Hi

I hope you had a good weekend.

**BC Group**

As mentioned we are now moving to meetings on Monday and Friday and the BC team update emails will follow a similar pattern.

**Wellness**

As food supplies approach pre-virus levels in most areas, here is a link to a helpful article about foods to help support a health immune system.

<https://blog.myfitnesspal.com/15-rd-approved-foods-to-support-a-healthy-immune-system/>

**Competition time**

Here is a link to the video showing the tea trolley challenge in action. It is a fairly large file so I suggest that you cut and paste it into your local browser or your phone to view it.

<https://youtu.be/7Y8Xo3GMYz8>

Well done to **Jill** with the winning guess of 1 minute 15 seconds.  Well done Jill.

The whole process left me respecting Tracy even more!  We miss you Tracy and our tea/coffee deliveries!

**BC Contacts**

* + - Alex Hughes         07748 857114
		- Karen Genuardi    07801 523186
		- Ian Gill                   07782 248216
		- Vince Bixby           07725 900367
		- Claire Pitman        07956 862824
		- Craig Turner          07946 629052
		- Adrian Bennett      07817 894781
		- Soizic Peyrusse    07786 683709
		- Alok Suthar           07877 350839

The BC Team

|  |
| --- |
| Ian GillPartner, Patent & Trade Mark Attorney  |
| **DL:** +44 (0) 20 7440 6841 **E:** isg@aathornton.com **W:** [aathornton.com](http://www.aathornton.com/) | LinkedinTwitter |

|  |  |
| --- | --- |
| AA Thornton & CO | **A.A. Thornton & Co.**10 Old BaileyLondon, EC4M 7NGT +44 (0) 20 7405 4044F +44 (0) 20 7405 3580 |
| COVID-19 - At AA Thornton we are well equipped to proceed with business as usual, and to provide uninterrupted, high-quality service to our clients. Please click [here](http://www.aathornton.com/covid-19/) for our latest update. |

