

Sainsbury's

July 2013

Journal

The month ahead for colleagues

WIN!
A HAMPER OF
CHOCOLATE

It's in the bank

Helping our customers to make the most of their money

HELLO AND WELCOME TO OUR 2,000TH REMPLOY COLLEAGUE

MORE OF YOUR STORIES FROM AROUND THE REGIONS

PRIZES, PUZZLES AND EXCLUSIVE COLLEAGUE OFFERS

OUR BOREDOM BUSTERS

Boscombe colleagues Live Well For Less this summer



Quick word

Summer's finally here, and in this issue we take a look at how you can keep your children entertained for less with our *Bumper Book of Summer*, containing ideas for over 60 fun activities, and available instore now.



Helping us try some of the ideas (on P6-7) were colleagues from our Boscombe store in Bournemouth, which celebrates its 100th birthday later this year - an amazing milestone!

We also hear from Sainsbury's Bank Chief Executive Peter Griffiths about what the announcement that we're taking full control of the Bank will mean for us (see opposite).

As this edition lands, the first weekend of the Sainsbury's Summer Series is taking place in Birmingham, and I'm looking forward to seeing many of you there. If you're going, please share your experiences on www.mysainsburys.co.uk.

And, finally, I know we've got some great contestants lined up for We've Got Talent - look out for news from the heats in the next edition.

Just in



SAND KINGS: The Rayners and friend Jake head to the beach after work (see page 6). Frankie wears: Bumble bee scarf (£8) and turn-up straight leg jeans (£18). Andy wears: Malibu Creek printed T-shirt in coral (£7), Vintage coloured hibiscus swimshorts (£12). Jake and William wear: Aztec Nep Granddad (£5 or Multibuy 2 for £8), Stone chino shorts (from £8), Tobacco basic canvas shorts (from £7.50), Plain T-shirt (3pk marl tops from £8).

INSIDE

04 TEN THINGS YOU NEED TO KNOW

We've welcomed our 2,000th Remploy colleague - and launched the search to find our own talent.

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You'd better believe it - you can enjoy healthier doughnuts! Plus there's news of some tasty treats for your pet.

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Go on, indulge yourself! We're giving you the chance to win a personalised hamper of chocolate - plus there's a great offer for your pets.

15 OUR PEOPLE

We chart the Gage family's long association with Sainsbury's.



GENERATION GAME: Ria Forbes and Grace Gage can trace a long association with Sainsbury's - see page 15 for more details.

Timewatch - we mark Boscombe's 100th birthday with a look at the early 1900s.*

1911 - Arthur Sainsbury purchased seven Milne Daimler lorries to transport goods, replacing



steam-powered wagons. This allowed for quicker deliveries to the growing number of Sainsbury's stores. However, more distant deliveries still had to be made by rail.

1912 - Originally designed as a warehouse away from our Blackfriars head office,



Stamford House was built in 1912 to cope with the expansion of our business. The building later became offices, before colleagues moved to the current site at Holborn in 2001.

1914 - The First World War brought more opportunities for women to join the team. In 1915, a group of them



were sent on a three-week training course at the Blackfriars head office. Soon, women became managers, particularly of smaller stores, and later found work in our new grocery departments.

* Turn to page 3 for more from Boscombe colleagues.

Why have we taken full control of Sainsbury's Bank?

Exciting times lie ahead for our team at Sainsbury's Bank. We're in the process of buying the 50% of the business that was previously owned by Lloyds Banking Group. We caught up with Peter Griffiths, Sainsbury's Bank Chief Executive, to find out why this is great news for colleagues and customers.



The Journal: This sounds like a big deal for us! Is it part of our 2020 vision?

Peter: Yes, the full acquisition of Sainsbury's Bank is absolutely part of our 2020 vision. Bringing the Bank back into our full control is a very important step towards our objective of developing new business based on the trust that customers have in us.

The Journal: Will things be changing for Sainsbury's Bank customers?

Peter: Actually, no. Not at the moment, anyway. We're beginning a 42-month project to set up our own systems and technology to separate us from the Lloyds systems we've been using. It's a huge task but during this period, we hope that no one will notice



"We're all one team now and we'll be working much more closely with stores and the retail side of the business from here on in."

any difference at all in the banking service they get from us. And we'll carry on growing our customer numbers - we're aiming to reach two million by 2016 and more by 2020.

The Journal: And what about the future? How will customers benefit?

Peter: The 42-month project is a big challenge, but when it's finished there will be a huge opportunity for us to grow and to take a lead in financial services. We'll be incredibly responsive to customers, supported by state-of-the-art technology.

The Journal: Will Sainsbury's Bank help us to drive sales in stores?

Peter: We know that when people have a Sainsbury's Bank account, they're likely to do more shopping with us too. It's all about trust in our brand and our customers' overall relationship with us. Not every financial services business has a good reputation for doing the best for customers, but our loyal shoppers trust us to help them live well for less.

The Journal: How do you feel about the acquisition and what it means for the future?

Peter: I joined Sainsbury's Bank last year because I was really motivated by the potential that comes from having a great team and a great brand. So I am very excited about the future. As my colleague Gwyn Burr said recently: "The Bank's coming home!" This is the start of a whole new chapter for us.

• A LONGER VERSION OF THIS INTERVIEW CAN BE FOUND ON WWW.MYSAINSBURYS.CO.UK

Hello

Boscombe colleagues will be celebrating their 100-year milestone in September. As an anniversary treat, we've asked them to be our guest editors for the July issue. Here, colleague Paul Radcliffe talks about the store's history - and how they're getting into the party spirit...



It's great to be part of such an historical store. The Boscombe branch opening was held in 1913 and since then we've had a varied history. In 1921, 'Mr Alan' (Lord Sainsbury) worked at the store as an 18 year old to get some experience behind the counters. In 1926, three Boscombe colleagues dressed up as medieval monks and won first prize at the Boscombe Carnival.

We're one of the smaller stores - but everyone's so friendly. We all enjoy the smaller feel and - while we work hard - we also make sure we socialise and have fun. We serve a lot of the same people too, so it's great to build those relationships with our regular customers.

We have big plans for our 100-year celebrations. We'll have a lot going on, including face-painting and stilt-walking outside the store, and a party for colleagues in the evening. I've also been working with The Sainsbury Archive to set up a display of our history, recreate a 'pating the butter' stand and find images of uniforms from 1913. These will be sewn by a local seamstress and made available for colleagues and customers to try on.

