

WHITE CROSS NEWSLETTER

January 2021

White Cross Business Park, Lancaster, LA1 4XQ
www.whitecrossbusinesspark.co.uk • 01524 585 360
<https://whitecrossbusinesspark.co.uk/news/>

HAPPY NEW YEAR

Welcome back to White Cross. I hope you have had a happy and relaxing Christmas and New Year under the circumstances. As always, a big thank you to the companies who have supported the newsletter with their articles over the last few years and helped to make it the success it is and we look forward to the 2021 editions. To start the year off from the estate, I hope you find time to read this issue with the interesting news stories from the companies on site. Lastly, if you have any ideas, concerns or feedback with regards to any of the estate services we provide, please contact me and please continue sending your good news stories through to Lorraine at

lorraine.corlett@lancashire.gov.uk.

Best wishes for 2021 to you all from the Estate Team

Regards

Janet Nielsen,
Estate Manager



LANDLORD NEWS

COVID

Operational Guidance

Please continue to follow the operational guidance for the communal areas and ensure all staff are aware of the detail. Please also ensure staff wear a face covering when accessing reception, mail room, corridors, lifts, toilets, showers and kitchens, thank you.

Meeting Rooms

In order to minimise the risk of infection, the meeting rooms are not available to hire until further notice.

CAR PARKING

Can you please remember to provide updates/amendments for the permanent database and also inform the estate office of daily visitors or when a courtesy car is used. This can be done by emailing the car parking email inbox – wxcarparking@lancashire.gov.uk

HEALTH AND SAFETY

PAT Testing: Please ensure any electrical equipment brought in from home to your unit is PAT tested. Alterations to office/workshop of an electrical/mechanical or structural nature: Please advise the estate office in order for landlord consent to be given. Contractors must obtain a contractor permit to work from reception prior to any works on site.

FRASER HOUSE REFURBISHMENT

The works to create a Digital Hub are on schedule and due to complete end of February 2021. Please follow this link for further information:-

www.fraserhousehub.co.uk

VACANT UNIT AVAILABILITY: Please visit: www.lancashire.gov.uk/whitecross or email whitecross@lancashire.gov.uk

NO SMOKING: Smoking is ONLY permitted away from buildings and entrances. Please remind staff to consider others, copies of our smoking policy are available from the estate office. This also applies to E-cigarettes.

GETTING SOCIAL

White Cross Business Park has a facebook and twitter page so please check it out, follow us and request to join the group. We will post information, events and news on our page. So please let us know if you want anything posting or mention us in your own posts.

Please send us your news, promotions, events or express interest in your company being in the "spotlight" by contacting us at whitecross@lancashire.gov.uk



New Furniture & Electrical shop opening in Lancaster - early 2021

Support your local charity and donate unwanted quality FURNITURE and ELECTRICAL items using our FREE and friendly local collection service.

We can collect most items including:

- Sofas and suites and lounge furniture
- Chairs and dining sets
- Beds and bedroom furniture
- Electrical items (in working order)
- Soft Furnishings and homeware

giftaid it

Please ask us about Gift Aid, where your donations can go further

Call us to book a FREE and FAST collection:

07530 135874

or

07855 119988



100% of the money raised from the sales of items stays in Lancashire, supporting older people in your community.

WHAT WILL YOU SEE DURING THE RSPB'S BIG GARDEN BIRDWATCH?

The UK's biggest citizen science project has been recording the winners and losers in the garden bird world for over four decades with the help of half a million people, and now the RSPB England team at White Cross are counting on you to join in too.



The Big Garden Birdwatch is the largest wildlife survey in the world. It runs from the 29-31 January 2021 and combines over 40 years of records to monitor bird populations. To get involved, you just have to spend an hour recording the birds from your office window, in your garden, balcony or nearby green space, and submit your results to the RSPB.

This year, we've seen how important the natural world is to our mental health and wellbeing. There has been a surge in interest in the nature on our doorsteps and many people have come to rely on birds to bring joy and comfort in these unsettling times. That's why the RSPB is hoping to see more of you than ever before taking part.

We're fortunate to see house sparrows regularly around the White Cross Estate. Last year, this cute

favourite topped the rankings in the RSPB's Big Garden Birdwatch results, despite them sadly now being on the red list of conservation concern. The data collected during the Big Garden Birdwatch creates a 'snapshot' of bird numbers across the UK and how they have fared since the project began, showing which ones are doing well and which need urgent help.

It's a great opportunity to connect with your local nature and help with the RSPB's work, no matter how much you know about garden birds already. Get your FREE Big Garden Birdwatch pack (which includes a bird identification chart, top tips for your birdwatch, and advice on how to attract wildlife to your area) by texting BIRD to 70030 or register at rspb.org.uk/birdwatch.

