

March

The name of March comes from *Martius*, the first month of the earliest Roman calendar. It was named after Mars, the Roman god of war, and an ancestor of the Roman people through his sons Romulus and Remus. His month *Martius* was the beginning of the season for warfare, and the festivals held in his honor during the month were mirrored by others in October, when the season for these activities came to a close.

March's birthstones are aquamarine and bloodstone. These stones symbolize courage. Its birth flower is the daffodil.



Wear a Hat Day

On Friday 29th March, Regal Court will be supporting the Brain Tumour Research by holding the annual event, 'Wear a Hat Day!'

Brain tumours are indiscriminate, they can affect anyone at any age. What's more, they kill more children and adults under the age of 40 than any other cancer... yet only 1% of the nation's spend on cancer research had been allocated to this devastating disease.

Join in with Regal Court to raise money for this event by wearing a hat and making a small donation to charity!



Why not follow us on social media!

 @regalcourtbusinesscentre

 @regal_court

 Regal Court Business Centre

Meet the Team

Fiona Bryan
Business Centre Manager

Hayley Phelan
Senior Customer Service Representative

Sian Warner
Marketing Assistant / Customer Service Representative

Georgia Marr
Customer Service Representative

David Taylor
Estates Manager

Bob Sampson
Head of IT

Alex Parry
Systems Engineer

Patryk Kozanowski
Systems Engineer

Mai Badawy
Systems Engineer

New Clients

We welcome back some familiar faces under a different name, welcome **IF Recruitment!** They have joined us on the 1st floor so why not pop in and say hi!

IF Recruitment places IT and business contractors and permanent staff into a range of roles and sectors. It has particular strengths in cloud, data storage and virtualisation, IT architecture and financial services systems.

Congratulations!

We have had some exciting news around the centre from some of our clients!

We would like to say congratulations to Tanvir from Ambience Care, on the birth of his little boy!

Recycling

Regal Court have now decided to help the environment by starting to recycle!

As you may have noticed, we have already reduced our paper wastage by supplying granulated sugar rather than the packets we had before.

There will be a white bin in each kitchen area clearly labelled for any dry recycling. Please ensure you rinse out any food or liquids from your containers, packets and bottles before putting in the recycling bins provided.



Marketing your business

Do you have any news to shout about? Or would you like to advertise your business to make yourself known?! Why not let us help you!?

Here at Regal Court Business centre we are finding new ways to help our clients promote themselves and make new contacts. So why not send us a flyer or some information of what you want to share and we can post this on our notice boards, social media and share with our contacts!

**RED
NOSE
DAY**

Friday 15th March

A little Health and Safety...

As you are aware we run the centre Monday to Friday 8am-6pm. Within these time we are here to cover all health and safety procedures including the fire alarm system.

However, out of these hours it is up to the individual client to fully understand the procedures in order if something is to happen they know what to do.

But please note in an emergency to ring the centre out of hours number: 01753 910 909

Or site security Trust On: 0203 0511 121

Important Dates in March

Tuesday 5th—Pancake Day

Friday 8th—International Women's Day

Sunday 17th—St Patrick's Day

Sunday 31st—Clocks go forward one hour

Sunday 31st—Mothers Day

What's happening in the local area!?

Pancake Race

Tuesday 5th March

Harefield Hospital invite you to celebrate, arguably, the tastiest day of the year in true pancake flipping style. So, grab your friends, a frying pan and throw in a silly hat for good measure and head down to Harefield Hospital for our first ever Pancake Race!

What am I raising money for?

All the money that you raise will go directly towards the Harefield Transplant Appeal, supporting the world-class transplant programme at Harefield Hospital.

How can I take part

All you have to do is find three willing friends or colleagues and entre a team of four. Entry is open for all, just fill out the registration form to submit you team.

Find out more here: <https://www.rbhcharity.org/Event/pancake-race>



Windsor and Maidenhead Symphony Orchestra Spring Concert

Saturday 16th March, Eton College School Hall

Our gala concert showcases a much-loved concerto and a rarely-performed orchestral extravaganza.

Find out more: <http://wmso.org.uk/spring2019>



Run For Chocolate

Sunday 17th March, Alexandra Gardens, Windsor

Run for Chocolate is a celebration of fitness, fun and wellbeing! Participants of all ages and abilities can enjoy the benefits of exercise with the comforting reward of a luxury hot chocolate at the finish line.

Find out more: <https://www.runforchocolate.co.uk/>

