouth (4 yrs). **Roslyn Viner**, Christchurch (10 yrs). **Sydney Warren**, Haydock Depot (8 yrs). **Patricia Wayne**, Bridgmead (7 yrs). **Pauline West**, Hempstead Valley (25 yrs). **Sylvia White**, Bridgmead (7 yrs). **Terence Williams**, Hereford (11 yrs). **Malcolm Wilson**, White Rose (7 yrs). **Graham Wise**, Rustington (9 yrs). **Shirley Wood**, Doncaster (5 yrs).

Sharon Althrope, Burton Latimer. **Marlene Ambrose**, Swansea. **Jaysree Amin**, Barkingside. **Diane Ams**, Wombourne. **Shirley Arnold**, Halifax. **Wendy Arnold**, Salisbury. **Melaine Attwood**, Orpington. **Lynne Bailey**, Hereford. **Sally Baker**, Larkfield. **Helen Balaam**, Coldhams Lane. **Kim Beaman**, Oldbury. **Yvonne Bellizija**, Selly Oak. **Janis Bennett**, Beeston. **Samantha Bennett**, Hereford. **Graham Bocking**, Cheltenham Bath Road Local. **Patricia Bond**, Crosby. **Rachel Bonnet**, Crayford. **Philip Brant**, Bybrook. **Maura Brady**, Forestdie. **Wendy Bray**, Leicester. **Alex Brown**, Bath. **Linda Brown**, North Walsham. **David Bunyan**, Talbot Heath. **Jeanette Bygrave**, Great Yarmouth. **Gladys Calver**, Warren Heath. **Rosemarie Camamile**, Loughborough. **Pamela Carey**, Kettering. **Clifford Carpenter**, Kingswood. **Lee Carpenter**, Chiswick. **Doreen Carter**, Beckenham. **Stephen Churchill**, Eastleigh. **Deborah Clarke**, Great Yarmouth. **Graham Clewirth**, Hereford. **Gillian Clingan**, Kempston. **Rita Cooper**, Kempston. **Lee Corthorn**, Beeston. **Justin Cottrell**, Sale. **Sarah Coulson**, Warrington. **Christine Cousins**, Team Valley. **Jacqueline Cowie**, Exeter Central. **Margaret Crouch**, Bexhill. **Linda Davis**, Chichester. **Jane Dawe**, Arnold. **Ann Deighton**, Coldhams Lane. **Annette Dowey**, Saltburn. **Gerlind Driver**, Haddleigh. **Shirley Early**, Hempstead Valley. **Paul Eckworth**, Hornchurch. **Terence Evans**, Crystal Peaks. **Patricia Everson**, Chester. **Mark Ferris**, Holborn SSC. **Mary**