HOME INSTEAD SENIOR CARE LANCASTER



New to white cross is Home Instead Lancaster covering areas across North Lancashire. The companies mission is to deliver exceptional quality care to clients in their own home thus preventing the need for residential and complex care. Home Instead can deliver a wide variety of services ranging from a little help around the home, help with medication, taking clients out for a walk, participating in their favourite hobby e.g baking or golf, intensive dementia care, help after being discharged from hospital or after a fall.

Home Instead is very different from other care providers as they focus on delivering compassionate person centred care which is tailored to the individual, rather than just been task based. All Home Instead CAREGivers go through a comprehensive training and induction programme with specialist training in areas such as dementia and palliative care and are among the highest paid in the industry. Home Instead is also the only care company in the UK to have been granted the Queen's Award for Excellence (Innovation) and to hold over 50 "Outstanding" ratings from the CQC. Owner Sam commented that he's "really excited to be leading a care company during a time when these services are so badly needed in the community" and Care Manager Susan Dean commented "making a real difference to the lives of clients and CAREGivers is what motivates me and I can't wait to get started!".

Sam Hayhurst sam.hayhurst@homeinstead.co.uk
3-4-2 Storey House
White Cross Estate
Lancaster
LA1 4XQ

Your essential services are still available

During lockdown we are still here for you and your family

We can:

- Do your cleaning, laundry and food shopping
- Help you after a hospital visit or illness
- Offer Day Clubs and a chance to socialise
- Provide support for people with dementia and carers
- Give you telephone-based advice and support
- Support Veterans and their families

Call: 0300 303 1234

Email: advice@ageuklancs.org.uk

Visit: www.ageuklancs.org.uk

All of our services operate in a Covid secure way

Follow us   

DONATE A DEVICE!

Lancaster and Morecambe Makers: Schools Covid Lockdown Support Project

For those who don't know us, we are a community member organisation, and local makerspace and community workshop with a small unit in Sharpes Mill. At the start of the current lockdown we were approached by a local school, via a governor, to give help to some of the pupils.

There are many children in the local area, and nationally, below year 7 who are being left behind in these times. We have started an initiative to collect unwanted digital devices (Laptops and Tablets) that have the ability to connect these children to their schools. We have gained the support of a number of people.



We are taking any machines that can be made to use a modern browser which is the requirement needed to run the software that connects children to their teachers. We will even take machines that need some repair as we have a growing number of parts and members willing to volunteer their time. Note that because we are volunteers we may take slightly longer than expected to respond to any communication.

All machines will have their data wiped using a secure wiping program before the system has a new operating system installed ensuring your data is safe. If you can donate then please do so. We are also interested in any parts such as RAM, hard drives and essentially laptop chargers. These can help revitalise an old machine by adding more physical memory of a bigger/faster disk and by having a safe power supply.

In the past few days the initiative has started to take hold and Kay (a director at LAMM) has appeared on the local radio talking about the project. Local businesses and Erica Lewis (leader of the Council) have given vocal support to our efforts. There are national projects but these are, by their nature, slow to produce results. We are providing an immediate response to an urgent need with the first devices being given to schools within a few days of the current lockdown being announced.

We have a drop off point at the Gatehouse main reception and we can also do a doorstep collection of your device if that is required (especially for those of you who are vulnerable or shielding). If you can, we'd love it if you round up a collection from your staff and then we will arrange to meet you (socially distanced) on site for a drop off. LAMM has a unit in Sharpes Mill.



The first of the laptops are being prepared this week for delivery to school next week.

If you can donate, there is a link at <https://lamm.space/>. We will keep any information you submit safe and will ensure any personal details are only used by directors or those tasked with collecting machines. All personal data will be deleted after the minimum legal period required by a business to hold data or on request.

Many thanks to everyone who has already offered to help!
Kay Kempers,
Lancaster and Morecambe Makers,
kay@lamm.space
tel: 07828 929320



Mindsmatter

NHS

Lancashire &
South Cumbria
NHS Foundation Trust

Helping to build a better you

Free groups, courses and one to one therapy to help you understand what you're going through and build your confidence!

Mindsmatter offer a range of brief therapeutic interventions across our localities to support people's differing emotional needs. We can offer flexible treatment*:

- Online
- By telephone

*Face to face treatment to resume once COVID-19 social distancing guidance changes

All treatment is FREE and provided by the NHS and their partners.

Contact your local Mindsmatter team to self refer now:

www.lscft.nhs.uk/Mindsmatter



@MindsmatterNHS

JANUARY AT THE GROWING CLUB CIC: WHAT'S ON?

Hello and welcome to 2021! Yes, we are once again encased in COVID-19 impacts, with the UK currently in another lockdown situation.

