



Client news: CMK Therapy

Mark Conway of CMK Therapy is working in conjunction with Screenetics to offer health screening on Bradwell Common in Milton Keynes.

Each screening lasts 1 hour and involves a simple finger prick of blood (Carl says it didn't hurt at all!). The tests are carried out there and then and the results are given and explained within the hour.

There are 20 tests in all, including blood pressure, cholesterol, blood glucose, liver function, ALT/AST, haemoglobin analysis (Anaemia), prostate specific antigen (P.S.A) for men or Osteoporosis assessment for both men and women. Mark also conducts a physical, nutritional and lifestyle assessment (amazingly Carl's cholesterol levels are normal, despite his cake and crisp obsession!).

All the results are explained to you in clear English and if any problems are identified, the relevant referral will be made.

All for just £65.

For more information, a full list of tests or to book a screening session at CMK Therapy, please call Mark on 01908 609555.

Gym membership..

We are in a position to offer discounted gym membership for a year at **Club Diana Health & Fitness Club** in Wellingborough, through a corporate membership scheme.



Membership will start from 22/07/2008 at a cost of only £192.00 for the year (normally £42 pcm). You will have full use of the gym facilities (after an induction at cost of £5), the swimming pool and the squash courts.

If you are interested, please call Julie Hill in the office. Please note that a cheque for £192 (payable to Supersun Ltd) and a passport photo will need to be with Julie by Friday 11th July at the latest.

An entrance card showing your photograph will be available for collection on your first visit to the gym from 22nd July 2008.

Make an exhibition of yourself

On 15th July, the Chartered Institute of Management are hosting a morning workshop at Nimlock in Wellingborough, on how to get the most out of attending an exhibition and ensuring a good return on investment.

For full details email: Gill.Gourlay@wilsongourlay.com

BBQ..

Thanks to everyone who donated to Warwickshire and Northamptonshire Air Ambulance at our summer BBQ on Friday 20th June.



We raised the **fantastic** sum of £359.22!!

Update your Will

The Law Society has warned that thousands of Wills could need updating as a result of rising care and nursing fees which force the elderly to sell their assets, in many instances their homes, to pay for care.

Andrew Holroyd, Law Society President said:

“many people get their solicitor to include their home in their Will but with more people selling up to release capital for care fees, many Wills will be outdated. There will not be a home to leave to loved ones.”

According to government estimates the average care home fees are £450 a week. For many the level of their pensions will not cover the fees and people in need of care have to make up the shortfall.

For guidance to ensure that your Will is efficient in this area or if you would like information on setting up a Protective Asset Trust, specifically designed to protect assets (your home) from hostile creditors, please do get in touch.

Email: clare@elsbyandco.co.uk

The IR are watching you..

It has been reported in the Daily Express that tax inspectors are searching social networking sites for potential tax evaders, who may be “advertising” their wealth or assets which may lead HMRC to believe they are not declaring all they earn!

Taxpayers are being warned to be careful about what personal information you post on social networking sites as officials prepare to scour the likes of Facebook and Bebo for tax evaders. (tough job!). Another reason to consider our Tax Compliance Service... you should have received / shortly receive information about this service if you want to find out more please contact us.

Please don't forget to use the free Business Support Helpline, provided as part of the TCS. The main areas covered are:

Employment & personnel; Health & Safety; Payroll issues; Commercial & Contract Law; Landlord and tenant issues; Company law; Consumer protection & licensing and Copyright and patent matters.

All exciting stuff!



Computer corner....

Backups are one of the single most important aspects of managing data in today's business environment. Most companies now are totally reliant on the information stored on their PC's and Servers and loss of this information can lead to major business disruption or in the worst cases the inability to continue trading. Even now many businesses have inadequate backup protection and run the risk of partial or even complete data loss. The following checklist may help you determine whether you are at risk or not.

Do you backup your data?

Amazingly the answer to this is often no and thinking about doing a backup is the first thing that comes to mind after the PC or Server disc crashes.

How far back in time can you recover data?

Another common scenario is the 5 day backup. With data being backed up on a Monday to Friday basis with the data being overwritten the next week. Only good if you spot the data is missing or corrupted in a one week timescale.

Does it actually work?

If your system is old and in particularly tape based, how reliable are those tapes now? Running a test restore from one of your backups is a great way to find out if your systems actually work.

Do you store your backups offsite?

A backup stored on top of the PC or Server is very convenient for restoring data quickly but if the building catches fire or floods or your systems are stolen the backup goes the same way as the original data it is trying to protect. Storing the previous day's backup offsite and keeping the other tapes or disk media in a fireproof safe are essential to ensure the data is there when you need it.

If there is any doubt about your answers to the questions above then you are probably not adequately protected and should take steps to rectify the situation.

-Case Study-

On doing a IT systems evaluation for a new customer recently they were found to be backing up their data to tapes labelled Mon - Fri. Each week the tape would be reused and the backup from the previous week would be over written. The very first and highest priority recommendation in the report to the company was to change the backup regime to include a proper historical backup allowing them to go back in time weeks or even months and to replace the aging tape based system with a portable hard disk based solution.

Three months after implementing the system they found that one of the staff had overwritten an important production database with blank data. The member of staff was sure they had only done it 2-3 days previously but on checking the historical backups it was found that not only did the entire previous weeks backups contain the blank database but also the previous week and the week before were the same. The actual data was found on a backup that was over three weeks old and promptly restored. With the original 5 day regime this data would have been totally lost.

Our thanks for this article to Mike Nunley of AOM Web Services. Tel: 01933 413905 Mob: 07968 586815

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Tips & news....

I have posted up the following articles to our news section of the website:

- Payroll changes and personal allowances—information about the £600 change to personal allowances;
- Illegal working—how to avoid a criminal offence and a civil penalty of up to £10,000.

Please click on the link www.elsbyandco.co.uk

If you wish to discuss these or any of the articles on our website, please just give us a call.