Ten things

YOU NEED TO KNOW IN JULY

Entertaining colleagues showed 'we've got talent', Bloomsbury Local welcomed our 2,000th Remploi colleague, the *Fish with Thought* campaign started swimmingly and much, much more.



1 WE'VE GOT 2,000 GREAT COLLEAGUES

Welcome to the 2,000th colleague who's joined the team, thanks to our partnership with Remploi.

Samantha Mimms is one of a group of 11 colleagues who are now working at our new Bloomsbury Local after being recruited through our 'You Can' scheme.

Samantha, who came back to work after spending 20 years raising her family, said: "I'm really enjoying my new job. I love being part of a team in the store and making sure everything runs smoothly."

We want to help people to find jobs who have particular barriers to overcome or have been unemployed for a long time.

For example, our 'You Can' scheme has helped more than 13,000 people back into employment.



DID YOU ENTER OUR 'WE'VE GOT TALENT' COMPETITION?

This month, our judging panel is travelling around the country to find our talented colleagues. Whether they're singers, dancers, jugglers, beat boxers or have any other talent, they're in with a chance to 'wow' colleagues at the grand final at Our Conference on September 18th. An impressive group of more than 230 colleagues came forward to show us what they could do (number correct as we went to press).

Shortlisted colleagues will be trying out at heats in London, Bristol, Coventry, Belfast, Glasgow and Leeds during July. A semi-final will be held on August 7th ahead of Our Conference.

See more of the action at www.mysainsburys.co.uk and in the next edition of the *Journal*.



2 WE'VE WON TOP AWARDS

We've just won five awards at the Grocer Gold Awards, the highest number won by any retailer.

The awards were for:

- Consumer Initiative of the Year
- Online Retailer of the Year
- Green Retailer of the Year, and
- The Grocer 33 awards for Availability and Customer Service, two of the biggest awards on the night.



And that's not all. We've also won three awards from the Marketing Society.

Two were for our work on the London 2012 Paralympic Games while Marketing Director Sarah Warby (pictured right) was named Marketing Leader of the Year.

More details on www.mysainsburys.co.uk

WE LOVE FREEDOM FOODS

Look out for Farm Animal Week from July 15th to 21st.

If you choose Freedom Food products displaying the special 'donating' sticker, we'll give 5p to the RSPCA to support farm animal welfare.

The RSPCA's Freedom Food scheme is a charity dedicated to farm animal welfare. When you see the Freedom Food label, you know that animals

have been kept to strict RSPCA welfare standards. Also Freedom Food can be an affordable ethical choice, as the charity approves indoor as well as free-range and organic farms.

So make one small change to your shopping today and one big change to farm animal welfare!

www.freedomfood.co.uk/farmanimalweek

ZOE'S CREATED A NEW FLAVOUR

Last year, we ran a 'help us create a new sausage flavour' competition, which was won by one of our customers, Jane Rubin.

However, the runner-up flavour was TtD pork, roast shallot and cider, which came from our Try Team's Zoe McClean.

"Cider for me is a summer drink and shallots were a bit different, so I thought I'd try it out!" said Zoe. "I was so excited when I saw my flavour on our shelves."

The sausages are available instore now. Find out more on page 8.



WE'RE THINKING ABOUT FISH

Now there's food for thought - we're using our new *Fish with Thought* campaign to talk to our customers about fish.

The campaign was launched in June and is all about strengthening our position as the leading retailer for sustainable seafood.

As well as offering easy, cook-in-the-bag recipes, we're giving our customers health advice on why eating fish regularly is a great part

of a healthy diet, through leaflets, counter cards and promotions instore.

We're also showing how we work with our suppliers and fishermen to offer a great range of responsibly-sourced fish, plus tasty alternatives such as trout and coley.

Look out for more *Fish with Thought* promotions over the summer and visit www.sainsburys.co.uk/fish to find out more.

OUR TRY TEAM IS ON TOUR



If you pop along to your local county show this summer, you may well see our Try Team in action.

The team has a full diary over the coming months, taking our Live Well For Less message on tour, at events including the Royal Norfolk Show, Kent County Show, Taste of Sudbury and

Bournemouth Air Festival.

"We will be out and about visiting different parts of the country through the summer," said Liz Comben, from the Try Team. "We'll be giving inspiration and ideas for meals that busy people can easily make at home, promoting a range of our new products along the way."



WE CARE ABOUT OUR VETERANS

Have you seen our new Veterans' Association website?

The site has been designed to keep current and retired colleagues up to date with what's happening in our Veterans' Association.

It also gives them the chance to stay in contact with each other online, celebrate recent events and share their views.

"The new site makes sure our Veterans are still a valued part of our team and can really experience our value of being 'A Great Place to Work'," explained Lorna Godman from the Reward team.

Check out the new website at www.sainsburysveterans.co.uk

WE'VE NECTAR TREATS FOR YOU



On page 6, we show how we're helping you to bust your boredom this summer with some fantastic ideas to keep the kids entertained.

As part of the campaign (July 24th to August 13th) customers can exchange their Nectar points at our supermarkets for a voucher

to spend at one of four out-of-store partners: Vue cinemas; Merlin attractions (including Chessington World of Adventures and Sealife Centres); Tragus restaurants (Strada, Bella Italia and Café Rouge); and swimming pools up and down the country.

The voucher is worth two or sometimes four times the value of the actual Nectar points exchanged. You'll be able to use the voucher directly at your chosen venue - so why not start saving up your points for a special summer treat?

WE'RE ON THE HUNT FOR BRITISH BEER



A record number of customers have sampled some wonderful tipples during our third Great British Beer Hunt.

We visited London, Bristol, Leeds and Glasgow to find out which of 150 regional beers went down the best with our customers.

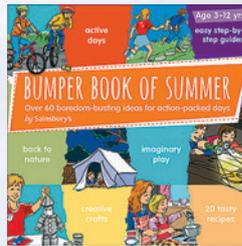
These were shortlisted down to 20 beers, which will go instore in September to battle it out for a

place in the grand final in London in October.

The top two will then go on sale for a minimum of six months later in the year.

Look out for citrus-spiked Infra Red, fiery Black Pepper Ale, tropical Serendipity and spicy Barney's Brew, to name just a few.

Boredom busters!



We want to help you and our customers to Live Well For Less this summer. If you're looking for some fun family ideas to bust boredom over the holidays then look no further - our *Bumper Book of Summer* by Sainsbury's is here...



GREAT IDEAS FOR THE KITCHEN

Find the recipes for these three dishes and more in the *Bumper Book of Summer* recipe section.



Burgers with vegetable chips.

