

Two months ahead for colleagues

July/August 2014

Journal

WIN!
A CHOCK-A-BLOCK LEGO HAMPER

SUMMER SORTED

How you can live well for less while the kids are off

JUSTIN BIDS A FOND FAREWELL TO COLLEAGUES

MORE OF YOUR STORIES FROM AROUND THE REGIONS

PRIZES, PUZZLES AND STYLISH FASHION TIPS



we are Sainsbury's

Quick word

I'm delighted to be writing my first *Journal* column, and looking forward to introducing your stories and successes in future editions of the magazine.



On the opposite page, we hear from Justin for the last time within these pages, as he reflects on his time as Chief Executive with our business.

I'm sure you'll want to join me in wishing him every success in whatever he decides to do next.

I know that Justin always valued your suggestions submitted through the Tell Justin scheme. On page 6, we present a new name for the scheme as well as some improvements that will help colleagues to continue making it happen and improve the way we work and serve our customers.

Summer's well and truly here. On page 8 we feature some of the ways that we can help parents to live well for less and make their budgets go further while the kids are off school. Why not join Whitby colleague Lynda Attridge for our 'Summer Sorted' feature, as she shares some practical tips and ideas to keep the family fed and healthy during the long summer holiday?

Finally, you can read more about the brilliant efforts of colleagues up and down the country on behalf of Local Charities and other good causes in our regular Local News pages, which start on page 10.

I hope you enjoy the sunshine and this edition of the *Journal*!



Whitby colleague Lynda Attridge shares some tips and inspiration for feeding the family throughout the school summer break on page 8.

INSIDE

04 THINGS YOU NEED TO KNOW

Our Nectar offer will ensure more smiles this summer and you'll also find details of free health MOTs for colleagues that will be available in the coming 12 months.

14 TAKE A BREAK

Your chance to win an awesome Lego hamper, plus more savvy summer fashion tips with Style SOS.

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We take a look at a decade of your fantastic ideas that have helped to make Sainsbury's a great place to work and shop.

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All our retirees and long-serving colleagues.

08 WHY WE LOVE: July/August

We visit Whitby colleague and busy parent Lynda Attridge as she offers practical tips to help families get more out of summer and make their budgets go further.



Colleagues from the London Convenience Leadership Team help spruce up a residential shelter for homeless women – see more on page 11.

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Colleagues from Leeds Headrow give some puppy love, and a cycling duo from Watchmoor Park goes the extra mile for charity.

12 YOUR NEWS

Sainsbury's Bank in Edinburgh reaches a fantastic charity milestone and Emerald Park depot colleagues go back to school with their latest donation.

From The Sainsbury Archive – a look at Sainsbury's during the Great War to mark the centenary...

1914 – As the First World War began and men were called away to fight, Sainsbury's became one of the first retailers to recruit women. This helped avoid colleague shortages, meant families were still supported by a wage earner and ensured the country was kept well fed! Here, six of the first female colleagues



advertise margarine outside the Croydon store.

1915 – By October 1915, Sainsbury's had already released more than 1,000 colleagues to fight in the war, and they were joined by Arthur Albert Leggett in May 1916. Arthur left his role as store manager of Beckenham to join the British Expeditionary Forces serving in France.



Private A. A. Leggett (left) returned to Sainsbury's after the war and managed stores in Brighton, Bournemouth and Westbourne until 1930.

1918 – During the war, Sainsbury's tried to ensure that all customers received a fair share of the food that was available, by taking part in the Government's rationing scheme. Customers were required to register at a particular shop, and the number determined how much produce the shop was allowed to buy. Each customer was given a ration card (pictured left), to monitor how much bacon, butter, sugar, meat, cheese and eggs they received.



A special and important time...

As I prepare to leave after what's been an amazing decade with Sainsbury's, I'll be taking with me so many memories of the things we've achieved together. Most importantly, I'll always remember the fabulous customers and colleagues who've made this such a great place to work for me. Here are just some of my favourite moments from the past ten years, which have proved to be the most special and important years of my career.



◀ It was a year like no other, and this was a moment like no other – the day we turned the Olympic Park orange. Five thousand colleagues cheered on the wheelchair basketball during the London 2012 Paralympic Games. We were proud to be the official partner for such an historic national occasion – and I even got a chance to shoot a basket!



▲ When I joined, we had a big story to tell about the new and improved products we'd been introducing from 2004, our improved customer service and availability, and more competitive prices. Here I am promoting our important Try Something New Today campaign message, and with a familiar face from our marketing campaigns at that time.

▼ Since 2004, we've been on a journey to make this a place where customers love to shop. I'm proud of so much of what we've achieved, such as becoming the first major retailer to stop selling eggs from caged hens, opening food colleges to train our colleagues and delivering excellent value for customers through campaigns such as Brand Match.

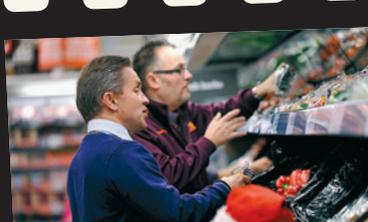


And finally...

When I joined Sainsbury's in 2004, I was determined to take the business back to where it truly belonged. Here we are today, having opened more than 600 Local stores – bringing our total number of stores to more than 1,200 – and dealing with around 23 million customer transactions every week. But it's our colleagues – and the values we share – that make Sainsbury's such a special place. My thanks to every single one of you for all you've done, both for me personally and for the company. I wish you and your families the very best for the future. Look after this great business!

Justin

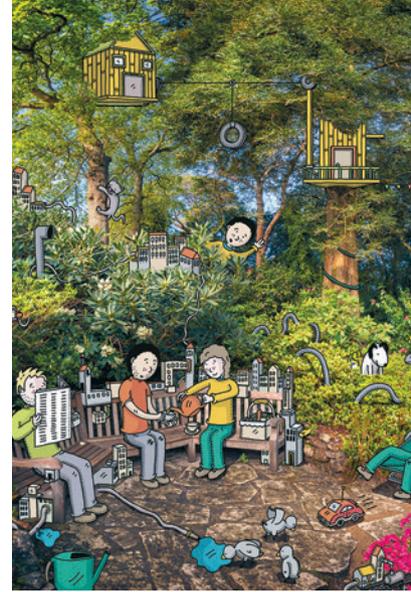
▲ Today, we have more than 160,000 colleagues helping to deliver great service and drive sales every day. But perhaps none more so than all the long-service colleagues I've met, both at our awards dinners and instore. Colleagues such as John Bulbrook, pictured with me here on the occasion of his 50 years' service. Their loyalty and dedication have played a huge part in making it happen across so many parts of our business.



