

A BIT OF RELIEF...?

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Introducing the New Team!



A Bit of Relief has undergone a few changes in recent months, with all the comings and goings here at Towngate.

Your new team are Charlotte and Debs, who work on the Front office temp team, Christine who is a new addition to the F&B department and Tan and Dave in Chefs.

We are open to any new ideas and suggestions, so if there is anything you want to see included in the newsletter no matter how weird or wonderful, just drop us a line and let us know!

Hope you enjoy reading A Bit of Relief, as much as we enjoy writing it.

Wishing you a very merry Christmas and an even merrier new year from all the team!

Winter Beauty Tips

1. Moisturise your skin daily, morning and night to keep your skin hydrated.
2. Use a good moisturising lip balm that contains Vitamin E or Aloe Vera
3. After shampooing your hair, rinse with beer (without drinking any)! Then rinse with water. This will leave it looking healthy and full of shine.
4. Exfoliate at least twice a week to remove dead skin cells and leave your skin feeling refreshed.
6. Use a good quality hand cream to ensure your hands stay feeling soft and smooth.
7. Fake Tan! This is an instant way to make you feel better in the winter. Make sure you don't make yourself orange and streaky though!
5. Sleep! Don't go burning the candle at both ends every night. Your body rejuvenates when you are asleep. Try and get at least 7 hours sleep a night.
6. If you are feeling under the weather take Echinacea, it will boost your immune system to help fight off any unwanted bugs.

Temp to Perm

Massive congratulations to all the following, thanks for all your hard work and good luck in the future!

Ian Pilcher at Summer Lodge Hotel in Dorset as a chef de partie
Fiona Moreton at My Hotel Bloomsbury as a Reservations agent
Janelle Watts at Hilton Croydon as a Receptionist
Lee Thornton at Madison Hotel Swindon as Reception Manager
Andrew Fox at the Cambridge Belfry as a Waiter

Temp of the month November

The temp of the month for November is Nadine Ridge who has been doing a fantastic duty manager job at Marston Stratford Victoria. Keep up the good work, £100 is on its way to you now!

New Kids on the F&B Block!



The latest addition to the F & B division can only be introduced to you as Dan, 'THE HOT ONE' Hart! This guy comes to Towngate with a cast iron stomach and an asbestos tongue, his passion for chilies would make even the devils fire seem tame. After leaving the sleepy town of Wareham and many a broken heart after five seasons as a holiday camp Life guard, Dan made his way up town to make his mark in the recruitment industry.

After spending a short period in London he found that the London scene could be detrimental to health, wellbeing and the pocket of a country boy, so lucky for us he returned to his roots. Now for all you Food and beverage guys out there looking for work, all I can say is you couldn't have a more eager consultant looking for you. Imagine, if you will, a fluffy rabbit, a race track and a rabid greyhound and you might come near to the speed with which Dan attacks his market!!!!

The other addition to F&B is a young lady called Christine. Christine joined Towngate Personnel back in October 2006 and works on our permanent Management vacancies alongside Dan.

Christine is originally from Germany; she has worked as a Restaurant Supervisor of 18 months at a hotel in Grand Cayman but left the gorgeous Caribbean to work at a hotel in sunny Bournemouth (as you do!) She worked here for about 6 months before she discovered the wonderful world of Towngate and hasn't looked back since!

In her spare time, Christine does Scuba Diving, and Riding for the disabled with horses each Sunday. On the other side to this caring lady, I am told you will find a hard-core punk rocker who likes nothing better than bopping away to 'The Ramones'! At the age of 16 she shaved her head and has had up to 12 piercings!

Welcome to the mad house Christine... I think you will fit in well!

Delicious Detox

Get happier and healthier with Apple, Carrott, Pineapple and Ginger Juice!

If you're anything like me, you'll be suffering from serious January blues... Pasty, skint and a bit under the weather following the December binge!

Here is a yummy recipe bursting with goodness to make you feel better and healthier instantly.

- 1 apple with no pips and quartered
- 2 carrotts with green removed
- 3 pineapple slices with skin
- 1cm of fresh ginger

Put all these in a juicer, pour into a glass and enjoy!

This may sound a bit yucky, but trust me, it's not! And if you needed anymore convincing ...

- Ginger cures sickness, relieves depression and helps prevent colds
- Pineapple juices helps with digestion and contains zinc and vitamin C.
- Carrot juice contains large quantities of vitamin A, in the form of beta carotene.
- Apples help lower cholesterol.

Temp of the Month December

Decembers Temp of the Month is Olu Adekunle. He is a dedicated night manager who has had fantastic reports from every hotel he's worked for. He is always prepared to go the extra mile and every client has been sad to see him leave at the end of his assignments. Well done Olu!

Your newsletter team is Charlotte, Debbie, Tania, Christine and David. Please send us any photos, stories or ideas for features.

We welcome any feedback or suggestions concerning your newsletter.



Towngate Personnel Plc, 3 Alum Chine Road,
Westbourne, Bournemouth BH4 8DT
e-mail: enquiries@towngate-personnel.co.uk
www.towngate-personnel.co.uk
TEL 01202 752955

Towngate

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