Main image: French Cricket - the batter uses a racquet or bat to stop their legs being hit by a foam ball. Jake was the brave batter with his Sainsbury's Cricket Set (£4). Check out Jamie and Anna playing French Cricket on the DVD!

GREAT IDEAS FOR THE BEACH



A spot of crabbing with a Sainsbury's 6pc sand bucket set (£5), a fishing line and some bait.



A bat and ball set (£6) adds up to two very happy players.

GREAT VALUE

Check out our Bumper Book of Summer by Sainsbury's, a DVD featuring Nickelodeon presenters, a poster and scrapbook, all for just £5.



Using their Sainsbury's sand tools (£2) to turn dad into a sand shark.



Have you ever tried 'Gisbee' (£1), a mixture of golf and frisbee?

We know it can be tough finding things to do in the summer. That's why we'll be giving you loads of activities to help keep the kids entertained. So look out for our wonderful *Bumper Book of Summer by Sainsbury's*, as well as other great ideas and offers both online and through our regular communications.

The book has been written by children's author Jodie Curren and features a magical mix of outdoor adventures, crafts, nature and fantasy ideas plus 20 tasty summer recipes.

As well as the book you'll get a DVD with more great ideas, presented by Nickelodeon presenters Anna Williamson and Jamie Rickers. There's also a poster for families to annotate through their summer and a scrapbook, with stickers.

All of this is packaged up and available in our supermarkets and around 250 Locals for just £5.

In the book, there's also a special section about our Nectar Double Value Exchange, which is in supermarkets between July 24th and August 13th. The exchange could double or even quadruple the value of your Nectar points on great family days out.

This means you can save some money on family treats and enjoy a wide range of experiences - from trips to Alton Towers and Sealife centres, to meals at restaurants such as Café Rouge and Bella Italia, cinema trips to Vue and swimming pools across the

UK. All you have to do is redeem your points at your store's customer service desk to collect your double-value voucher for your chosen reward.

Here's what happened when colleagues from our guest store in Boscombe volunteered to road-test some of the activities on a family outing...

A FEW HOURS ON THE BEACH

Meet Boscombe colleagues Frankie Walsh and Andy Rayner. They've been thinking about what they can do to keep their six-year-old son William entertained over the summer.

"Living by the sea means we go to the beach quite a bit," explained Frankie. "But sometimes it's hard to come up with new things to do."

For some inspiration, we handed over our *Bumper Book of Summer by Sainsbury's*. After a good browse, Frankie, Andy, their son William and his five-year-old friend Jake set out to try some of their favourite ideas.

After meeting Frankie from work, the family found a good spot on the beach. They had a go at 'Gisbee' and French Cricket, before settling down to build their own beach monsters in the sand, using Andy as their model! There was just enough time for a quick go at crabbing before heading home.

"It was great to try out some new activities with the boys," said Andy. "I've never played cricket with William before so it was a new experience."

Said Frankie: "We'll definitely be looking out for the book instore. It gives you lots of ideas - we also took some shells from the beach to try out the 'shell art' activity at home."

Jake's mum and Boscombe colleague Paula Vockins agreed: "It's good to see lots of recipes in there too. I always make cupcakes with Jake as he likes to add the sprinkles - although they usually end up all over the floor! We're going to try the chocolate cake and jelly cups."

COLLEAGUE VERDICTS

Not heading to the beach this summer? Boscombe colleagues give their verdict on other ways to bust their summer boredom:

Activity: Paint Day - using washable paint in a dry bath to create an underwater scene.

Cheryl Hixson-Ward's verdict: "I love getting messy so it's something I can do with my 18-month-old godson."

Activity: Wacky races - setting up one-leg, handstand and cartwheel competitions in the garden.

Shaun Dougan's verdict: "My five-year-old brother Mattie would like this - he loves to run about."

Look out for lots more activities instore to celebrate the book launch and our Nectar Double Value Exchange. These will include instore treasure hunts (with special floor stickers to hunt out!) and a competition for colleagues to win prizes from our Nectar Double Value Exchange partners.



Red peppers stuffed with tuna.



Strawberry jelly cups.

Why we **July**

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

TIME FOR DESSERT

INSTORE NOW

Our new range of Taste the Difference desserts are set to get your tastebuds tingling. Our favourite is the Taste the Difference passion fruit and dark Belgian chocolate tortes (two 81g desserts, £3.50), with rich Belgian chocolate mousse on a moist brownie base with a zesty core of fruit curd.



24th

WE'RE BAKING MAD

As part of our mission to bust your summer boredom (see page 6), you can now go baking mad and save money - with deals across all our baking ingredients from July 24th to August 13th. Look out for the 'bake and save' banners, posters and recipe cards instore, as well as recipes and baking tips online.

Ready to roll icing by Sainsbury's in red, yellow, blue and green, (2 for £2.50)
Cook's chocolate chips by Sainsbury's in white, milk and dark (2 for £1.50)
Cook's Belgian Chocolate by Sainsbury's in white, milk and dark (2 for £2.00)

TRY IT... If you've got a sweet tooth, why not use our Baking Additions by Sainsbury's (2 for £2.50) to make some delicious raisin, hazelnut and chocolate cookies? To check out the recipe and other great recipe ideas, visit www.sainsburysrecipes.co.uk



HEALTHIER DOUGHNUTS?

Are we dreaming, or have we created the perfect treat? Our new Lighter Doughnuts (4 x £1.10) have 35% less fat and 10% fewer calories. And they taste just as good. They're also free from artificial colours, flavours and preservatives.



INSTORE NOW

TOP UP YOUR SUMMER

INSTORE NOW

Why not try our new Taste the Difference sausage flavours? They're all priced at £3 and are available instore now. Here are our top picks...



TASTE THE DIFFERENCE PORK, MAPLE AND BACON

Made with outdoor-bred Freedom Food British pork, TtD dry-cured oak-smoked bacon and blended with sweet Canadian maple syrup.

TASTE THE DIFFERENCE ROAST SHALLOT AND CIDER SAUSAGE *JOURNAL FAVOURITE*

Prime outdoor-bred Freedom Food British pork, mixed with roasted shallots and a creamy Kentish cider sauce - the perfect summer flavour.

TASTE THE DIFFERENCE LAMB AND MINT CHIPOLATA

Made with British lamb and fresh mint for the perfect roast dinner flavour. Perfect for any time of the year, although great when cooked on the BBQ or eaten in a flat bread with some yoghurt dressing and harissa spices - Moroccan-style!