Round up

THINGS YOU NEED TO KNOW IN JULY/AUG

In the coming months, we've got some great Back to School ideas, a fantastic offer on Nectar and a free scheme that will help to keep our colleagues healthy.



1 ROS RECEIVED SOME CHAMPION ADVICE

Colleague Ros Peasgood has been busy practising her tumble turns after some tips from Active Kids Ambassador Ellie Simmonds.

She won a prize draw on www.mysainsburys.co.uk to win a swimming lesson with Ellie at the London Aquatics Centre at the Queen Elizabeth Olympic Park.

Ros, from Holborn store support centre, said: "It was a brilliant half-hour in the pool. My swimming has definitely benefited from Ellie's help and it was fantastic to meet her. She's

an inspiration to all budding athletes and to those of us happy just to try to keep fit."

Ellie, four times Paralympic champion, said: "I love swimming – I hope the lesson has encouraged Ros to swim more often and to continue being active and having fun. That's what Active Kids is all about!"

Any schools, groups and clubs that place their Active Kids orders online before 16th July could be in with a chance of not only winning their order, but also of having it delivered by Ellie – see www.activekids.sainsburys-live-well-for-less.co.uk for more details.



HOWEVER AND WHEREVER

We're making sure our customers can shop with us however and wherever they want to.

We're the UK's 7th largest clothing retailer by volume and our clothing online pilot will begin in the summer. Once we've taken all the learnings from the pilot we expect to offer clothing online to everyone in 2015.

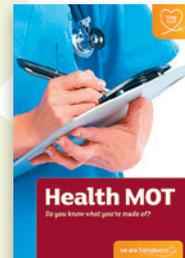
This summer we're also launching a new Click & Collect Groceries service to make life easier for customers who travel around London on the Tube. It will be available at seven London Underground stations initially, with orders fulfilled from two of our stores. Customers ordering online by 1pm will be able to collect their groceries on the same day!

WE'RE OFFERING HEALTH MOTS

We're introducing free health MOTs for colleagues in all stores during the coming 12 months.

The voluntary health check will be a helpful starting point for those of you who want to take action to improve your health and wellbeing.

The MOT will help you to identify your important health 'numbers' – such as blood pressure,



weight, body fat and bone density – in just a matter of minutes using a special body analyser.

Tricia O'Neill, Head of Health & Wellbeing, said: "We'll also be providing support materials to help colleagues understand their numbers and achieve a healthier, more active lifestyle."

Look out for more information about our health MOTs instore.

NECTAR HAS SUMMER SORTED



From 23rd July until 12th August, your Nectar points could be worth double, triple or even more on selected rewards. And colleagues can win great prizes and thousands of extra points, too!

Where 500 points are usually worth £2.50, they'll be worth even more when exchanged in our supermarkets or online for Double Up & More vouchers to spend at Pizza Express, Nectar Swim and lots of family attractions such as Thorpe Park, SEA LIFE Centres & Sanctuaries and local days out.

Premal Patel, Holborn store support centre, said: "This activity helps to drive sales, and this year we want to get even more customers involved with Nectar, and encourage those who don't currently collect points to take a card. Colleagues will have the chance to win some great prizes including vouchers for days out and thousands of extra Nectar points. Keep an eye on www.mysainsburys.co.uk for more details."



WE'RE HELPING KIDS TO GO BACK TO SCHOOL



Relax! You can keep the kids entertained this summer with our digital take on a kids' classic.

Our iSPIES game will let them wander around a secret garden, explore outer space or swing into a crazy jungle to spy out hidden treasures and challenge friends in lots more real-time activities. The app's available to download free from Google Play or the iTunes store from 16th July.

Parents can rest assured we've got back to school covered, too. We've put our range to the test to make sure it's ready for whatever your kids might throw at it – from stains to button tugs and much more – so you know you're getting great value that will last.

Daniella Torres, Coventry store support centre, said: "We're proud of our school uniforms – polo shirts that retain their shape after 100 washes, and woven trousers, skirts and pinafores which have been rub-tested 100,000 times and seams pull-tested to the weight of a five-year-old!

"What's more, our trousers, skirts and pinafores repel all common classroom stains, and everything stays colour fast for up to 20 washes."

MIKE'S GOING ON A NATIONAL TOUR

This summer, Mike is going on a company-wide tour to meet a Great Place To Work group (GPTW) colleague from every store, depot and store support centre.

Log on to www.mysainsburys.co.uk to follow where Mike will be visiting and to see when he will be meeting your GPTW colleague.

If you have any questions you would like to ask Mike, please talk to your GPTW group so they can make sure it's shared with Mike at the session.

WE'RE HELPING YOU WASTE LESS FOOD

Did you know, more than 4.2 million tonnes of good food is wasted in the UK every year?

For the average family, that's the equivalent of £60 worth of food thrown away every month.

We've used our recipe know-how and worked with Google to launch a new tool to help our colleagues and customers waste less food and save money at home.

With Sainsbury's Food Rescue, you



enter the ingredients left in your fridge or cupboard and the nifty tool will come up with tasty recipes using the food you might otherwise have thrown away.

What's more, it shows you the value of the food you are rescuing and the amount saved from landfill. It'll also tot up the tally from cities and counties, too.

You can use it on your PC, mobile or tablet and you'll find it at

www.sainsburys.co.uk/FoodRescue.

WE OPENED SOME 'BEE & BEES'

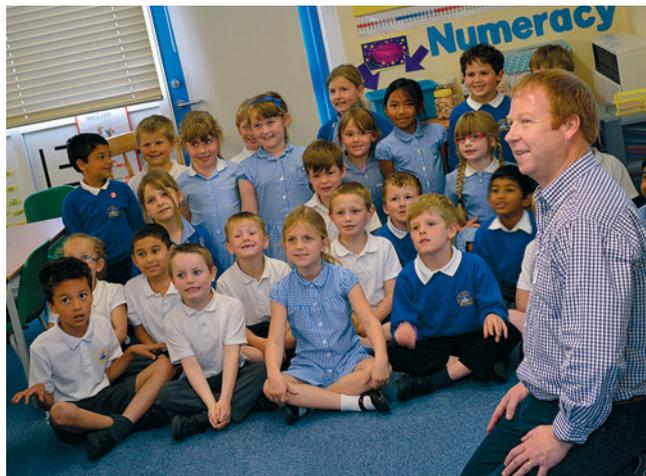
We want to double the amount of British food we sell by 2020, so we need our bees because they pollinate more than 80% of our food crops.

That's where the 'Bee & Bees' come in – our name for those stores where we've set up a Bee Hotel and Bee Café for solitary bees.

According to Robin Dean, our beekeeper, solitary bees are the hardest working pollinators, but action is needed to tackle their declining numbers.

