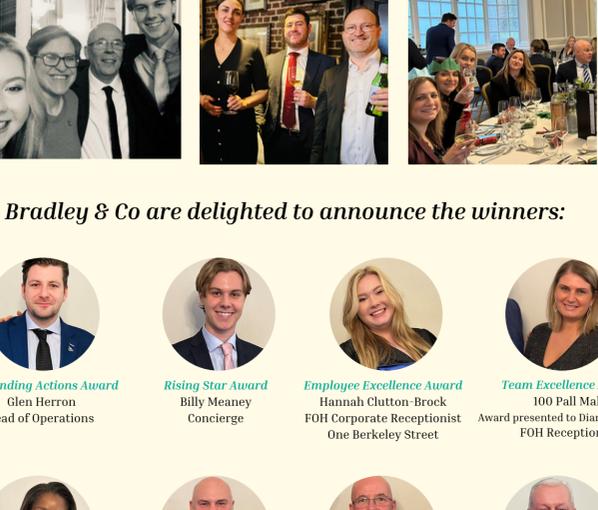


# Bradley & Co

## January Staff Newsletter

### 'The Bradley's'

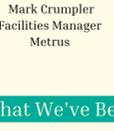
Bradley & Co. were delighted to host a client Christmas lunch on Thursday, December 10th at the Institute of Directors (IoD), Pall Mall. 2023 marks the 2nd Bradley & Co. annual awards, 'The Bradley's', which were created to celebrate staff effort, dedication and hard work, as well as on-site team success'. After a thorough review of personnel activities and actions during 2023 by the Bradley & Co.



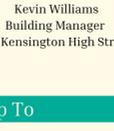
Bradley & Co are delighted to announce the winners:



**Outstanding Actions Award**  
Glen Herron  
Head of Operations



**Rising Star Award**  
Billy Meaney  
Concierge



**Employee Excellence Award**  
Hannah Clutton-Brock  
FOH Corporate Receptionist  
One Berkeley Street



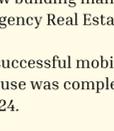
**Team Excellence Award**  
100 Pall Mall  
Award presented to Diana Janosevic  
FOH Receptionist



**Leadership Excellence Award**  
Gloria Fanis  
Head Concierge  
Chelsea Harbour



**Shared Vision Client Award**  
Mark Crumpler  
Facilities Manager  
Metrus

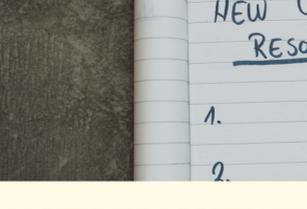


**Clients Choice Award**  
Kevin Williams  
Building Manager  
346 Kensington High Street



**Sartorially Sharp Award**  
Mark Frost  
Building Manager  
Royal Exchange

### What We've Been Up To

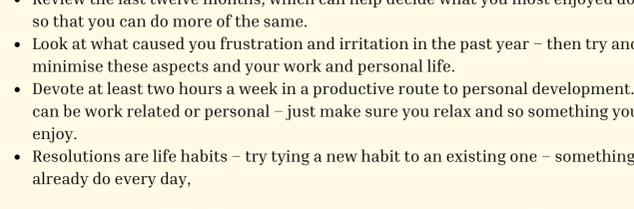


### New Year, *New Site*

Bradley & Co. are delighted to confirm a new building management contract with Regency Real Estate.

A successful mobilisation of Meridian House was completed on the 3rd January 2024.

A fantastic property.. a fantastic team.. a fantastic start to the year



## MAKE RESOLUTIONS, *HABITS*

New Year's resolutions can be notoriously fickle and prone to failure, but there are certain steps you can take to increase the chance of success to successfully sticking to goals.

Look back to look forward..

- Review the last twelve months, which can help decide what you most enjoyed doing so that you can do more of the same.
- Look at what caused your frustration and irritation in the past year – then try and minimise these aspects and your work and personal life.
- Devote at least two hours a week in a productive route to personal development. It can be work related or personal – just make sure you relax and do something you enjoy.
- Resolutions are life habits – trying a new habit to an existing one – something you already do every day,

Are you creating new habits because you want to, or are you trying to please someone by changing things in your life? The motivation has to come from you—otherwise, it's not sustainable.

Choosing to do something because we enjoy it is called intrinsic motivation, as opposed to extrinsic motivation, where we're motivated to perform a behaviour to earn a reward or avoid punishment.

e.g Choose healthy meals because you enjoy the process of finding brand new recipes. If your new year resolution (habit) isn't realistic, set a new one.

## Need some NY inspo? Here's a few from HQ..

### Paul Bradley

- To guard my desk stapler and Post-It notes more carefully. (Paul is convinced we have a 'live in' office Gremlin on staff.)
- To accept that I do need to wear glasses all the time.
- To find a new charity for the company to support - suggestions welcome...
- To try to live more healthily.

### Sarah Duncan

- To focus on one task at a time.
- To exercise more.
- To visit the staff more.