TASTE THE DIFFERENCE CARAMELISED RED ONION

A customer favourite - outdoor-bred Freedom Food British pork, combined with a rich red onion relish, fresh parsley and seasoned pepper.

COLLEAGUE'S PICK - SEE PAGE 4.

WORLD-CLASS OLIVES

Have you tried our Spanish olives? Found in the chiller aisle and on the Deli counter, they come from the town of Moron de la Frontera in Andalusia, where there's a rich and long heritage of olive growing. Estates are passed down through the generations. Growers like Marco Aguas and Eduardo Camacho (below) are leading the way with new varieties and irrigation techniques, while making their methods more sustainable.



* All prices correct at time of going to press

INSTORE NOW

WIN!

A panel of pets has given the paws up to the new Delicious Collection (from 60p per sachet). Containing essential vitamins and minerals, they are luxurious and healthy meals for your four-legged friends. Ten lines of the range are sold in microwavable containers so your pet can also enjoy a hot meal containing good quality, real meat. Turn to page 14 for a chance to win a hamper for your cat or dog.



CLICK
HERE

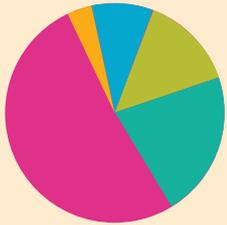
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Full-size PDF of the Why we  June pages so you can print it out and put it up around your work place

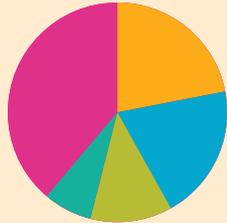


At a glance

YOUR MONTH IN NUMBERS



Our colleagues' favourite summer activity?
KEY TO COLOURS:
beer garden; in the garden; going for a stroll; eating ice cream; other.



Our colleagues' favourite flavour of ice cream?
KEY TO COLOURS:
caramel/toffee; vanilla; cookie dough; chocolate; other.

Source: colleague quick poll on www.mysainsburys.co.uk

2M

We want to reach 2 million banking customers by 2016.

300+

More than 300 Sainsbury's Bank colleagues are based around the country.



1997

Did you know that we were the first supermarket to open a bank - 16 years ago?

CONVENIENCE

PYJAMA GAME

CONVENIENCE BEDWORTH COVENTRY ROAD LOCAL

Bedworth Coventry Road Local colleagues made themselves a little more comfortable as they took part in a charity walk.

Completing an eight-and-a-half-mile circuit dressed in pyjamas and onesies, they raised more than £500 for their Area Charity, Menphys, which cares for children and young people with disabilities.

"We did the walk with around 15 other stores from our area," said Michael Smith. "We were the first store to complete the course in less than three hours, so we were definitely not sleepwalking!"



Your news

News and pictures from around the regions

PSSST!

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



AREA 85

Colleagues from Area 85 went toe-to-toe with nearby Guisborough recently, when they took part in a charity football match to celebrate a successful year's fundraising for Local Charity, the Great North Air Ambulance. The stores raised £630 through the match.

LOGISTICS

HEALTH WEEK FITS THE BILL

LOGISTICS HEALTH WEEK

Colleagues at several depots around the country have been informed about mental health problems and offered health advice as part of the Men's Health Week.

This event was one of 12 annual initiatives set up by both the logistics and occupational health departments.



WE'VE FOUND OUR FINEST DRIVER

LOGISTICS DRIVER OF THE YEAR

We tested 19 drivers from 19 depots on their driving skills - and when the ignition was finally switched off, Peter Croft from Haydock depot was crowned Sainsbury's Driver of the Year.

Peter fought off fierce competition in six different driving disciplines to claim the title, and the keys to a Mercedes Actros 2548LS tractor unit for four years!

"This was our fifth Driver of the Year event," explained Sharon Mitchell. "This was the best group of drivers we've seen so far, and there was such a buzz about the whole event from everyone who attended."



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NORTH 5

NORTH KINROSS

Kinross colleague Jane Alexander is hoping that the event she arranged instore recently for Ovarian Cancer Awareness Month will leave a lasting impression on colleagues and customers.

"Even if only one person recognises the symptoms, such as recurring abdominal pain, then it would've been worthwhile," she said.

Jane was diagnosed with ovarian cancer in 2009, but was one of the lucky ones and overcame the illness.

She immediately started fundraising for Target Ovarian Cancer, and has held several events instore.

JANE'S VITAL CAUSE



TARGET OVARIAN CANCER
For every woman. For life.

www.targetovariancancer.org.uk



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ESSEX ROAD LOCAL

If elephants never forget, then colleagues will certainly be remembered for donating a £250 Community Grant to the Royal Air Force Benevolent Fund. The money went towards a new costume for the Fund's mascot, Ben Elephant.



COLERAINE

Well done to Cameron Orr who ran the Belfast Marathon in three hours, 40 minutes to raise money for Children to Lapland, which gives terminally ill children a special festive break.

BERRYDEN ROAD

The team rolled out the red carpet recently for a BAFTAs-style ceremony to recognise colleagues with special awards for teamwork and achievement.

ADAM GOES THE DISTANCE FOR FUND

NORTH ARMAGH

Armagh colleague Adam Breakey has completed a marathon in memory of a childhood friend who sadly passed away.

He completed the 26-mile course in Belfast in four hours and 13 minutes, and has so far raised £900 for the Northern Ireland Leukaemia Research Fund.

"I told my friends that I was going to do it and I stuck to my word," said Adam. "It definitely hasn't put me off and I'm looking forward to doing it again next year!"



NORTH REGIONS 56 AND 57

"Altogether we raised a brilliant £1,500!"



It was a Zone 5 showdown as Regions 56 and 57 took to Lake Windermere for a race.

With one boat each competing in GroceryAid's

annual Windermere Row, the regions went head to head over the 12-mile course, finishing in just under two and a half hours.

"Region 56 won in the end," said Daniel Grant from Region 57's Salford store. "But it was really about raising money for GroceryAid, which helps to support people in the grocery industry during hard times. Altogether, we raised a brilliant £1,500!"



POSITIVE INTEREST

SSCs

EDINBURGH

Our banking colleagues were excited to be amongst the first to celebrate our announcement. At a briefing in Edinburgh, they got together to hear how we're taking full ownership of Sainsbury's Bank. See page three for more details.



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SSA

OUR BRAINS OF BRITAIN

SSA BIRMINGHAM

Thirty-four teams from across the country got their thinking caps on recently to take part in the Annual SSA Corporate Quiz Finals in Birmingham – and raised a clever £430 for Comic Relief.

