



13.06.08

Hello one and all. As the sharp ones of you will have noticed, this newsletter has been put back a week. This is because it will now be a monthly publication, released around the middle of the month. Since my last edition, I have been fortunate to meet some exciting Coastal Business Park businesses, and develop some promising links with schools more of which later...

I hope your business is continuing to succeed in the current tricky climate. Please let me know of any good news stories from your Business.

Business Parks encourage their employees to Bike2Work

As part of National Bike Week (14-22 June) and after the success of last year, I am organising two Bike2Work events at Rustington Trading Estate (18th June 2008) and Riverside Industrial Estate (19th June 2008)

Why not take up the challenge and ask your employees to take part?!

I will be manning the Bike2Work stand from 7am, so please encourage your employees to forget their cars, and get on their bikes for Bike Week! Read More...

Last year, between the two industrial estates 40 people cycled to work from 13 different companies, with 122 miles cycled in total!

I hope we can beat that this year, and at Rustington, free police security/postcode marking.

For more about Bike Week please visit www.bikeweek.org and for hints and tips about getting to work safely on your bike visit <http://www.bikeweek.org.uk/page.php?id=43>

Dates, Times & Locations

Rustington Trading Estate

Time: 7am – 9am

Date: Weds 18th June

Location: Artex Avenue

Attachment

Riverside Industrial Estate:

Time: 7am – 9am

Date: Thursday 19th June

Location: Front Entrance

Attachment

Littlehampton & Rustington Businesses - Your Help Please...

Economic & Cultural Development at Arun District Council have commissioned Roger Tym and Partners to undertake a survey of businesses in Littlehampton & Rustington. Please can you spend 5 minutes to fill in the survey and send it back by email to segolene.pruvot@tymconsult.com or fax back to 020 7831 7653 before the 23rd June 2008. The letter explaining the reasons behind the survey and the survey can be found [here](#).

Fly Posting

It was reported this week that some significant fly posting has recently taken place at Rustington Trading Estate. It appears that white stickers advertising roller shutter doors were stuck on...wait for it...the roller shutter doors of the new business premises at Brookside Business Park within Rustington Trading Estate. [Read More...](#)

The problem is that these stickers won't come off so have effectively damaged the properties. As you can imagine, the owners were not impressed. The company advertising is called Bolton Brady, not a local firm, and the brand of roller shutter doors is called Kone. A number of enquiries have been made and it appears that this was a once off, however if this happens again or on any other Business Park please report it to me, and to the police.

Rustington Trading Estate - Update

In respect of an issue that came up at a recent Business Park meeting, Connaught PLC welcomed the opportunity to meet with me, to put their side of the parking congestion across. They have been very understanding and I thank Eddie and his staff for being agreeable in working out a solution. [Read More...](#)

The problem appeared to be particularly in early morning when staff congregate before going out on site, as vans have been sometimes left in spaces not belonging to Connaught. Eddie assures me that drivers will be asked to be sensitive to where they are leaving their vehicles and they are investigating opportunities to park elsewhere in the Business Park so as to avoid this problem in future. They have emphasised to me that they are trying to be good neighbours, and if there continues to be a problem, they have asked if people would come and talk to them and politely ask them to park elsewhere.

Manual Handling Training Courses Spaces Available

Susan Macmillan from Tributes Ltd in Rustington contacted me to inform you that they have a couple of Manual Handling courses arranged at their premises in Brookside Avenue, Rustington Trading Estate, and that there are some spare places available. She writes "we wondered if other local businesses would like to take the opportunity to send members of their own staff along to take part. The cost will be £20 per candidate, which is extremely good value". [Read More...](#)

"We have booked two dates, to ensure we have adequate staff cover at all times, so if anyone else wishes to split attendees between the two dates that would be fine. The dates are: -

- Tuesday 24th June - 10am to 12noon

- Friday 11th July - 11am to 1pm

The courses will be run by Essential Sussex Training and the course is a two-hour session, part practical and part presentation-based, with a certificate to be issued on completion. This company specialises in courses for small businesses who can often find it hard to find suitable (and economical) courses for small numbers. They also offer consultancy services, auditing premises to spot potential manual handling issues and suggest solutions. If anyone would like to contact them, if they would like to give me (Susan Macmillan) a call on 01903 859048 I will put them in touch. If there is overwhelming demand they are happy to arrange more courses!"