Finnegan, Huddersfield. **Janice Fisher**, Chard. **Neil Fleming**, Crayford. **Alan Fortune**, Chadwell Heath. **Sally Fry**, Tewkesbury Road. **Janice Fussell**, Bishops Stortford. **Christina Gammson**, Castle Point. **Panna Gandhi**, Pinner. **Catherine Gardiner**, Coldhams Lane. **Julie Gibbons**, Stockport. **Carol Giles**, Barnstaple. **Anne Glover**, Guisborough. **Richard Gordon**, Hornchurch. **Ceri Griffin**, Thornhill. **Gareth Griffiths**, Spilsby. **Wendy Griffiths**, Pontlanfraith. **Richard Grumbach**, Locksbottom. **Nicholas Grumbley**, Fosse Park. **Diane Haddock**, Sheffield The Moor. **Maureen Hagger**, Stanway. **Ann Hall**, Queens Road. **Lynne Hallip**, Moortown. **Nicola Harris**, Rayleigh Weir. **Sheila Harrison**, Washington. **Jeremy Harwood**, Bath. **Mark Hawkins**, Tonbridge. **Kevin Heather**, Rayleigh Weir. **Anne Hedges**, Stratton. **Helen Herbert**, Chester. **Deana Hill**, Castle Point. **John Hill**, Holborn SSC. **Philip Hoey**, Forestdale. **Chris Holden**, Red Bank Road. **Mary Honeyball**, Tadley. **Anne Hopwood**, Red Bank Road. **Chris Ingram**, Rye Park. **Mark Ireland**, Coventry SSC. **Jennifer Iveson**, Northallerton. **Clare James**, Ferndown. **Leon James**, Kings Mall. **Carolyn Johnson**, Ladbrooke Grove. **Jane Kelsey**, Broadcut. **Terence Kennedy**, Milton Keynes. **Christine King**, Pound Lane. **Mary King**, Hampden Park. **Shirley Lee**, Lincoln. **Lynn Lewis**, Castle Boulevard. **William Lyle**, Washington. **Jeremy Macdonald**, Holborn SSC. **Clare Makin**, Hereford. **Davinder Manhas**, Lords Hill. **Robert Mann**, Newbury Park. **Marilyn Manners**, Stanway. **Lauretta Marson**, Beeston. **Tina Masters**, Purley Way. **Antonietta Mattia**, Crayford. **Sharon McCormick**, Guisborough. **Karen Mcdonald**, West Howe. **Joyce McGrath**, Tenby. **Janet McGrieg**, Wimbleton. **Sally McGrouther**, Hoddesdon. **Susan Miller**, Beckenham. **Stephen Milward**, Heaton Park. **Mradulaben Mistry**, Kenton. **Gary Mitchell**, Wimslow. **Linda Moore**, East Mayne. **Michael Morrison**, Emersons Green. **Ranjit Nandhra**, Hayes. **Brian Newman**, Waltham Point. **Janice O'Callaghan**, Aylesbury. **Beverley O'Connor**, Wimslow. **Mary O'Donoghue**, Kings Heath. **Hemlata Parmar**, Kilburn. **Druecilla Parsons**, Loughborough. **Ann Pavitt**, Marsh Mills. **Christina Pawley**, Kings Lynn. **Anthony Pepper**, Grimsby. **Christine Perrin**, Team

Valley. **Elizabeth Phillips**, Calcot. **Jackie Pierce**, West Green. **Barbara Pilkington**, Burnley. **Gillian Piper**, Tunbridge Wells. **Chris Purvis**, Beckenham. **Richard Ragless**, Cranleigh. **Sharon Randall**, Hereford. **Linda Rawle**, Hereford. **Scott Rhodes**, Bagshot Road. **Janet Richards**, Bybrook. **Janet Richardson**, Chesham. **Sally Roose**, Worle. **Jane Rowan**, Leamington. **Linda Rowley**, Castle Boulevard. **Katrina Saisbury**, Bath. **Penelope Salter**, Winterstone Road. **Ajit Sandhu**, Slough. **Darren Sotherton**, Dronfield. **Ronald Scrimgeour**, Stanway. **Janet Sellers**, Kingsway. **Gloria Sellick**, Plymouth. **Sue Selway**, Pontllanfraith. **Diane Senior**, Farlington. **Indira Shah**, Coldhams Lane. **Jeremy Shay**, Newbury Park. **Paula Shirley**, Arnold. **Mary Simmons**, Pinhoe Road. **Nora Sinclair**, Altrincham. **Karen Smith**, Colchester Avenue. **Patricia Smith**, Kempshott. **Carole Smullen**, Leicester. **Carol Stevens**, Beckett. **Christine Stokes**, Hempstead Valley. **Dawn Swindall**, Hanley. **Jayne Taylor**, Castle Boulevard. **Pat Thacker**, Kimberley. **Michael Thompson**, Lee Green. **Allison Thrumble**, Burgham. **Maureen Trebbes**, Tonbridge. **Janet Trece**, Castle Boulevard. **Pearl Trehan**, Great Yarmouth. **Michelle Turnbull**, Washington. **Julia Twells**, Kingsway. **David Valentine**, Manchester Piccadilly Local. **Simon Vaughan**, Coventry SSC. **Valerie Veitch**, Waltham Cross. **Timothy Vowles**, Brentwood. **Andrew Wallace**, Bath. **Beverly Walls**, Chichester. **Geraldine Walsb**, Enfield. **Carole Ward**, Hoddeston. **Elizabeth Waterhouse**, Sheffield The Moor. **Sylvia Watson**, Wimbledon. **Carole Weybourne**, Pontllanfraith. **Chris Wheatley**, Crayford. **Gaynor Williams**, Newport. **Jean Williams**, Huddersfield. **Nicholas Wingate**, Chichester. **Graham Woodcock**, Coldhams Lane. **Janet Wright**, Sheffield The Moor. **Charles Young**, Cwmbran. **Jayne Young**, West Hove.