Bretton proved to be the brainiest of the bunch, pipping last year's winners Macclesfield to the title by a single point, while Dartmouth made the long journey from the South Coast worthwhile by claiming third spot.

Chapel Allerton Local's budget superheroes won the 'best dressed' accolade, while Surbiton's 'Super Meerkats' team clinched the 'best name' award. Simple!



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EAST BRETTON

Bretton team fuels Free Kicks fundraiser



Members of the Free Kicks Foundation were certainly geared up for their charity cycle, after Bretton kindly provided supplies to help fuel their four-day trip.

The store donated water, Jelly Babies and bananas for the gruelling 300-mile journey from Peterborough to Brussels, as the cyclists raised more than £13,000.

The Local Charity provides opportunities for ill and disadvantaged children to visit their favourite football club, as well as meeting other sporting heroes.

PSSST!

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



OAKLEY

Oakley colleagues helped Mary Bennett celebrate her 80th birthday in style recently. As well as decorating her checkout, they presented Mary with a lovely cake and flowers.



WINCHESTER

Colleagues said a fond farewell to last year's Local Charity, Winchester Young Carers, with a final donation of £600. The charity supports young carers in the area.

4 WEST

ELLIE TURNS MEDAL BEARER!

WEST CANNOCK

Four-time Paralympic champion Ellie Simmonds dived in to present prizes and rosettes to youngsters at Gartmore Riding School.

Cannock supported the event, part of the 'Aiming High' scheme that organises activities for disabled children and their families. "The children and parents had a fabulous time, and it was so exciting and heartwarming to meet Ellie," said colleague Heather Norman.



WEST STROUD

WE'VE GOT THE VOICE

Katie Smith (centre) went from Stroud's customer services team to singing superstar, after her recent appearance on BBC One's hit show *The Voice*.

Katie sang alongside her boyfriend, Harry Jones. After initially being chosen by judge Danny O'Donoghue, the pair lost out to a rival in a sing-off.



"IT WAS FANTASTIC TO WORK WITH BOTH SCHOOLS.."

EAST POUND LANE

Pound Lane's Linda Andrews visited two local schools recently to encourage them to sign up for the six-week Active Kids Challenge 2013.

Linda was on hand as pupils from Dussindale and Hillside Avenue Primary Schools participated in various games and activities as part of our drive to help kids lead a healthier, more active lifestyle.

"It was fantastic to work with both schools and encourage the children to think about the benefits of being active and healthy eating," added Linda.



POUND LANE GETS ACTIVE

GRIMSBY

Grimsby's colleagues had two big reasons to celebrate. Not only did they win the Region 37 'Store of the Year' award, Rosie Limb also took the 'Pride Award' for her commitment to Local Charity.



HEYFORD HILL

Max was certainly top dog when colleagues Jackie and Jim Hollis kept him dry with one of our plastic bags as an improvised waterproof coat.



CRAYFORD

When Andrew Harding turned 50, his colleagues treated him to a birthday buffet and even made him an Elvis Presley cake!



COOKING UP A TREAT

SOUTH WEST COWES

Now they're really cooking! West Cowes recently donated a Community Grant towards the building of a kitchen at Lanesend Primary School.

The kitchen will enable pupils to learn how to cook and understand the importance of healthy eating.



BROMLEY SCOUTS RAISE £100,000 FOR CHARITY

SOUTH BROMLEY

Determined Scouts in Bromley have just beaten the £100,000 mark through a series of bag-packing events instore.

In fact, the youngsters have raised an amazing £102,801 over the last 15 years, with the money going to a number of local charities.

"Our customers love having them here, and they've raised such an impressive amount of money," said colleague Jill Bachem. "When they come in, they're very well organised and have a lovely way of talking to people."



Boredom buster



"I can't wait to use the Nectar Double Value Exchange to make the

most of the offers on swimming. I swim a lot and try and go about twice a week to keep up my fitness levels."

Shaun Dougan - Boscombe

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

Take a break

Puzzles, prizes & more

Style SOS

WIN A PERSONALISED LINDT HELLO CHOCOLATE HAMPER!

Say HELLO to great chocolate. Master chocolatiers Lindt have produced an exciting new range of chocolates, and they are exclusive to Sainsbury's.

Lindt HELLO is bursting with personality and made with the tastiest ingredients, including items such as chocolate bars, milk chocolate heart tins and chocolate ball boxes, in flavours such as Cookies and Cream, Strawberry Cheesecake, Caramel Brownie and Crunchy Nougat! So whether as a little treat, for sharing with friends, or as a thoughtful gift, make sure you say HELLO to the delicious new range.

To celebrate the launch, Lindt are giving away five personalised chocolate hampers, filled with all their new treats, in a box bearing your own name!

For your chance to win, simply answer this question:

Which of these is NOT a new Lindt HELLO flavour?

- a) HELLO Cookies and Cream
- b) HELLO Strawberry Cheesecake
- c) Goodbye Yellow Brick Road

To enter tell us your name, your store, and your answer. 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 5QN

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



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



Dear Victoria,

I've been invited to a barbeque this summer, but I'm not optimistic about the weather. Can you suggest an outfit that's on trend, but which would look good even if it rains?

Hannah Junkin, Carrickfergus.

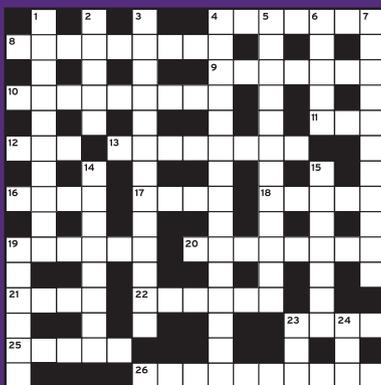
Hi Hannah, Deciding what to wear for summer events can be tricky, especially this year so far! But here at Tu we have a great collection of shower-resistant clothing and accessories to keep you dry when you're out in the elements and looking good this season.