"Bee Hotels offer nesting sites for solitary bees, while Bee Cafés are areas of pollen-rich and bee-friendly plants," he said. "We've now got more than 100 Bee Hotels at our stores and we've helped some of our suppliers establish hundreds of their own."

To celebrate the opening of our first Bee & Bee at Weymouth, Robin visited a local school to talk to the children and help them make their own Bee Hotel.



THE JOURNAL HAS A NEW SECTION ON MYSAINSBURY'S

Our *Journal* pages online on www.mysainsburys.co.uk have had a makeover!

Along with an updated design, the new pages are chock-full of great articles, a weekly blog from the *Journal* team and even exclusive content from our biggest

features in each issue.

What's more, you can take a look at our huge back catalogue of Sainsbury's *Journals*, going all the way back to 1946.

Visit www.mysainsburys.co.uk and click the *Journal* under the News category.

WE'VE GOT A GRAND RIO OFFER

This summer, it pays to buy your family the latest DVD/Blu-ray release.

Through mobile by Sainsbury's, we're giving away £10 of phone credit with every copy of Rio 2 bought in-store.

Customers will also get a free blow-up beach ball inside every DVD pack.

The film is available to buy from 4th August.



We have ten copies of Rio 2 on DVD to give away in an exclusive colleague competition. Visit the *Journal* pages on www.mysainsburys.co.uk for more details.

Message Mike



For more than ten years, the Tell Justin scheme has been gathering your bright ideas on ways to save money, or make life easier for customers and colleagues alike. With the new Message Mike scheme, which launches in July, this year's ideas could make it the most successful year so far. Scheme manager Louise Draper takes a look at a decade of your ideas that have changed the way we do things and helped make Sainsbury's a great place to work and shop.

The Tell Justin scheme has gone from strength to strength, with an ever-growing postbag of tips and suggestions. They come in on cards, by email, online and text.

Whether the tips were big or small, we've loved receiving them all – from ways to save money or make your life easier, to suggestions of how we can improve the service we offer or be more environmentally friendly.

In the past, we've had a great suggestion to add the option of still water to our kids' café meals, and one of the earliest ideas saved us a huge amount on fuel by shortening a lorry route.

But suggestions don't have to be big-scale ideas, or save huge amounts of money. In fact, it's usually the smaller, less obvious suggestions that really add value, as you can see from the colleague ideas here.

Occasionally people suggest the same thing, and that's often a sign that something needs to change or improve. For example, lots of you said counters colleagues should have Christmas aprons so they can join in the festive spirit and still meet hygiene standards. It's a great idea and one we're already looking into for next Christmas!

Looking ahead to Message Mike, the ideas will be reviewed by the team, a reply will be drafted and it will go to Mike and the board for approval.

We'll give £10 in LOVE points for new ideas with good potential and Mike will award £100 in LOVE points for his chosen suggestion of the month.

We already know that your ideas make our lives easier and help us serve customers better, so Mike wants to know about them all. It's a weekly priority and he'll champion his favourite ideas to make them happen.

Please keep them coming!



"I'm really looking forward to seeing your suggestions for Message Mike, so please keep sending them in..." – Mike



Kevin's text-book idea

Carlisle Groceries Online Manager Kevin Wilson put his finger on a great idea to cut down on paper use and make it easier for more drivers to listen to the voicemail updates sent to share information.

He realised that drivers often lost the piece of paper they were given with the new voicemail passcodes and so suggested the codes were texted to their mobile phones instead.

"It was just a simple change that no-one had spotted," said Kevin. "But it has helped with driver

engagement and more colleagues now feel they are part of the team. It's also great to see that colleague ideas are put into action."

LOUISE SAYS:

“This is a great example of Making it Simpler. Around 20% of our drivers currently listen to the voicemails and this will make it easier for the team to measure improvements in uptake over time, and improve driver knowledge and engagement with customers.”



Your ideas in numbers

10

YEARS THE SCHEME HAS BEEN RUNNING

63,000

SUGGESTIONS RECEIVED SO FAR

£25,591

IN FUEL COSTS SAVED BY ONE IDEA

£100

IN LOVE POINTS FOR SUGGESTION OF THE MONTH

717

THE MOST SUGGESTIONS RECEIVED IN ONE WEEK

Brush with genius

When an engineer who was called out to repair a Groceries Online (GOL) D2D cradle simply cleaned the connectors using a brush, Richard Round had a flash of inspiration.

Richard realised time and money could be saved by making the special cleaning brushes available instore.

“The call-out charge for an engineer is £95, the D2D cleaning brushes are £6.46 each so it’s a fantastic saving. I’m chuffed my suggestion

was acted on and takes out a pointless bit of the repair chain. It also proves the scheme really works, so I’m pleased,” said Richard, who is Assistant Zone Operations Manager (online).

LOUISE SAYS:

“This is a great example of treating every pound as our own. Our Groceries Online team is now sourcing the brushes to include in a ‘repair it yourself’ kit for stores.”



Sweet success

Life has been made that little bit easier for customers and colleagues thanks to a tasty little idea from Dene Townend (main picture).

The Brighthouse checkout colleague realised that bar codes on Cadbury’s Creme Eggs were often hard to scan and that customers generally bought more than one at a time. He suggested there was a multiple-buy option on the checkout PLU group for them.

“It’s made a difference – most people buy these by the handful and if one won’t scan none of them will. I’m visually impaired so having the option to check these out as a multi-buy or pick-and-mix is a great improvement,” said Dene.

LOUISE SAYS:

“Our confectionery team implemented this immediately as a result of Dene’s suggestion. The change didn’t cost anything and it will make life a lot simpler for both customers and colleagues.”



Idea fits the bill

Confusion over British and European clothing size comparisons led to an idea just clicking into place for Heaton Park colleague Hayley Parkinson.

Colleagues were experiencing problems advising customers on the correct size and were having to search the internet for conversion tables. Hayley suggested putting a European sizing chart on the Tu clothing page of Connect so colleagues could always instantly find the sizing answers they needed.

“A lot of customers are confused so it’s really fab that this has been put on online – it’s made everyone’s life much easier. Everyone’s really impressed that I put the idea forward, but the scheme is really simple to take part in – you just pop online and send your idea,” said Hayley.

LOUISE SAYS:

“Our Tu clothing team agreed this was a great idea. The conversion chart was uploaded onto Connect for our colleagues, and on to our Tu website for customers to coincide with the launch of the Tu summer clothing lines. It will help colleagues answer queries about clothing sizes much more quickly and efficiently.”

Why we love July/August

What's coming up online and instore during the next 60 days



Get your Summer Sorted

Whitby's Lynda Attridge helps us showcase the great-value ideas that will help you to live well for less during the summer months.