Lancing Business Park Update

Straight from the Lancing Business Park BID Co-ordinator Mike Botting, here is an update on how things have been developing. "Since getting a YES vote for a Business Improvement district on the Lancing Business Park preparations have got underway for the start of the Business Plan projects. The official start date for the BID starts September 1st 2008 with all businesses contributing by way of a BID levy based on rateable value bands. Initial projects that have been able to be commenced prior to the official start have included new direction signage around the park. Read More...

With the park being made up of 6 roads and including a one way system round one section, clear direction signage was a high priority on the wish list of every business. The introduction of the new signs with clear road names and located before each junction should certainly help relieve much of the congestion resulting from delivery drivers stopping to ask directions and may even cut down some of the traffic by ensuring drivers are not doing several circuits before finding their destination. PHOTOS

Preparation is also now underway for the introduction of a park wide recycling scheme. Initially a survey is being carried out to establish each company's waste stream and during September a recycling collection service will be introduced for all paper and cardboard to every business on the park".

For more information please visit www.lancingbusinesspark.co.uk

South Bersted Business Park - Update

Reports from South Bersted Business Park revealed the need to ensure pallets and other commercial waste is put away at night. Read More...

In what appears to be a once off incident, some young people had caused some vandalism & damage to commercial property. The police are well on top of the situation and have recommended that businesses should put away everything, so that there are no missiles left to attract people. PCSO Julie Jones would also like to know about any further incidents. Remember, if the police don't know about them, they can't do anything about them. Contact Julie on 0845 60 70 999.

Arun Business Partnership Meeting – 16th June

Don't forget to grab this opportunity to network with loads of businesses at the quarterly Arun Business Partnership meeting! This meeting will be held at the fabulous & refurbished White Swan Hotel on the A27 outside Arundel from 5pm, and will have the usual mix of networking and useful info. Read More...

Business Link will also be at the meeting on June 16th, to inform businesses of how to make the most of the opportunities with the forthcoming 2012 Olympics. (link to compete for)

For more information:

www.arunbusinesspartnership.co.uk

http://www.pebblehotels.com/find_a_hotel/the_white_swan_arundel/general_information.asp

Getting To Know You

Arun's premier Business to Business event is here again! That's right - the free event where you can market your business, meet new potential customers and try samples from participating businesses is coming up on the 9th July at Fontwell Park Racecourse!

In order to take part, you'll need to book a table for the event. Yes, it's free, but places are limited and table spaces are on a first-come, first-served basis only. Read More...

You're welcome to display whatever you'd like on your tables (please, no huge hoardings though) - bring along business cards, brochures, samples of your products and anything else that you would like other companies in Arun to take away with them!

To book your space at Getting to Know You 2008 download this [booking form](#) and post it back to Miriam Nicholls, Economic & Cultural Development, Civic Centre, Maltravers Road, Littlehampton, BN17 5LF or give her a ring on **(01903) 713436**.

Work Experience Request

There are still 3 students currently studying the Young Apprenticeship course in business and administration at Chichester High School for Boys, who have been badly let down by their work experience places that are due to take place on 30th June until 11th July 2008 (2 weeks). Read More...

If you or any colleagues feel that you are able to assist, or if you know of anyone who can, please contact Mary Holder, Education Business Partnership Co-ordinator for Bognor Regis & Chichester on 01243 642604.

Business Profile - Omni Brokers, Bognor Regis

As a result of networking at a recent Arun Business Partnership meeting, Graham from Omni Brokers in Bognor Regis invited me to their offices to discuss an offer they would like to make to all Business Park Businesses.