Our Pac-a-parkas are great value at £18. They come in a range of colours and prints, and they fold away easily in your bag for those wet weather emergencies. If you match this with our **denim dress (£20)**, **floral print scarf (£8)** and **cross body bag (£12)**, you'll be set for the summer, whatever the weather. 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

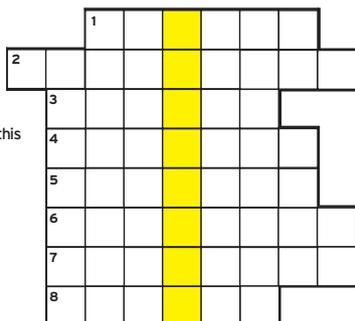
4. Coniferous trees grown for their tough timber (7)
8. Holiday island, the fourth largest of the Canary Islands (9)
9. Thin, stiff, transparent fabric made of silk (7)
10. Love and respect (9)
11. Underwater vessel (3)
12. Taxi (3)
13. Another holiday island, the largest of the Canary Islands (8)
16. Highest active volcano in Europe (4)
17. Type of wrestling that a visitor to Tokyo might see (4)
18. Australian wild dog (5)
19. Stone found on a beach (6)
20. Getting wed (8)
21. Thin, flexible rope (4)
22. Light, sharp-pointed sword (6)
23. This continent's holiday attractions include Bangkok and Borneo (4)
25. Pierce Brosnan's nationality (5)
26. Balls bowled in cricket (10)

Down

1. You need a bucket and spade to build one (10)
2. Bright blue of a cloudless summer sky (5)
3. 'I Wanna Go' was a hit single for this artist in 2011 (7,6)
4. This artist's 'Mona Lisa' is a huge tourist attraction at the Louvre in Paris (8,2,5)
5. Swiss star who has won Wimbledon seven times (5,7)
6. US star of the desert island movie 'Cast Away' (5)
7. Yorkshire holiday resort (11)
14. Holiday island, one of the Windward Islands (8)
15. Resort town on the Mediterranean between Cannes and Nice (7)
19. Summer meal eaten outdoors (6)
23. It is a mixture mainly of oxygen and nitrogen (3)
24. It is used to cool summer drinks (3)

Word Ladder

- 1 Shopping rows in a supermarket
- 2 Alternative to butter in supermarkets
- 3 Sainsbury's Petit Reblochon comes from this country
- 4 Firm, smooth cheese made in southern England
- 5 Amarone, Barolo or Beaujolais (2 words)
- 6 Product from a pharmacy
- 7 Point at which goods are paid for in a supermarket
- 8 Edible kidney-shaped nut, rich in protein



WIN HAMPER OF PET FOOD

If your perfect pet enjoys the finer things in life, answer this question to win a hamper full of our new Delicious Collection pet food. See pages 8 and 9 for more.

Which four-legged friend won ITV's Britain's Got Talent last year?

- 1) Pudsey
- 2) Patsy
- 3) Freddie

Send your answer to us by text, post or email (see above). Open to all Sainsbury's colleagues. Closing date: July 30th. For terms and conditions see mysainsburys.co.uk

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Our people



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RETIREMENTS

Richard Armstrong, 70, Harrogate (6 yrs). **Baynard Ash**, 77, Bridge Mead (12 yrs). **Maureen Aylmore**, 68, Redhill (15 yrs). **Sandra Bagatti**, 65, Kenton (33 yrs). **June Barber**, 63, Nantwich (11 yrs). **Janette Barringer**, 65, Eltham (25 yrs). **Stanley Bevis**, 66, Kidlington (7 yrs). **Hansa Bhundia**, 55, Hendon (19 yrs). **Colin Brown**, 69, Waltham Point Depot (16 yrs). **Patricia Browning**, 66, Longwater (32 yrs). **Patricia Brunt**, 62, Redditch (28 yrs). **Ann Budd**, 66, Christchurch (8 yrs). **Betty Bunday**, 66, Hedge End (22 yrs). **Mike Burns**, 66, Hedge End (6 yrs). **Patricia Byrne**, 67, Fallowfield (6 yrs). **Rose Calliste**, 65, Kings Mall (9 yrs). **Pamela Carey**, 67, Kettering (25 yrs). **Daphne Carter**, 63, Newbury (9 yrs). **Frances Casson**, 62, Bitterne (26 yrs). **Margaret Christian**, 69, Burton on Trent (32 yrs). **Ana Christova**, 39, Liverpool Castle Street Local (6 yrs). **Stephen Clarke**, 66, Shorehead (9 yrs). **Margaret Cooper**, 66, Portsmouth (29 yrs). **Alan Cousins**, 66, Kings Lynn Hardwick (6 yrs). **Denise Coyne**, 63, Archer Road (18 yrs). **Daphne Crossman**, 69, Spalding (16 yrs). **Barbara Dean**, 61, South Tees Pharmacy Local (1 yr). **Glenn Demicol**, 57, Harringay (40 yrs). **Peter Duerden**, 66, Rye Park Depot (37 yrs). **Elaine Durant**, 61, Woolwich (28 yrs). **George Edwards**, 67, Fleet (5 yrs). **Jennifer Edwards**, 62, Stoke on Trent (10 yrs). **Eileen Demico**, 57, Northfield (24 yrs). **Margaret Fitzcerald**, 64, Dewsbury (21 yrs). **Elizabeth Fitzgerald**, 72, Sydenham (18 yrs). **Philip Foster**, 57, Basingstoke Depot (40 yrs). **Brenda Fox**, 67, Southport (19 yrs). **Richard Gear**, 62, East Grinstead (1 yr). **James Gleave**, 71, Purley Way (22 yrs). **Anne Gore**, 61, Bretton (18 yrs). **Annie Govier**, 74, Watford (28 yrs). **Graham Grant**, 65, Chichester (8 yrs). **Fiona Gray**, 65, Edenthorpe (15 yrs). **Philip Green**, 69, Mapperley Local (6 yrs). **Susan Green**, 62, Winnersh (5 yrs). **Maureen Griffiths**, 67, Enfield (15 yrs). **Valerie Gripton**, 67, Peterborough (9 yrs). **Linda Hale**, 62, Rayleigh Weir (22 yrs). **Naomi Harding**, 70, Winterstoke Road (13 yrs). **Gerald Hardwick**, 65, Kempston (6 yrs). **Lynda Hare**, 60, Coreys Mill (19 yrs). **Terry Harper**, 65, High Wycombe (18 yrs). **Margaret Harrigan**, 64, Amblecote (27 yrs). **Alan Hayhurst**, 56, Bybrook (7 yrs). **Julie Henson**, 62, East Filton (25 yrs). **Ann Hill**, 65, New Romney (5 yrs). **Heather Holland**, 70, Haywards Heath (7 yrs). **Paul Holland**, 72, Haywards Heath (9 yrs). **Christine Hughes**, 62, Glen Road (16 yrs). **Gillian Hughes**, 63, Burton on Trent (13 yrs). **Clifford Hull**, 77, Attleborough (13 yrs). **John Humphries**, 67, Hockley Spa Road Local (2 yrs). **Maureen Irving**, 65, Lee Green (18 yrs). **Maureen Jensen**, 74, Brentwood (14 yrs). **Barbara Jones**, 69, Sedlescombe Road (16 yrs). **Malcolm Jordan**, 74, Bamber Bridge (7 yrs). **Margaret Knight**, 62, Winterstoke Road (18 yrs). **Joan Knowles**, 67, Penrith (2 yrs). **Joyce Laidlaw**, 62, Washington (31 yrs). **Sheila Lawrence**, 66, Canvey Island (30 yrs). **Christine Lee**, 64, Coldhams Lane (29 yrs). **Glenis Lee**, 60, Kings Lynn (28 yrs). **Carol Long**, 64, Lordshill (27 yrs). **Joan Longworth**, 63, Rice Lane (8 yrs). **Pamela Lord**, 69, Sleaford (5 yrs). **Geoffrey Macdonald**, 81, Blackhall (16 yrs). **Ian Mackay**, 65, Farnham (14 yrs). **Sheila Mackay**, 72, Potters Bar (19 yrs). **Robert Mackintosh**, 65, Slough (18 yrs). **Margaret**