It's that time of the year again: the sun's up, school's out... and the kids want to know what's for lunch! No wonder the summer can sometimes feel like hard work – you've got to keep the family fed, fit and happy but without spending lots more.

But, as Lynda Attridge knows, it can be done...

Summer's always a busy time for Lynda, a colleague in the Yorkshire

seaside town of Whitby. "For us, July and August can be just as busy as Christmas!" she says.

It's often busy at home too, where Lynda looks after son Jay, 14, and regularly helps out her sister by looking after nieces Charlotte, 11, and Lucy, six.

So who better to check out our healthy, great-value meal and snacking ideas to help you get Summer Sorted?

HEALTHIER OPTIONS: Lynda Attridge tucks in with Jay, Lucy and Charlotte.

Problem: Teenagers like Jay want variety – sandwiches for lunch everyday just won't cut it.

Sorted: Cook a dinner tonight that makes a deliciously different lunch tomorrow!

Lynda's a big fan of her slow cooker. "I put in all the ingredients before I go to work and the meal's more or less ready when I get home. The whole family loves a chicken cooked this way with lemons, or joints of pork with barbecue seasoning to make pulled pork. There are always plenty of leftovers that are brilliant with pasta or jacket potatoes."

No slow cooker? Then slow roast joints in the oven for a few hours. It's a great way to make the most of less expensive but tasty cuts.

WHY NOT TRY?

Frozen bananas. Great on their own, they're even better dipped into melted chocolate, rolled in chopped nuts or sprinkles, and then frozen.

Five offers that can help you live well for less this summer...



The family will love the taste of our healthy and delicious **Orange & mango smoothie, by Sainsbury's**. Great-value drinks to go at £2.70 for 5! Brilliant for kids' back-to-school lunchboxes, too.



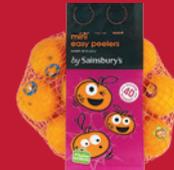
Kids can pack a bag with stationery featuring these cute **Travel Buddies**. Our favourites are the mermaid bunny and pirate crocodile **Travel Buddies pencils with eraser toppers, by Sainsbury's**, at £2.99.



Don't skimp on sun lotion, our **Sun protect lotion 50 SPF, by Sainsbury's** will keep your family well protected for just £7.50 for 2 x 200ml bottles.



Taste The Difference Hog roast sausage rolls are perfect for picnics. They're seasoned British pork sausagemeat and apple purée wrapped in butter-enriched puff pastry. And all for £2.50 for 12 (180g).



Kids will love the flavour of our **Mini easy peelers, by Sainsbury's**. Selected for their sweetness and juiciness, they're easy to peel and two count as one of your five a day. A pack of 10 is £1.65.

* Prices correct at time of going to press

WHY NOT TRY?

Your favourite dips served in colourful peppers.

Problem: Lucy's always on the go – and always seems to be hungry.

Sorted: Try our tasty snacks that are perfect for grazing!

Fruit kebabs are a firm favourite at Lynda's house – especially in summer when British strawberries are in season.

"For a treat, I make a dip using **Milk chocolate spread, by Sainsbury's** (£1.54) mixed with **Be Good To Yourself Quark** (90p) and a little icing sugar to taste."

Sticks of carrot, pepper and celery are also great for kids to grab and go. They're good for platters too: add cheese, ham, olives and picnic foods like **Mini egg bites, by Sainsbury's** (65p for 6) for a party on a plate!

LYNDA LOVES

Frozen chopped spinach, **by Sainsbury's** (£1.50): "I've always got some in my freezer. It's brilliant for pasta – you don't even need to defrost it. Just chuck it straight in the pan with your other sauce ingredients."

Problem: Charlotte loves dancing, acting... and pizza! But what if there's no time to make one, and none in the fridge or freezer?

Sorted: Mix it up! Find imaginative new ways to use your store cupboard staples.

Pitta bread isn't just for kebabs in Lynda's house. "For a quick pizza, I take a pitta bread, spread on some **Red pesto, by Sainsbury's** (£1.30), add toppings, and put it in a hot oven for ten minutes or so. The pitta bread works really well as a base – particularly the **Wholemeal pitta, by Sainsbury's** (50p for 6) – and the red pesto is a quick, tasty alternative to tomato sauce. We all love it!"

At a glance

MYSAINSBURY'S RECENT POLLS IN NUMBERS



56%

of you said your New Year's resolution in January was to do more exercise. How are you all doing?



24%

of you said you wanted a nice meal for Valentine's Day, and 18% of you wanted flowers.



67%

of you said your favourite pancake toppings were lemon juice and sugar.



43%

of those who voted, said they'd rather put a burger on the summer BBQ, and 32% of you would prefer a good old banger.

Blooming lovely

NORTH BLACKHALL

Elderly residents at Edinburgh's Silverlea Care Home look forward to visits from Blackhall colleagues. The team has been regularly donating unsold flowers to brighten up the rooms for the people who live there.

"The flowers are always appreciated, no matter how big or small the donation," said Angela Paton. "It's nice for the residents to know we're thinking of them."



Your news

News and pictures from around the regions

PSSST!

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



HAXBY

The great fundraising work of customers and colleagues at Haxby has helped to raise more than £1,000 for the store's Local Charity, Hearing Dogs for Deaf People. Collection boxes at the tills and selling toy dogs instore helped raise vital funds to help the charity train their dogs.

ZONE 2

SOUTH WATCHMOOR PARK

Pedal power

Scott Parker and Ben Munden really did go the extra mile to raise charity cash. In fact they went all the way to Paris – by bike!

The intrepid duo cycled from London to Paris in a five-day, four-night journey to raise money for Local Charity, Sandhurst Riding for the Disabled. Both of them reckoned that the stunning views and sense

of achievement made up for the 5am starts!

The gruelling 300-mile trip saw them raise an impressive £3,000, bringing the grand total raised for the charity over the year to an amazing £16,200.

"I'm incredibly proud of the contribution colleagues and customers are making to our Local Charity this year. Well done Scott and Ben!" said Mark Hedley.





Puppy love

ZONE 5

NORTH LEEDS HEADROW

Colleagues were visited by some special canine friends when the Leeds and District Guide Dogs for the Blind Association presented them with a certificate thanking the team for helping them to collect £543 instore. "We've always had a close relationship with the charity and we were delighted to once again support our local branch," said Graham Chawner. "It's wonderful to see how generous our customers have been for this worthy cause. And we had a lovely letter thanking us and telling us how welcome colleagues made the charity's volunteers feel over the two collection days."



HAYWARDS HEATH
Talented Paul Milton's portrait of a World War Two veteran is being showcased in Wings Military Museum in Balcombe. The picture was drawn to support a charity event and reflects the life of Harry Hacker, who was with RAF Bomber Command. Paul's work is also on display instore as he created a hand-drawn mural for the colleague restaurant.