Alan Bocking, Queens Road. **Angelo Da Costa**, Holborn SSC. **Sylvia Cracknell**, Coldhams Lane. **Jayne Dix**, Kings Lynn. **Philip Foster**, Basingstoke Depot. **Alan Jones**, Petts Wood Local. **David Mortimer**, Rye Park. **Margaret Norman**, Kingswood. **Terence Partridge**, Bletchley.

Joan Barry, 73, Market Harborough (12 yrs). **Janet Boucher**, 59, Warrington (14 yrs). **Janet Dunn**, 59, Hamilton (17 yrs). **Carole Gladding**, 58, Broadcut (7 yrs). **Anne Grant**, 84, Woolwich (17 yrs). **Martin Gray**, 52, Beaconsfield (14 yrs). **John Heath**, 64, Stoke On Trent (10 yrs). **Melvyn Howlett**, 64, Rye Park (11 yrs). **James Jovic**, 21, Yendon Local (1 yr). **Sheila Kehoe**, 55, Enfield (14 yrs). **Marjorie Lee**, 63, Lytham St Annes (23 yrs). **Fiona Mason**, 49, Ipswich (23 yrs). **Richard Reed**, 48, Edgware (23 yrs). **Pamela Rowland**, 62, Pepper Hill (12 yrs). **Tania Salvage**, 44, Faversham (2 yrs). **Kathleen Scott**, 61, Kiln Lane (18 yrs). **Dennis Smith**, 65, Lymm The Cross Local (5 yrs). **Margaret Stevens**, 84, Maidstone (36 yrs). **Charles Stewart**, 61, Murrayfield (11 months). **Christine Taylor**, 70, Blackhall (4 yrs). **Yvonne Thomas**, 68, Pepper Hill (7 yrs). **Agnes Thompson**, 65, Braehead (13 yrs). **Hilary Truppin**, 68, Barkingside (21 yrs). **Urain Isuru Weerasinghe**, 25, Ilford (3 months). **Michael Wilkinson**, 69, Dronfield (8 yrs). **Cheryl Wood**, 51, Ottery St Mary (2 months). **Irene Worth**, 67, Forestdale (24 yrs).



IT'S TIME TO TAKE THE STAGE!

DO YOU AND YOUR COLLEAGUES HAVE THE MOVES TO RIVAL DIVERSITY? ARE YOU A WANNABE COMEDIAN, A POTENTIAL POP STAR OR A BUDDING MAGICIAN?

We're looking for individuals or groups with talent to **wow** the crowds in the grand final at Our Conference in September.

HEATS:

TUESDAY 16TH JULY LONDON

WEDNESDAY 17TH JULY BRISTOL

THURSDAY 18TH JULY MIDLANDS

TUESDAY 23RD JULY BELFAST

WEDNESDAY 24TH JULY GLASGOW

THURSDAY 25TH JULY LEEDS

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REGISTER BY 28TH JUNE

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