Fortunately, we're here for you with Wellbeing January (and beyond)! We're delighted to have been awarded funding from the fabulous [Smallwood Trust](#). As a result of this, we have a brand-new, sparkly Chief Wellbeing Officer, Sarah Ludford.

Sarah's been super busy, devising a programme of wellbeing and self-care that's designed to help you keep buoyant, healthy and present throughout lockdown living. Any of the workshops that are run as Facebook Lives will be available to access again whenever you need them, especially if you can't tune in at the time they are live.

Have a look below to see what we have planned for you...

6th January 2021 – Facebook Live with Gabi Crossley. Gabi is a fully-qualified pre and post-natal exercise specialist. As The Mindful PT, Gabi works with women to balance all aspects of health and movement with everyday life. Link for the event can be [accessed here](#).

6th January 2021, 10.00 – 11.00 am – Start 2021 feeling calm and positive, with a special mindfulness session with Hazel Hardie. This interactive workshop will include a guided meditation and mindfulness exercise about letting go of your worries and creating a positive vision for your year ahead. This is a Zoom class – [link here](#).

Thursdays 7th, 14th, 21st, 28th of January, 12.30pm – 2.00pm – Weekly Drop-in Sessions. Every Thursday, join us for a relaxed session – grab a brew, talk about your business issues or just join us for connection. All women welcome! We offer good peer support and networking opportunities. [Link to each week is here](#).

12th January 2021 – [The Sowing Club](#) is returning this month. If you are unemployed or on benefits and looking for your "What next?", please join us on this fully funded course. There are still places left. Here's the [link](#) to book your place

13th January 2021 – Facebook Live on abdominal massage with Nicola Garret. Nicola runs Exhale – a wellness studio – focussing on a variety of massages, pregnancy yoga and women's wellness workshops. She will be giving a demo on abdominal self-care – a simple self-massage that is deeply relaxing and can help digestive, fertility issues and generally help to boost the immune system.

***Postponed* 13th January 2021, 10.00-11.30** – Wellbeing Walk: Enjoying the beauty of nature with Alex, who runs a walking tour business, offering guided nature and heritage walks.

We have an incredible natural wonder on our doorstep. Morecambe Bay is the largest intertidal bay in the UK, the second-largest bay in Britain, teeming with wildlife – over 200,000 birds visit over winter and hundreds of seals colonise here to give birth.

The Bay is also one of the most bio-diverse areas of the country supporting nationally and internationally important species of wildflowers, and woodlands which in turn provide habitats for rare butterflies and red deer. Join Alex for a 90 min (socially-distanced) walk, taking in the beautiful scenery of Morecambe Bay, discover some of the amazing nature, connect with others and get some exercise and fresh air.

13th January 2021, 4pm – a Zoom Game Party with Fiona Frank

Fiona will facilitate three or four Zoom games to play. It will be a light-hearted session, designed to help you have fun and a giggle together. The session will finish with a dance party so wear comfy clothes and clear your floor! Fiona has worked for the last nine years, up till September, as Projects and Outreach Manager for the Scottish Council of Jewish Communities which, since March, meant moving all the organisation's events online. She's learned lots about Zoom along the way, and has led and been part of zoom tech teams for national and international conferences and for a music festival over the summer. As part of her Zoom journey she's learned a few fun games that you can do on Zoom with friends, family, work colleagues and across large groups of people – whether or not you share a language. They're all light-hearted, don't need much equipment, and will be handy to brighten up Zoom meetings that you might be running yourselves in the new year. [Link for more information here.](#)

20th January 2021, 12pm, – join Jennie for a session of Hormonal Harmony! Jennie Edmondson will run a short session of Hormonal Harmony. If you suffer with hot flushes or low energy, she will show you how to work alongside your body to manage hormonal issues. Jennie is ex-military personnel who now works as a coach, specialising in online nutrition, movement and mindset, dedicated to keeping things simple and achievable to guarantee results.

Tuesdays 18th, 25th Jan and February 1st, 10.00 – 11.15am – join Laura Sandham-Smith from The Laura Sandham School of Dance for a jazzy musical theatre workshop! This fun musical theatre workshop will be based around All That Jazz from the West End musical, Chicago. This dance-style session will work your body without you even realising, because you will be enjoying yourself so much! The routine will be easy to follow and no dance experience is needed. The cost for this course is just £10. Link to follow.

20th January 2021, 3.30pm – 5pm – 6 Essential Ingredients of Emotional Well-being for Building Personal Boundaries with Elaine Remy, Certified Emotional Well-Being Coach.

In this workshop, you will discover 6 Essential Ingredients of Emotional Well-Being for Building Personal Boundaries to prepare you for potentially difficult conversations and one extra ingredient: the cherry on the cake.