WEST HOVE
Ten-year-old Natasha Puchnarewicz bagged herself a £50 gift card and an Active Kids pack for her friends at Goldstone Primary School after she won West Hove's 'Bag for Life' competition. Natasha's creative effort was picked from more than 120 entries and her winning design was printed on 2,000 canvas bags for customers at the store.



CONVENIENCE LEADERSHIP TEAM

SPRUCE-UP FOR SHELTER

Thirty-seven colleagues from the London Convenience Leadership Team gave a much-needed lick of paint to the residential unit at Bradbury House, which provides shelter and support for vulnerable homeless women. The team was inspired to take on the mission as part of the Business in the Community campaign, which helps to engage businesses with local charities. "The staff there were really appreciative of our efforts," said Ian Keeble. "We are now looking at different ways of supporting others in the community."



MANJIT'S A KNOCKOUT

CONVENIENCE GLOUCESTER BARTON STREET

Taekwondo star Manjit Kalcutt is on top of the world after beating off competition from 2,000 contenders to be crowned the Action International Martial Arts Association World Champion!

Gloucester Barton Street Local colleague Manjit, who has been practising the sport for 15 years, defeated competitors from ten countries en route to clinching first prize at the finale in Swindon. "We are all amazingly proud of Manjit's achievements. Despite all of her success, she hasn't changed one bit!" said Graham Boeking.

THE JOURNAL WANTS YOU!

The nation has been marking the centenary of the First World War, and we'd like to hear from you.

Do you have any stories of a relative's service, such as colleague Arthur Albert Leggett right (see page 2)? We'll be featuring the best stories online and in the September issue of the *Journal*.



© Original image of Arthur Leggett courtesy of Mrs J Swift

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



Play time at Emerald Park

LOGISTICS

LOGISTICS EMERALD PARK DEPOT

Children at the Bright Beginnings pre-school certainly had more reason to smile after they received two new playhouses, thanks to support from Emerald Park colleagues, DHL/B&Q and Keter playhouses.

The pre-school accommodates children with additional needs,

which means that extra equipment and support are always needed.

"The children were absolutely delighted with their new playhouses," said Sarah Suter. "Everyone involved was very proud to be able to help such a worthy charity."

PSSST!

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



LANGLANDS PARK DEPOT
Colleagues made the short trip to Braehead to take part in a brilliant bag-packing session for Hazelwood School, raising more than £600. The event was the depot's latest fundraiser in their five-year partnership with the school, which caters for children with sensory impairment.



OUR SUPER MODELS

EAST STANWAY

ZONE
3

Colleagues and family members strutted their stuff on the catwalk, showcasing our new summer Gok for Tu clothing range and raising cash for the Mayor of Colchester's chosen charities at the same time.

Around 15 colleagues struck the right pose at the event in Colchester Town Hall, organised by Claire Fletcher.

It raised £500 for a number of local good causes, ranging from youth services and children's hospices to the MS Society and Guide Dogs for the Blind.

"It was great fun and a really successful night," said Charlotte Draper.

Memorial ride raises £6,000

LOGISTICS

LOGISTICS HAMS HALL DEPOT

Sixty-two riders from Hams Hall depot, Perton and members of Paul Mann's family hit the road to raise more than £6,000 for the British Heart Foundation recently, in memory of the former colleague.

The intrepid riders undertook a two-day, 120-mile cycle from Perton to Penrhyndeudraeth in North Wales to raise the cash for the charity.

"It was a fantastic weekend and for many of the cyclists it was the first time they had



ridden this far," said Julie Warner. "The guys are talking about turning this into an

annual event, and they've even thought about a coast-to-coast fundraiser next year!"

A LIFE-SAVING MESSAGE

WEST CANNOCK

Cannock colleagues were shown how to recognise the signs of a heart attack and give emergency treatment by volunteers from the Burntwood and District Community First Responders.

Eight colleagues attended the Heartstart session held instore, which aims to equip people to help while medical aid is being called.

"It's great that we now have several colleagues trained in case of an emergency," said Heather Norman.



Sweet smell of success

WEST WEDNESFIELD

Bakery colleagues gave reigning Miss Personality Black Country Kyran Chopra some sweet support when she visited Wednesfield to collect goodies for a stall in aid of a children's charity.

The team donated tasty cupcakes and other bakery treats for her to sell and raise funds for her chosen charity, The Variety Club.

"She was rushing off to an event and looking for cakes to sell, and when she told us what it was for we were only too happy to help," said Lynn Ryan.



ZONE
4



BRAMINGHAM PARK

Customers and colleagues gathered instore to present Patrick Hoare with a cake and gifts to mark his 90th birthday and retirement after 25 years of service. Pat was also presented with his favourite tipple, Guinness, and vouchers to spend on his beloved garden. Store manager Glen Sharp said: "Pat's an inspiration to us all. He's always got a smile on his face, he's great with customers and colleagues and is a real character. He's going to be missed!"



ELLESMERE PORT

Congratulations to colleague Helen Jones who recently ran the Rock 'n' Roll Liverpool half marathon for the Local Charity, the Babygrow Appeal. Helen finished in one hour, 54 minutes, raising more than £650 for the appeal, which will go towards a new neonatal unit at the Countess of Chester Hospital.



ABERLOUR BANK £20,000 THROUGH FANTASTIC FUNDRAISING

BANK EDINBURGH

Aberlour Child Care Trust will be delighted to cash in a cool £20,000, following the fantastic work of Sainsbury's Bank colleagues in Edinburgh.

They raised £15,000 from a charity ball and an extra £5,000 from their charity 'KiltWalk'. Colleagues walked either 26, 13 or six miles (in kilts!) and they were even joined on the journey by some of their four-legged friends.

Aberlour is a charity that helps more than 6,000 vulnerable children, young people and their families in Scotland each year. The money will, among other things, build a much-needed new kitchen at the Aberlour Options Lothian service.

BANK

Take a break

Puzzles, prizes & more



WIN AN 'AWESOME' LEGO HAMPER

If you've already watched *The Lego Movie* on the big screen, you know that 'Everything is AWESOME!'.

It features the story of mild-mannered construction worker Emmet Brickowski, who teams up with friends Wyldstyle and Batman, to defeat the evil Lord Business.

Jam-packed with brilliant humour and great action scenes, it's the must-have family film this summer.

To celebrate its release on DVD and Blu-ray on 21st July, we're giving away 10 fantastic Lego hampers. Along with a copy of *The Lego Movie* on DVD, winners will receive a copy of *The Lego Movie* video game on Xbox 360, a copy of *The Lego Movie* Soundtrack CD, kids' T-shirts, Lego Toys Melting Room Sets, Lego Toys Getaway Gliders, Lego Sticker Collection Book, *The Lego Movie* Activity Book & Figure and *The Lego Movie* Key Light.