Omni Brokers have been providing businesses with guidance & quotes in respect of Commercial Insurance for over 40 years and have built their reputation on their knowledge of the insurance market, and providing the right cover for businesses. This often comes with a cost saving attached. Read More...

As a result of our meeting, Omni Brokers would like to offer all Coastal West Sussex Business Park businesses the following:

- Free review of their Commercial Insurance needs
- Impartial advice regarding any shortfall in cover

- A free quotation without obligation

With their strong local presence, and depth of understanding of the insurance market, Omni Brokers aim to save your business money through lower premiums as well as ensuring peace of mind that your business benefits from having the correct Insurance cover.

Omni [Brokers] Ltd. are Registered Insurance Brokers Authorised & Regulated by the Financial Services Authority

To take advantage of this offer, please contact Graham Rousell at Omni Brokers on 01243 864018 or graham@omnibrokers.co.uk

Zest People/healthCAL

As a regular reader of this newsletter and growing Worthing business, Rachel Stokes from Zest People ([link](#)) (Formerly Healthy By Nature) has got in touch to shout about their new name, new brand and new offices, along with their new product called healthCAL ([link](#)).

Rachel tells me that their "rebranding has been received so well, very positive feedback and more opportunities are coming our way each week, so things are moving in a healthy (excuse the pun) direction"

Read More...To the uninitiated, Zest People are The Health Strategy Specialists, offering "innovative, evidence based products and services. 3 of their core services include: Zest Community, Zest Workplace and Zest Training".

If you're thinking about how to keep your workforce healthy why not call Zest People today?

Office: 01903 2066685

Direct: 01273 252527

Mobile: 07946 401443

www.zestpeople.co.uk

Zest People Ltd is also the parent company of healthCAL. Designed by Health Professionals, healthCAL helps you to make gradual and comfortable changes to your routine... for life!

Identify bad habits and learnt behaviours, and begin a 12-week journey to a healthier new you! Get motivated with health facts, expert tips, weekly tasks and reminders direct to your diary, for as little as £14.95. For more information www.healthcal.co.uk

University Of Chichester Health & Wellbeing At Work - Men's Health Week

This week it has been Men's Health Week and in support of this the University of Chichester held a Health & Wellbeing at Work event which myself and a colleague attended! Read More...

It was a well structured event, with useful information about diet, giving up smoking, and taking more exercise. It wasn't just about experts informing us of how bad our habits were though. Their excellent sporting facilities and staff meant that Sports

Science undergraduates and lecturers were on hand to take our measurements and tell us exactly how fit (or unfit) we really were.

From the tests we were able to determine our BMI (Body Mass Index), Body Fat, Hip to Waist Ratio, blood pressure & cholesterol. I'm pleased to say that my colleague and I did better than we thought, but with room for improvement in certain areas!

It was a brilliant event, which really inspired us to ensure that we do get enough exercise at work and to keep up the healthy lifestyle we've adopted.

If this has inspired you to investigate your working practices as regards health, Coastal West Sussex has a Health Improvement Nurse, Karen Davies. Karen's health checks are free of charge and are really making a difference, so why not get in touch?

Karen.davies@westsussex.gov.uk

Bognor Regis Community College

The Apprentice

On Tuesday of this week, I got the chance to develop stronger links with young people at Bognor Regis Community College by assisting at a fantastic "Apprentice" event. As part of their Enterprise programme approximately 80 Year 12 students (Lower 6th form to you and me), took part in a superb mock up of the TV show "The Apprentice". The event was organised by Elaine Fell, Head of Business Studies & 14-19 Enterprise Coach at Bognor Regis Community College and Sandy Myers, Enterprise Co-ordinator for the college. Prizes and the overall winner's trophy were sponsored by the Education Business Partnership Co-ordinator Mary Holder.