Macriner, 65, Bridgwater (32 yrs). **James Madden**, 74, Rice Lane (12 yrs). **Dorothy Major**, 64, Cramlington (29 yrs). **Deborah Marshall**, 65, Newbury (14 yrs). **Barbara Martin**, 61, Crystal Peaks (25 yrs). **Audrey McCann**, 62, Oldbury (31 yrs). **Patricia McGrath**, 70, Coldhams Lane (13 yrs). **Maureen McGuinness**, 74, Chipping Ongar (17 yrs). **Elaine McIlduff**, 65, West Park (11 yrs). **Pat McIvor**, 64, Ilford (24 yrs). **Janet McNamara**, 62, Burpham (26 yrs). **Charles Meadows**, 63, Sleaford (8 yrs). **Alan Melling**, 66, Haydock Depot (18 yrs). **Lynn Morris**, 61, Kidderminster (24 yrs). **Alan Mosedale**, 64, Rayleigh Weir (32 yrs). **David Munden**, 65, Bexleyheath (8 yrs). **Patricia Munn**, 69, Folkestone (16 yrs). **Christine Murray**, 56, Yarm (27 yrs). **Edward Nolan**, 73, Merton (19 yrs). **John O'Connell**, 65, Colchester Avenue (11 yrs). **Pauline O'Donoghue**, 66, Emersons Green (17 yrs). **Elizabeth Ogley**, 62, Monks



A REAL FAMILY AFFAIR

Talk about a family business!

Grace Gage has worked at our Bury St Edmunds store for 35 years, while her granddaughter Ria Forbes started working at Carlisle last year.

But the family connection with Sainsbury's doesn't stop there. Ria's Great Granddad, Arthur Riddlestone worked at Little Wratting, which was a major meat supplier to our early stores in London.

Arthur clocked up over 60 years as Head Groom, where he was responsible for looking after the horses that pulled the delivery carts.

Cross (18 yrs). **Eileen O'Shea**, 70, Harlow (17 yrs). **Alison Page**, 59, Lincoln (21 yrs). **Mark Page**, 56, Sedlescombe Road (41 yrs). **Carol Park**, 62, Springfield (20 yrs). **Bharti Patel**, 67, Wandsworth (11 yrs). **Dharmishta Patel**, 62, Willesden Green (14 yrs). **Jyotsana Patel**, 62, Clapham Common (13 yrs). **William Peacock**, 67, St Clares (8 yrs). **Sylvia Peirce**, 70, Leeds Headingley (15 yrs). **Mary Peters**, 62, Bath (25 yrs). **Doreen Pratt**, 77, Glen Road (11 yrs). **Rosemary Prior**, 63, Biggleswade (18 yrs). **Julie Probert**, 63, Alton (17 yrs). **June Prosser**, 69, Halifax (17 yrs). **Judith Qualtrough**, 61, Newbury (12 yrs). **Beryl Richardson**, 62, Queens Road (33 yrs). **Valerie Richardson**, 66, Cobham (37 yrs). **Tony Rivers**, 68, Bridge Mead (9 yrs). **Robert Roberts**, 70, Fosse Park (9 yrs). **Ian Rogers**, 65, Peterborough (11 yrs). **Mary Rogers**, 62, Dunstable (7 yrs). **Alan Rulten**, 65, Waltham Point Depot (15 yrs). **David Rutter**, 70, Haywards Heath (19 yrs). **Joyce Sargent**, 65, Bitterne (11 yrs). **Maureen Scott**, 65, Chippenham (8 yrs). **Judith Smith**, 62, Yarm (16 yrs). **Doreen Smith**, 64, March (17 yrs). **Sheila Smith**, 60, Throckley (6 yrs). **Phillip Spackman**, 65, Luton (18 yrs). **Margaret Sparks**, 64, Castle Boulevard (13 yrs). **Susan Spragg**, 61, Newcastle under Lyme (30 yrs). **Brenda Stedman**, 68, Sydenham (16 yrs). **Janette Stockley**, 65, Christchurch (10 yrs). **Michael Surman**, 65, Spalding (9 yrs). **Carol Sylvester**, 66, Poole (31 yrs). **Stephen Thomas**, 61, Staines (19 yrs). **Carol Timothy**, 62, Redditch (28 yrs). **Maureen Trebess**, 72, Tonbridge (25 yrs). **Georgina Tribe**, 65, Poole (18 yrs). **Valerie Tyler**, 65, Bitterne (30 yrs). **Robert Walker**, 63, Tamworth (9 yrs). **Linda Wallis**, 62, East Mayne (19 yrs). **Audrey Ward**, 72, Wilmslow (11 yrs). **Jean Warriner**, 62, Arnold (30 yrs). **Val Warwick**, 66, Leamington (25 yrs). **Sandra Waters**, 62, Hadleigh Road (30 yrs). **Margaret Whybrow**, 59, Bybrook (21 yrs). **Alan Wilkerson**, 65, Elstree Depot (32 yrs). **Susan Williams**, 61, Worle (10 yrs). **Patricia Williamson**, 62, Halstead (13 yrs). **Jane Wilson**, 76, Straiton (15 yrs). **Michael Wilson**, 65, Dome Roundabout (4 yrs). **June Wing**, 70, Emersons Green (17 yrs). **Robert Wingate**, 65, Gosforth (12 yrs). **Janis Wiseman**, 69, Cameron Toll (27 yrs). **Hazel Wishart**, 63, Luton (16 yrs). **James Woolcott**, 62, Holborn store support centre (39 yrs). **Derek Wright**, 69, Worksop (17 yrs). **Kathleen Young**, 62, Northfield (22 yrs). **Patricia Young**, 65, Durham (9 yrs).

