

Bulletin 34



20th September 2011 Get into Shape!

Our People... Latest News...



Jeni Sykes
Financial Controller

1. If you could be a super hero what super power would you have?

The ability to fly

2. What is your favourite meal?

Anything Italian

3. When was the last time you had a good night out?

A couple of weeks ago for my husband's 30th

4. What is your mobile ringtone?

Stereophonics - Dakota.

5. What is the last film you watched?

The Hangover – Seeing the second one recently made me want to watch the first one again

6. Tea or coffee?

A latte if I'm anywhere with a proper coffee machine, otherwise a tea

7. Look left, what do you see?

A wall and my notice board...if i could see through the wall I would see Dean

8. What is your biggest fear?

Confined spaces

9. What are you listening to right now?

Radio 1...which means a song that I have already heard at least 5 times today!!!

10. Who was your last text from?

My Mum



Our intrepid team of walkers set out from the Humber Bridge on a very sunny Saturday morning. We had a good cross section of ages from mid to late 40s to a very young 8 year old! We set off at 9am and stopped for lunch at around 1.30 at the lovely village of Brantingham. We had completed a fairly wind swept 10 miles at this point and we were all ready for a

break! The second half seemed to be a lot further than the 8 miles it said in the book but after a few hours and a couple of light showers we all managed to make it to the Gnu Inn at North Newbald and the end of the first leg of our Yorkshire Wolds walk. We will be doing Day 2 next year on 15th September 2012 and it may take some of us that long to recover from Saturday!! Back to the real reason why we are doing this. Help for Heroes is a fabulous charity and does great work to support injured servicemen and women. We had a fun day out as well as being mindful of the underlying reason to raise lots and lots of money for these people who have earned our support. If you haven't yet sponsored us then please visit www.bmycharity.com/ShapeServices. All donations will be greatly appreciated.

Employee Of The Month

Pete Kelly and Lee Smith

For nursing the Landrover Defender 90 from Pristina to Doncaster

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Photo Of The Month



7 days to go

It is important to us that we provide you with good services.

Your comments—good, bad or ugly are very much welcomed to help us.

Fax, phone, email or post.

How ever you do it, get your comments in!