For your chance to win, simply send in your answer to the following question:

What is the release date of *The Lego Movie*?

- A 21st June
- B 21st July
- C 21st August



To enter, text **JOURNAL** to 80800 followed by your name, your location and your answer. Or email thejournal@44communications.co.uk, or write to us at the Journal, Somerset House, Clarendon Place, Royal Leamington Spa CV32 5QN

Open to all Sainsbury's colleagues. Closing date 31st August. For terms and conditions see www.mysainsburys.co.uk

Style SOS

LIBBIE HENNESSY FROM THE TU TEAM AT COVENTRY STORE SUPPORT CENTRE ANSWERS YOUR FASHION QUESTIONS

Dear Libbie,



We're going on a seaside holiday this year and I wondered if you can help me pick some clothes for the family that will fit the bill and be versatile enough so we don't have to pack too many cases between us?

Hayley Parkinson, Heaton Park



Dear Hayley,

Preparing for a family holiday can be stressful. To help reduce the amount you need to pack I'd recommend taking items that can be used for days out and evenings, like our great, easy-to-wear **jersey skirts (from £12)** which won't take up too much space in the case and, more importantly, won't crease so you can look great on the beach or in a restaurant.

For kids I'd recommend our **4-pack T-shirts (£9)**. The colours are bright and summery and the style will look great with jeans, shorts or a skirt.

Stay stylish!

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

CONGRATULATIONS

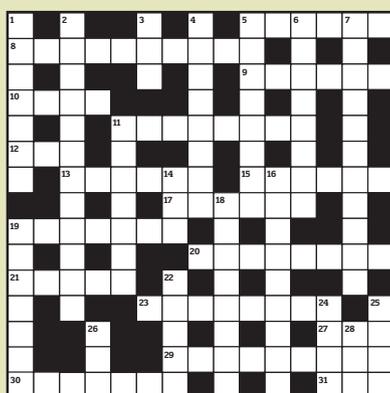
Congratulations to all of the winners of our Panini competition in our May issue:

1st prize: Sivaratnam Yogakumar (Winchmore Hill).

2nd prize: Phil Davies (Midsomer Norton), **Nick Lawrence** (Worle), **Paul Pryor** (Dronfield) and **Becki Kidd** (Lancaster).

Please visit www.mysainsburys.co.uk to find the rest of our lucky winners!

Crossword



Across

5. Blocks of gold (6)
8. Winners of the 2014 Champions League (4,6)
9. Mass departure of people from a country (6)
10. See 2 Down
11. Group whose latest album is 'Ghost Stories' (8)
12. Supernatural creature (3)
13. Soft felt hat with a curled brim (6)
15. Set of steps (6)
17. Seafood delicacy (6)
19. Piece of writing in a newspaper (7)
20. Flowers that have a pendulous 'teardrop' shape (8)
21. Month in which golf's US Masters is played (5)
23. Tony Robinson's character in 'Blackadder' (8)
27. Organ of hearing (3)
29. Fluent or persuasive speaking (9)
30. Poems of fourteen lines (7)
31. Golf peg (3)

Down

1. See 3 Down
2. And 10 Across. The latest X-Men movie (4,2,6,4)
3. And 1 Down. 1965 hit single for The Beatles (3,7)
4. New York street famous for its theatres (8)
5. Visionary or impractical person (8)
6. Julie, who played Bet Lynch in 'Coronation Street' (8)
7. Famous Bruce Springsteen song on the album 'Born To Run' (7,4)
11. Addition to a will (7)
14. Fish eggs (3)
16. Method applied to a particular task (9)
18. Air force unit (8)
19. Academy Award-winning movie about the composer Mozart (7)
22. May, the 'Top Gear' presenter (5)
24. Nobleman who is loyal to King Lear in the Shakespeare play (4)
25. '____ Willy', a film about a captive Orca (6)
26. Number of times 8 Across has won the European Cup/Champions League (3)
28. Top playing card (3)

