

New Brain Food!



Fructose, which is commonly added to food and drinks for palatability and taste, is a poison linked to Heart disease and Type 2 Diabetes, causing concentration loss and also inhibition of the immune system (*Sunday Telegraph* - 30.03.14).

On the other hand, Wine, Beer and Spirits contain minimal amounts of fructose, so there's one in the

eye for the health lobby and nanny state temperance movement!

The human brain can only operate as fast as the slowest brain cells, and regular consumption of alcohol naturally kills off these slower, weaker cells, constantly making the brain a faster and more efficient machine.

This could explain why Ernest Hemmingway once said "Write Drunk, Edit Sober."

Your mission should be to enrich your customer's lives and broaden their minds by helping to keep their brains in peak working order.

A visit to your pub could be just the tonic they need to help them get the most out of life.



Well, it won't be long, so now is the time to be thinking about the launch of your Christmas Menu.

On Christmas Day you might want to encourage customers to book for next year! Those enjoying your Christmas Fayre, may also wish to take advantage of your

"selling on" offers, tempting them to return to you in the quieter months of January, February and March for something special, for example a meal for four with a free bottle of wine.

You'll be giving them a Merry Christmas AND a Happy New Year



Automatic Pensions Enrolment

You will be aware that your Auto Enrolment date for staff pensions is between January 2016 and July 2017.

We have a complete solution for you which does not involve Independent Financial Advisor fees. We shall be discussing this with you in the coming months.

Minimum Wage Rise

From the 1st October the new National Minimum Wage comes into effect. The scale below shows the rates now in force.

ADULT	Up 3% (19p)	£6.50ph
18-20	Up 2% (10p)	£5.13ph
16-17	Up 2% (7p)	£3.79ph

Update Training



The excellent one week induction courses provided by Pub Co Landlords, are intensive and incredibly useful.

Just like your business plan, you should be revisiting the content of this valuable experience and if there is a particular area you would like to review, we are sure your Pub Co (given that there are places) would allow you to return and repeat the day's course.

So, if you feel that now you're trading this would be helpful, the Pub Co Landlord will almost certainly include you on the next course at no charge.

It's a great opportunity and all you have to do is ask!

Business Rates

Do you pay rates in ten equal instalments, with two free months in February and March before the new rateable year?

Well, you could make twelve payments instead, which would reduce the monthly amount, with the annual change occurring in April.

All you have to do is apply to the Council and ask them to make these new arrangements.



Crystal clear

For the sake of hygiene and appearances, it's crucial that all of the glasses you give customers are totally clean.

You should also follow all glass washer instructions to the letter. If the head on a pint of beer stays to the bottom of the glass, it's clean...if it doesn't then not all grease has been removed.

There is nothing worse than being given a glass with lipstick on the rim, so try a product such as "Quash" to completely remove lipstick stains.

£1.5k Apprenticeship Grants



Apprenticeship grants referred to as "Age 16 to 24" for eligible employers are available with an individual value of £1500.

To be eligible for the grant, you must be able to confirm that:

- You are not able to employ the apprentice without "Age 16 to 24" support
- Haven't started an employee as an apprentice in the last 12 months
- Commit to employ the apprentice for a minimum of 12 months
- Agree to pay the apprentice at least the legal minimum.

For more info: 0800 150600
or www.apprenticeships.org.uk