The board members, who would later critique the student's products and presentations, consisted of 10 local business people. Keir Dellar, who made a great Sir Alan Sugar, led the day with great gravitas!

The main task of the day was for each team of students to design, market and finance a new confectionary product as part of a (fictional) company's new range. This company had a strong reputation for business ethics, so it was important for the teams to highlight how their product would be ethical in some way. As in The Apprentice proper, teams had to appoint a project manager who would lead their team to glory, and hopefully for Sir Alan to say "You're Hired"! Read More...

In the planning part of the day, each board member was to mentor their team to ensure that their project managers were keeping their teams on track and on time. All the teams worked very hard, and really highlighted the excellent skills they had including leadership, maths/finance, promotion & marketing, and sales. All of these skills were necessary when presenting in the final boardroom showpiece.

I have to say that my team got into the final three, but were pipped at the post!

The winning team created a sports related product, pieces of chocolate with a burst of glucose in it in a recyclable bag, called Champion Chunkz! The tag line "Bring Out The Athlete In You" really captured the judges imagination.

There was also an award for Best Dressed Female and Best Dressed Male, which meant that students dressed to impress. Students who did make the effort really loved this element of the day.

It was a great day, and it was excellent to see it so well supported by local businesses. The young people proved once again what a credit they are and what excellent skills they possess, which will be useful to you as future employers. If you'd like to get involved in next year's event by being on the board or by sponsoring an award, please contact Elaine Fell on efell@wsgfl.org.uk. More information and pictures will be available soon at www.arunbusinesspartnership.co.uk

Job Centre Options & Choices More Flexible Staff For Your Business?

Gloria McIndoe, the Labour Market & Recruitment Adviser for Worthing & Littlehampton Job Centre Plus, contacted me last week to discuss the Options and Choices events they are running. [Read More...](#)

So what is "Options & Choices"?

As the benefit rules for Lone Parents are changing, the Jobcentre is organising events which will enable them to understand how the Jobcentre can help them prepare to return to work and how the local labour market offers support. They will also hold discussions on the 'world of work' and flexibility available to those with childcare responsibilities.

When are the events and how can your business help?

Two events will be held on the 19th June and 25th July at the Wickbourne Centre. If possible we are looking for a local Employer who would like to be involved, giving a short presentation explaining what their business is, and giving examples of flexible working within their organisation.

For more information or to get involved, please contact Gloria McIndoe on

Tel: 01903 286229

Fax: 01903 286137

Mob: 07769 887354

gloria.mcindoe@jobcentreplus.gsi.gov.uk

Arun Summer & Autumn Diary Of Events

I am pleased to advise you that the Arun 'Summer & Autumn Diary of Events' Brochure has now been published and you can now collect your own FREE copy from the Civic Centre, Bognor Regis Town Hall, Visitor Information Centres, Town Council receptions, tourism, leisure outlets and libraries across the district.

The A5 booklet fits easily into a pocket or bag and is an invaluable resource for seasonal Summer and Autumn fun. [Read More...](#)

If you would prefer to download your own copy from the internet, please click on the following link but please be aware the size of the brochure is 12MB:

<http://www.arun.gov.uk/assets/events/SummerDiary2008.pdf>

Blue Flag

For those thinking of enjoying a dip in the sea during this lovely weather this week saw the flags being raised in recognition of our quality beaches. [Read More...](#)

For information on the awards for each town please view the following:

Bognor Regis Quality Coast

<http://www.qualitycoast.org/beachdetails.aspx?thisbeachid=106&beachidlist=46,106,47,39,48,31,57,30,27,8,7,49,26,9,28,38,37,36,34,33,81,80>

Littlehampton Blueflag

<http://www.blueflag.org.uk/beach2007.asp?beachid=13>

Littlehampton Quality Coast

<http://www.qualitycoast.org/beachdetails.aspx?thisbeachid=7&beachidlist=46,106,47,39,48,31,57,30,27,8,7,49,26,9,28,38,37,36,34,33,81,80>