Keeping you up to date with your colleagues

Our people



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RETIREMENTS

Anne Abrahams, 74, Kingswood (29 yrs). **Thin Yewn Ahfat**, 64, Barkingside (22 yrs). **Sandra Annells**, 63, Alton (24 yrs). **Maureen Apps**, 66, Sedlescombe Road (22 yrs). **Janet Ashmead**, 67, Stroud (17 yrs). **Valerie Bailey**, 64, Warren Heath (15 yrs). **Chris Banfield**, 65, Haywards Heath (24 yrs). **Phil Barlow**, 68, Holborn store support centre (30 yrs). **Michael Barnes**, 65, Crystal Peaks (8 yrs). **Patricia Bassnett**, 64, Hazel Grove (25 yrs). **Margaret Bennett**, 62, Grantham (23 yrs). **Ann Bibby**, 70, Badger Farm (15 yrs). **Beverley Blake**, 62, Marsh Mills (20 yrs). **Pauline Bosley**, 60, Thornhill (30 yrs). **Brenda Brettle**, 62, Newcastle Under Lyme (25 yrs). **Linda Brotherton**, 60, Cannock (24 yrs). **Linda Brown**, 64, Nuthall Road Local (8 yrs). **Susan Brown**, 61, St. Clares (6 yrs). **Teresa Brown**, 62, Crystal Peaks (37 yrs). **Susan Burman**, 62, Maypole (10 yrs). **Margaret Burt**, 67, Sherborne (14 yrs). **Phyllis Campbell**, 70, Forestside (8 yrs). **Jacqueline Cherrill**, 58, Dome Roundabout (12 yrs). **James Chilvers**, 65, Canvey Island (7 yrs). **Keith Clark**, 65, Hempstead Valley (18 yrs). **Serafina Cosimetti**, 66, Oldbury (25 yrs). **Irene Cowell**, 64, York (6 yrs). **Terry Cox**, 65, Newquay (13 yrs). **Elizabeth Davey**, 67, Wimbledon (32 yrs). **Frederick Deakins**, 85, Grimspy (25 yrs). **Jacqueline Dickenson**, 66, Chard (22 yrs). **Marjorie Dicks**, 72, Muswell Hill (12 yrs). **Patricia Edwards**, 75, Scarborough (20 yrs). **John Eldridge**, 69, Chiswick Local (28 yrs). **Ann Elliott**, 62, Whitley Bay (24 yrs). **Anne Ewan**, 77, Hedge End (9 yrs). **Ronald Fellm**, 70, Bradford (9 yrs). **James Flynn**, 67, Heaton (8 yrs). **John Anthony Francis**, 65, Oxford Cowley Road Local (3 yrs). **Kathleen Godfrey**, 74, Guildford (22 yrs). **Carole Green**, 72, Wantage (17 yrs). **Ruth Grey**, 66, North Cheam (14 yrs). **Wendy Griffiths**, 67, Pontlanfraith (26 yrs). **Diana Hale**, 62, Bury St Edmunds (11 yrs). **David Hanson**, 65, Chafford Hundred (12 yrs). **Ann Harrison**, 65, Saltburn (24 yrs). **Valerie Hayler**, 67, Penge (12 yrs). **Jean Haynes**, 66, Washington (29 yrs). **Dave Hazzard**, 66, Andover North (19 yrs). **Ann Hockley**, 68, Pepper Hill (10 yrs). **Sylvia Innes**, 62, York (19 yrs). **David Knight**, 65, Stratton (18 yrs). **Peter Lamont**, 65, Berruden (44 yrs). **Madeleine Lancaster**, 60, Tamworth (25 yrs). **Ian Langford**, 57, Holborn store support centre (40 yrs). **Janet Latimer**, 59, Banbury (26 yrs). **Margaret Maddox**, 55, Kempston (36 yrs). **Andrew Malone**, 70, Darnley (17 yrs). **Janet Martin-Royle**, 61, Rayleigh Weir (33 yrs). **John May**, 68, Worksop (8 yrs). **Norma Maylott**, 64, Sale (12 yrs). **Veronica McGinnity**, 66, Forestside (26 yrs). **Jane Newton**, 62, Bourne (7 yrs). **Deborah Offen**, 62, Pocklington (7 yrs). **Mary Open**, 79, Newbury (13 yrs). **Susan Owens**, 67, Devizes (11 yrs). **Hilary Parascandolo**, 62, West Wickham (13 yrs). **Patricia Park**, 66, Scarborough (19 yrs). **Chris Parr**, 64, Forest Hill (34 yrs). **Divya Patel**, 65, Purley Way (13 yrs). **Hugh Paterson**, 65, Darnley (12 yrs). **Angela Paton**, 57, Maidstone (29 yrs). **Brian Peberdy**, 67, Harns Hall Depot (12 yrs). **June Perkins**, 63, Midsomer Norton (29 yrs). **Pauline Platts**, 63, Ripley (10 yrs). **John Price**, 75, Winchmore Hill (17 yrs). **Una Quinn**, 71, Kenton (35 yrs). **Christine Read**, 64, Swadlincoate (19 yrs). **Susan Reeves**, 65, Romiley Local (18 yrs). **Linda Reynolds**, 65, Hull (17 yrs). **Kay Richards**, 67, Alphington Road (25 yrs). **Anne Rowe**, 59, Stevenage (43 yrs). **Katrina Sainsbury**, 64, Bath (26 yrs). **Linda Shaw**, 62, Oldham (10 yrs). **Iris Short**, 64, Swansea (18 yrs). **Sheila Simpson**, 63, Monks Cross (20 yrs). **Kay Smith**, 35, Leeds Street Lane Local (1 yr). **Sheila Spence**, 65, Team Valley (24 yrs). **Marianne Spooner**, 62, Pound Lane (6 yrs). **Roy Thombs**, 68, Shrewsbury (14 yrs). **Suzanne Townsend**, 63, Bradford on Avon (6 yrs). **Susan Vale**, 57,



Congratulations to Simone Fogg (pictured), our General Manager at Elstree depot, who won the Team Leader of the Year award at the FTA Everywoman in Transport and Logistics awards.

Meanwhile, City & Guilds has formally accredited the high standard of training at our six Food Colleges and Bakery College.

This year, 20,000 colleagues from across Britain will attend our Colleges, making this the largest ever accreditation in the history of City & Guilds.

For the second year in a row, we won these three awards at the recent *The Grocer* Gold Awards – the Customer Service Award, Availability Award and Green Retailer of the Year.

A fuller list of recent award wins can be viewed at the *Journal* pages on www.mysainsburys.co.uk

Dome Roundabout (29 yrs). **Patricia Vennard**, 62, Hempstead Valley (9 yrs). **Sheila Vigar**, 65, Sittingbourne (12 yrs). **John Wade**, 65, Chiswick Local (22 yrs). **Janet Watson**, 57, St Albans (25 yrs). **Jennifer Watts**, 71, Wellingborough (11 yrs). **Angela White**, 65, Swindon (27 yrs). **Avril Wilson**, 62, Washington (28 yrs). **Hilary Wilton**, 62, Coreys Mill (26 yrs). **Jeanette Wright**, 59, Warwick (25 yrs).

LONG SERVICE 25 YEARS

Stephanie Amadi, Camden. **Linda Anstey**, Uxbridge. **Geoffrey Baker**, Chesterfield. **Janet Barker**, Chesterfield. **Pauline Baskott**, Court House Green. **Susan Bates**, Enfield. **Richard Bedward**, Perton. **Carl Beisly**, Cobham. **Pauline Bell**, South Shields. **Venetia Bensley**, Great Yarmouth. **Deborah Bentley**, Macclesfield. **Linda Berry**, Denton. **Linda Billam**, Great Yarmouth. **David Black**, Redditch. **Barbara Booth**, Warren Heath. **Jane Boulton**, Newcastle Under Lyme. **Kathleen Bramley**, Peterborough. **Carol Brasenell**, Telford. **Patricia Brooks**, Redhill. **Joey Burch**, Middlesbrough. **Lilian Caddick**, Chesterfield. **Bridget Carter**, Letchworth. **Carol Castel**, Great Yarmouth. **Rosemary Catling**, Loughborough. **Melanie Caunt**, Middlesbrough. **Amanda Charlton**, Princes Avenue Local. **Cheri Churchill**, Peterborough. **Claire Clay**, Arnold. **Annette Coakley**, Northallerton. **Andrew**