20th January 2021, 10.00am – 12.30pm – our January skills workshop is [LinkedIn Essentials](#) with Alex Dickson. Find out how to get the best out of LinkedIn for your small business.

Whatever type of business you are starting, running or expanding, having an engaging and professional LinkedIn profile and using its network is invaluable, and it's FREE!

In this interactive workshop, Alex will help you get your profile page and your business noticed, and show you how to connect with people, businesses and organisations to help your business grow. Alex Dickson spent four years in the Learning & Development Team at LinkedIn HQ in California and has over 20+ years working in the IT industry around the world. She is now happily back in Morecambe, setting up her own Tour Guide business. [You can view her LinkedIn profile here.](#)

Tickets for this workshop are just £10, and as always we have some free places for women in hardship. Contact lisa@thegrowingclub.co.uk.

27th January 2021, 1pm – 2.30pm – Art For the Heart: A Nurturing Session on Self-Care with Julia Yates from Lancaster Creative Counselling
Join an online art workshop focused on self-care and relaxation. This session is an opportunity to explore simple creative techniques to self-soothe. This includes a guided visualisation to help you tap into your creativity. No talent is required! Please have some paper, felt tips, pencils or paints to hand. This will be a safe and confidential space to focus on you. Link to follow.

We will update our website with more events and workshops as they are confirmed. As always, we have some funded places for unwaged or struggling women for any courses that have a cost to them. Please send us a message and let us know if we can help.

Contact us for further information on the workshops available:
The Growing Club CIC
07892 712417
admin@thegrowingclub.co.uk
The Women and Enterprise Hub, 6-0-5 Alston House, White Cross, Lancaster, LA1 4XQ

SURVIVE, THEN THRIVE...

Lancaster Minibuses



Hands up if you're ready to see the back of COVID, and looking forward to giving it a good kick on the way out of the door? We know we certainly are, although it has taught us some very valuable lessons and on the whole, has made us stronger. We're sure many other Lancaster businesses feel the same, so if 2020 was about surviving, let's make 2021 about thriving.

We started our journey as a business in Blackpool in 2012. Three local lads fresh back from travelling, we decided to purchase a minibus to run adventure tours to the Lake District because, well, why the hell not! The adventure tours didn't take off, but we did find that there was high demand for our minibus elsewhere. We adapted our thinking and Blackpool Minibuses was introduced to the world, and has continued to grow ever since. Our simple booking process coupled with our strong focus on customer service ensured we offered memorable journeys with awesome drivers, and something a little different to the competition.

Fast forward to 2018. The time had come to spread our wings and bring our passion for service to our northern neighbours in Lancaster. With industry experience now on our side, a large fleet of safe and reliable minibuses and a strong team of amazing drivers who had been with us for many years, we were ready to expand.

We worked hard to transfer what was working well across Blackpool and the Fylde to Lancaster, and enjoyed building our offering in one of our favourite parts of the country. 2020 promised big things and we aimed to build strong relationships with local businesses as we had in Blackpool... we support our community, and we find that they support us in return.

Then COVID hit, frustratingly putting the brakes on for us and so many other local businesses! As part of a supply chain to airports, group events and general travel around the UK, the majority of our offering diminished. Fortunately we reacted fast and adapted well, and stand nearly a full year on with our complete team safe and well, and a fleet ready to go hard in 2021.

White Cross

We've learnt many things from a year of lockdowns, zoom parties and the constant sight of Boris, but most importantly, we've learnt to be adaptive and flexible. Things can change, and fast. We've always positioned ourselves as forward thinking but nothing could prepare anyone for this, except THIS. We are now stronger as a business and we're thinking differently about our customer's needs and how best to service them. Big plans are forming and we're looking forward to executing them, further enhancing our offering to our customers over the coming years.

We see 2021 as a year for local Lancaster businesses to grow. Hopefully most have sailed these choppy waters successfully, and like us, feel buoyed to succeed. This is our year, and when we say "our", we're referring to you as well. Let's put 2020 in the rear view and concentrate on building local business for a bright future. Both in and out of the workplace, we all deserve a great year and we think it promises to be quite the adventure.

Lancaster Minibuses provides safe and reliable transport for groups of any size. They cover private hire and corporate work, can fulfil large contracts and can adapt to your needs. Competitive prices, comfort and reliability come as standard. The customer service you receive, from the booking to the journey and everything else in between, is what really sets them apart.

They have/do work with the likes of Lancaster University, Lancashire County Council, Blackpool Tower, NST, Chilli Sauce and B&M Bargains to name but a few, and hope to build relationships with other local businesses in 2021.

Whether it's for business or for pleasure, if you require transport, just give them a shout.

01524 928205
hello@lancasterminibuses.com
lancasterminibuses.com

