

Autumn Edition | October 2021

British Animals in War

There is a remarkable memorial located outside Hyde Park, London - near Brook Gate - with the poignant inscription "*This monument is dedicated to all the animals that served and died alongside British and Allied forces in wars and campaigns throughout time.*" A second, smaller inscription simply reads: "*They had no choice.*"



Such has been the unique bond between man and animals that the British, Commonwealth and Allied forces has enlisted millions of animals to serve, and

often die, alongside their armies. The sheer scale of loss especially in The Great War sometimes defies imagination.

The memorial is dedicated to Horses and Dogs, as well as Mules, Donkeys, Pigeons, Elephants, Camels, Oxen, Cats, Canaries and even the humble Glow Worm - which was used to light the trenches in WWI.



British messenger dogs and their handler, during World War 1

Considering that the British Army has used animals since its inception, the memorial was only unveiled in 2004.

The mix of Portland stone and the symbolism of the bronze horse and dog running forward through the gap whilst the mules are struggling behind to reach the gap, serves up a dramatic representation of the plight of war animals.

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A "member" of the Royal Army Veterinary Corp undertaking modern Bomb Detection Training 2019

So next time you visit London make a trip to this memorial and take a moment to remember, with respect and love, those animals that worked and often died alongside our brave soldiers in every conflict that British Forces have been engaged in.

Podcasts for you to enjoy

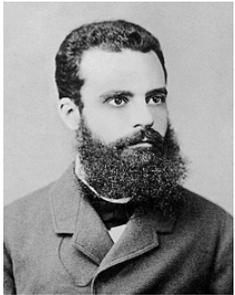
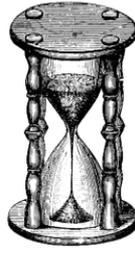
Michael Mosley: Just One Thing you can do to improve your health and wellbeing

Click here to listen: <https://www.bbc.co.uk/programmes/p09by3yy/episodes/downloads>

I especially like the episodes entitled: Get some sun; Eat chocolate; Sing
Which are your favourite episodes?

Time management

"I don't have time." "I'm too busy." These phrases are often uttered and yet are so untrue. Everybody has time for the things they want to do and there is an old adage in business that says, "if you want something done quickly, give it to a busy person." I remember once being in a meeting and several attendees stated they were *too* busy for one reason or another, to do the task for which they were being asked. When I quoted the above adage, suddenly everybody became *unbusy*...



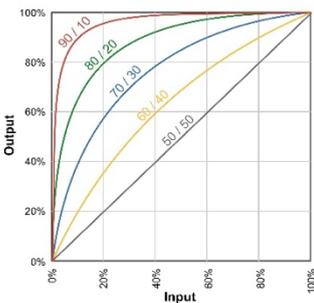
Seriously though, we can be busy and efficient or busy and unproductive. The trick is to be smart and busy or better still not to be busy at all. Let me explain. Starting with the Pareto principle. Vilfredo Federico Damaso Pareto (left) was an Italian, who demonstrated, through research, the 80:20 rule. Although originally demonstrated for land and populous (80% of the land in Italy was owned by 20% of the population) it has been shown statistically to

Be a universal power law distribution and is most commonly used in business management in the saying that "80% of income comes from 20% of clients". It is, however, applicable to so many things economically, in nature, in business and in our everyday lives. It is *most* relevant to time management. Namely:-



80% of your productivity comes from 20% of your time.

Yes *only* 20%. So, if you can recognise your best productivity time, you can almost ignore the rest. In a practical sense this means that you only need to work (productively) for 1/5th of the total time. Yes. One day a week instead of five. Now I'm not suggesting you do no work the other four days;



I am strongly suggesting that you discover your own peak productivity times. Analyse why they are your peak productivity times, and repeat those principals in all your work, whether at the office or at home. You will soon see the changes and start noticing all the free time, as well as all that extra productivity and the wellbeing that goes with both.

Sapphire Lending welcomes Ravi Sandhu to the Board

Ravi has joined Sapphire Lending as a non-executive director. She specialises in finance and project management and is a fully qualified accountant with 30 years' experience. Ravi works in global finance across a variety of businesses. She is good at building relationships and has insight into the management of large projects.

Ravi will be responsible for contributing to the strategic direction, monitoring, performance, systems, and general guidance to Sapphire Lending along with the other board members. Finance compliance is at the core of Ravi's experience and will compliment Sapphire Lending's business ethos.

She is a mother of two and in her spare time volunteers for a children's charity, running events to raise vital funds. The charity is close to her heart after her youngest son was diagnosed with Leukaemia in 2015 at the age of 4. This experience has made Ravi more resilient and driven to help others by using her skills and experience.

She has a passion for fitness, and this helps ensure her positive mental health is maintained. Overall Ravi has a glass half full attitude to life, which shines through in all her actions.

We are excited that you are working with us Ravi.