Coleman, Salisbury. **Ian Collins**, Blackpool. **Linda Corbin**, Castlepoint. **Keith Creswell**, Sunderland. **Stephen Crisp**, Rye Park Depot. **Susan Davenport**, Macclesfield. **Kim Dawson**, Crystal Peaks. **Joanne Dibbs**, Barnwood. **Janet Dillon**, Holborn store support centre. **Gail Doggett**, Merry Hill. **Nick Donnelly**, Holborn store support centre. **Heather Doxford**, South Harrow. **Kuljit Dulai**, Slough. **Mark Eldred**, Bishops Stortford. **Steven Evans**, Perton. **Susan Fellows**, Moortown. **Christopher Forbes**, Heyford Hill. **Allister Frost**, Watchmoor Park. **Claire Garrett**, Holborn store support centre. **Jacqueline Gates**, Cramlington. **Giles Gayfer-Toms**, Letchworth. **Janet Gerrard**, Rugby. **Carol Gibson**, Washington. **Anne Gilbert**, Kiln Lane. **Joanna Gladman**, Middlesbrough. **Gail Gledhill**, Redditch. **Marc Gordon**, Rice Lane. **Amanda Gray**, Queens Road. **Janet Green**, Warrington. **Sarah Gribben**, Tewkesbury Road. **Haulwen Griffiths**, Tenby. **Anne Hackett**, Merry Hill. **Marie Harris**, Bridgewater. **Julie Harrop**, Stockport. **Irene Harvey**, Beeston. **Nina Hazzard**, Redditch. **Karan Hemmings**, Bridgewater. **Sharon Hersey**, Plymouth. **Iris Hill**, Loughborough. **Michael Hodd**, Bramingham Park. **Evelyn Horswell**, Christchurch. **Susan Hudson**, Water Lane. **Mark Hughes**, Hull. **David Johnson**, Queens Road. **Thelma Johnson**, Bishopsgarth Local. **Janet Jones**, Crystal Peaks. **Paul Jones**, Hereford. **Susan Jones**, Milton Keynes. **Carol Jury**, Redditch. **Manju Kalyan**, Kempston. **David Killion**, Amblecote. **Melanie Kimberley**, Banbury. **Patricia Land**, Middlesbrough. **Sharon Lawson**, Great Yarmouth. **Pauline Leeder**, Peterborough. **Susan Lemmon**, Queens Road. **Christopher Logan**, Holborn store support centre. **Ellenora Lubbock**, Kempshott. **Pamela Lyon**, Haydock Depot. **Tracy Maundrell**, Pound Lane. **Nikolas Mayes**, Waltham Point Depot. **Sherrie McCaul**, Water Lane. **Brian McGrane**, Pontlanfraith. **Pamela McNaney**, Merry Hill. **Marie Mercer**, Hereford. **Sarah Millington**, Perton. **Bryn Morris**, South Woodford. **Kathleen Nassau**, Northumberland Park. **Lynnda Nettleship**, Kempston. **Rachel Newman**, Chesterfield. **Elaine Newton**, Ashton Moss. **Jean Newton**, Chippenham. **Debbie Nightingale**, Tamworth. **Carl Oakley**, Great Yarmouth. **Anne O'Donnell**, Kirkintilloch. **Carolyn Oldfield**, Chesterfield. **Patricia Overton**, Leamington. **Marjorie Parker**, Middlesbrough. **Guy Pegden**, East Filton. **Hazel Pelling**, Denton. **Michael Peters**, Hadleigh Road. **Steven Poole**, Wintestoke Road. **Valerie Purdy**, Chesterfield. **Christine Radcliffe**, Cheddle. **Joanne Radcliffe**, Castle Court. **Jacqueline Rattey**, Badger Farm. **Shirley Rauer**, Chesterfield. **Mary Reid**, Perton. **Gail Ridgway**, Denton. **Amanda Robinson**, Chesterfield. **Brenda Rogers**, Winchmore Hill. **Sylvanus Rollings-Bull**, Ladbroke Grove. **Sharon Rose**, Merry Hill. **Cecilia Rosenthal**, Moortown. **Yvonne Ryan**, Red Bank Road. **Richard Savory**, Banbury. **Doreen Sawyer**, Warren Heath. **Lorna Sharp**, Brentwood. **Andrew Sheppard**, Chesterfield.

Julie Shippam, Chesterfield. **Deborah Sibley**, Bramingham Park. **David Sim**, Holborn store support centre. **Beverley Smith**, Holborn store support centre. **Gail Smith**, Longbridge. **Brett Spencer**, Warlingham. **Donna Stephenson**, Holborn store support centre. **Mosa Strachan**, Newport. **Elaine Strong**, Burpham. **David Talsfield-Smith**, Truro. **Joanne Taylor**, Middlesbrough. **Kelly Taylor**, Haverhill. **Lisa Taylor**, Chesterfield. **Christopher Thomas**, Wolverhampton Bridgnorth Road Local. **Michael Thomas**, Woodhall Farm. **Allison Toner**, Middlesbrough. **Paul Trickett**, Castlepoint. **David Turnbull**, Sainsbury's Bank. **Judith Turnbull**, Chesterfield. **Janet Turner**, Chesterfield. **Tracey Walker**, Holborn store support centre. **Christine Wall**, Middlesbrough. **Deborah Wall**, Salisbury. **Nicola Wallington**, Gloucester Quays. **Caroline Walsh**, Great Yarmouth. **Roland Ward**, Denton. **Debbie Warren**, Bridgewater. **Simon Warren**, Oakley. **Iain Watt**, Sainsbury's Bank. **Angela Watts**, Rugby. **Wendy Watts**, Banbury. **Jyoti Wells**, Beckton. **Justin Westall**, Bracknell. **Trevor White**, Westminster. **Susan Whiting**, Peterborough. **Adam Whitmore**, Stockport. **Carol Whittingham**, Middlesbrough. **Sally Whyman**, Thorley. **Kevin Williams**, Holborn store support centre. **Denise Wilson**, Sunderland. **Jean Winter**, Pound Lane. **Chris Woodward**, Peterborough. **Jacqueline Woolley**, Hazel Grove. **Kathleen Wright**, Chesterfield.

LONG SERVICE 40 YEARS

Brian Attmore, Coldhams Lane. **Susan Bourton**, Cowley. **Barbara Davenport**, Wigan. **Phill Davy**, Lords Hill. **Terence Dawson**, Basingstoke. **Andrew Gibbs**, Holborn store support centre. **Margaret Horwood**, Stratton. **Marie Imbert**, Kilburn. **Alan Logie**, Hereford. **Karen Penfold**, Brighton. **Brian Powell**, Lee Green. **Bill Roberts**, Gloucester. **Julie Smith**, Fairfield. **David Simmonds**, Great Yarmouth. **Sharon Watson**, Beeston. **Michael Woodgate**, Reading.

OBITUARIES

Lynne Bateman, 54, Clitheroe (15 yrs). **Graham Cole**, 37, Kiln Lane (15 yrs). **Simon Cross**, 47, Holborn store support centre (25 yrs). **Vincent Doherty**, 65, Newhaven Harbour (9 yrs). **Sheila Freeman**, 58, Lewes Road (29 yrs). **Patricia Hodgson**, 59, Deal (16 yrs). **Wendy Hood**, 56, Larkfield (13 yrs). **Michael Kidsley**, 67, Sydenham (3 yrs). **Matthew Simmons**, 40, Water Lane (2 yrs). **Ian Winterburn**, 60, Bradford on Avon (5 yrs). **Adam Withers**, 20, Kiln Lane (1 yr).

Get in touch

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