### Michael Brady

- Stop smoking
  - Exercise more
  - Learn to write smaller to reduce the size of my things to do list!!!!
- (Everyone in the Bradley & Co. HQ team suddenly adds this vital resolution to their list.)

### Jo Clarke

- Giving more time to writing my novel. (Its going to be a bestseller)
- Try to find a better work/life balance
- Schedule in seasonal 'spring cleans'.

### Glen Herron

- Complete a long run, at least 18 miles (Round it up Glen go for 20 miles)
- Return to boxing training.
- Cook/eat more exciting and healthy foods, expanding on my current recipe list.

**Did you know?**  
The New Year resolution is commonly thought to have started in ancient Babylon more than 4000 years ago in an attempt to appease their gods.

### City News



### All the best new London restaurant openings in January

From French bistros to prawn hubs to comedy supper clubs – here's where to eat this month

[READ MORE](#)



### London is the slowest city in the world thanks to widespread 20mph limits

London is well known for its public transport network, with the Underground and a network of trains and buses linking the capital together.

[READ MORE](#)

### Anniversary, Birthdays & New Starters

#### December Service Anniversaries

##### Bradley & Co.

- Mark Frost (5 years)
- Luis Saunders (1 year)
- June Jeffries (10 years)
- Fahim Khan (10 years)

##### Eminence Executive Group

- Brian Wadman (3 years)

#### December Birthdays

##### Eminence Executive Group

- Gloria Fanis

##### Bradley & Co

- Endeshaw Weldearegay
- June Jeffries
- Kermena Georgieva
- Luke Phillips
- Mark Lord
- Michael Brady
- Ricky Rimell

#### New Starters

##### Bradley & Co.

- Alhusaine Kamara
- Patience Nanu
- Lukman Olaolitekun
- Rita Ramos

##### Eminence Executive Group

- Isaac Afranie

Bradley & Co would like to offer our hearty *Congratulations* and *Best Wishes* to all.

## WIN a £15 Nero Coffee Voucher!

This month the £15.00 Caffe Nero voucher is winning its way to TASEER AHMAD, one of our relief Security Officers who was the first to answer our Oxford Street Christmas Lights themed question.

For your chance to win this month, simply email us the answer to the following question..

Where do people commonly believe New Year Resolutions originate from?

Email it to us at [info@bradleyandco.uk](mailto:info@bradleyandco.uk)



## Wanstead Cricket Club Bradley & Co Sponsored Awards



At this year's Bradley & Co Client Lunch at the IOD, the winners of the Bradley & Co Sponsored, Wanstead Cricket Club Awards were invited to join for an award presentation. A word from Tony Richardson, Bradley & Co's Sponsorship Director on the Winners of This Years Adult Awards:

Saba Nasim, led the Heronettes to numerous victories from 2009, becoming captain in 2014. She's instrumental in women's and girls' cricket development, coaching over 1,000 young players. Her leadership earned royal recognition, and she's represented England internationally. Expected to return to captaincy in 2025 after expecting a child.



Haaris Usman, a talent spotted at 8, excelled in cricket. Despite setbacks, he's back playing for Essex and Wanstead's first team. A role model for younger players, he's won awards for batting and fair play, including the prestigious Paul Bradley award in 2023.

Paul Bradley was also guest of honour at Wanstead Cricket Club on November 4th, where we presented our Bradley & Co. Seasons Winners Trophies to our two worthy Junior winners Keya Patel and George Davies, both of whom have tremendous Cricketing futures ahead of them.



I did say in my last Newsletter that I would give an update to the Clubs Season, but the club achieved so much I think it's best for our Cricketing fans to look up the Club's website at [wansteadcricketclub.co.uk](http://wansteadcricketclub.co.uk) where you will find a comprehensive report on published. It's a good read.  
Bye for now.  
Tony

### Dear friends,

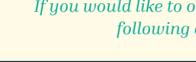
Happy New Year everyone.

I hope you all had a wonderful Christmas and New Year. The start of a new year is often seen as a time of new beginnings, a chance to sweep away the old and start afresh.

This not only applies to individuals, but to businesses as well; and Bradley & Co is no different. Eight years ago, I set up Bradley & Co to offer clients and businesses bespoke services in management consultancy and facilities management support. We have thrived by doing things differently, always looking for excuses to review, adapt and change, within a dynamic and everchanging marketplace. I look back at 2023 and can reflect on a remarkably successful year, but we must not sit on our laurels – there is more to do in 2024 with opportunities to expand our business further and hiring first rate staff who go above and beyond. The 2023 Bradley awards (highlighted in this newsletter) which were presented to our best and brightest is testament to our team as whole, and I would encourage everyone to think about how they can get their name on the trophy this year. The nominations for 2024 Bradley awards are now open!

One of the first markers of change that you will see will be a full refresh of our business websites in the coming weeks, which we have been working hard over the past few months to update and rejuvenate. As the saying goes, New Year – New Broom.

Paul



If you would like to opt out of our newsletter mailing list, please email us at the following address to [unsubscribe\\_info@bradleyandco.uk](mailto:unsubscribe_info@bradleyandco.uk)