LONG SERVICE 25 YEARS

Cindy Allen, Taunton. **Susan Andrews**, Upton. **Ann Anthony**, Cwmbran. **Fiaz Ashraf**, Dalston. **Paul Atkins**, Sprotborough Local. **Maureen Barley**, Wigston. **Amanda Bennett**, Apsley Mills. **Rachel Biggs**, Hedge End. **Theresa Brewer**, Shirley. **Joyce Burns**, Meadowbank. **Kelly Caldwell**, Warrington. **Jill Cartwright**, Bradford. **Paul Cartwright**, Poole. **Christine Chetwin**, Castle Boulevard. **Deepti Chhotalal**, New Barnet. **Narendras Chudasama**, Harringay. **Caroline Coomber**, Redhill. **Tina Coy**, Castle Boulevard. **Brenda Cracknell**, Hull. **Ivi D'Mello**, Selsdon. **June Davidson**, Hull. **Sonia Davies**, Castle Boulevard. **Devbala Devji**, Coventry store support centre. **Jennifer Devonshire**, Fairfield Park. **Kathleen Dolan**, Brighton. **Emma Donovan**, Walton on Thames. **Sharon Dornan**, West Belfast. **Glenn Embleton**, Bramingham Park. **Neil Fawcett**, Washington. **Sandra Ferrari**, Stamford Hill. **Rhona Fox**, Rice Lane. **Suzanne Francis**, Waford. **Pauline Frounks**, Bridgwater. **Lorraine Gardner**, Redditch. **Marjorie**

Godfrey, Chadwell Heath. **Julie Gold**, Culcheth. **Dawn Green**, Lordshill. **Susan Hacking**, Altrincham. **Tony Hadwick**, Christchurch. **Richard Harrison**, Nine Elms. **Tracey Harwood**, Longwater. **Lynda Hawes**, Arnold. **Josie Hayward**, Lymm The Cross Local. **Wendy Hibdige**, Eastleigh. **Liam Hodgkinson**, Beeston. **Veronica Holland**, Moortown. **Frank Horne**, Upper Norwood. **Adrienne Humphreys**, Forestside. **Angela Hunkin**, Alphington Road. **Janice Hussey**, Maidenhead. **Julie James**, Arnold. **Mark Jones**, Newbury. **James Kennedy**, Sunderland. **Elizabeth Kirkpatrick**, Farnborough. **Pete Kitchener**, Clapham Common. **Moy Knapp**, Bitterne. **Samantha Latter**, Holborn store support centre. **Jean Lewis**, Stevenage. **Tracey Lynn**, Saltcoats. **Michael MacNeil**, Preston. **Lorraine Magill**, Forestside. **Stephen Mahison**, Beeston. **Janet Marchant**, Thanet. **Carl Marsh**, Newbury. **Jean Masters**, Forest Hill. **Diane Matthews**, Coldhams Lane. **Mark Melbourne**, Lincoln. **Linda Neale**, Cobblers Hill Local. **Nellie Pagan**, Tewkesbury Road. **Vinayak Pandya**, Northampton. **Gary Peck**, Heyford Hill. **Helen Pharaoh**, Bexhill. **Lisa Pitt**, Redhill. **Terence Pooe**, Eastbourne. **Joan Pullen**, South Ruislip. **Sylvia Roberts**, Lordshill. **Angela Ruddick**, Shorehead. **Lynn Rudland**, Hull. **Lata Savla**, New Barnet. **Melanie Seastram**, Colchester Avenue. **Sharon Shaw**, Northfield. **Sally Sheppard**, Northfield. **Alison Sims**, West Wickham. **Anthea Sims**, Northwich. **David Smith**, Upton. **Kevin Solway**, Redditch. **Barbara Stocks**, Tonbridge. **Jason Tanner**, Chipping Norton. **Martin Taylor**, Basingstoke Depot. **Richard Thickett**, Scunthorpe. **Elizabeth Titcombe**, Huntingdon. **Wendy Tuck**, Morden. **Scott Ulke**, Castle Boulevard. **Sharon Warren**, Crayford. **Gary Watkin**, Dome Roundabout. **Loraine Whiteair**, Basingstoke Depot. **William Whitehurst**, Newcastle under Lyme. **Carol Williams**, Pinner. **Rosemary Woodward**, Newcastle under Lyme. **Paula Work**, Watchmoor Park.

LONG SERVICE 40 YEARS

Ruth Baker, Muswell Hill. **Ivan Buckle**, Wellingborough. **Lynne Faben**, Princes Avenue Local. **James Marks**, Wantage. **David Upton**, Bitterne.

OBITUARIES

Joanne Bell, 41, Rice Lane (10 yrs). **Hasmata Bhatt**, 56, Golders Green (21 yrs). **Colin Bushell**, 70, Pound Lane (10 yrs). **Andrew Corbett**, 29, Stockport (9 yrs). **Valerie Davenport**, 74, Stafford (15 yrs). **David Dewson**, 63, Warlingham (5 yrs). **Mark Douthwaite**, 52, Darlington (12 yrs). **Brenda Down**, 65, Mildenhall (14 yrs). **Susan Drury**, 59, Kempshott (27 yrs). **Christine Gahagan**, 60, Bamber Bridge (5 yrs). **Diane Goodman**, 69, Torpoint (14 yrs). **Mina Haider**, 56, Alperton (15 yrs). **David Higgins**, 43, Chippenham (6 yrs). **Kheang Kheng**, 58, Woking (3 yrs). **Gareth Knight**, 31, Alton (12 yrs). **Stuart Lottrie**, 26, Low Hall (2 yrs). **Mohammad Miah**, 29, Stratford Romford Road Local (2 yrs). **Lucette Moutsassi**, 37, Beckton (9 yrs). **David Paul O'Halloran**, 19, Denny (1 yr). **Christopher Pratchett**, 60, Rye Park Depot (36 yrs). **Carol Rawding**, 65, Farlington (10 yrs). **Georgina Talbot**, 64, Fairfield Park (26 yrs). **Elaine Taylor**, 50, Warrington (23 yrs). **Michael Taylor**, 65, Tunbridge Wells (7 yrs). **Brian Waters**, 59, Pontypridd (2 yrs). **Christopher Wood**, 40, Preston (2 yrs).

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