



NEW INITIATIVE: Left, Live Well Suffolk launch the new Lunchtime is Back campaign alongside Ipswich Building Society.

Photo: CONTRIBUTED

'Don't skip lunch' the message to workers

By **DAVID VINCENT**
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WORKERS who regularly struggle to maintain concentration and motivation in the afternoons are being urged to make small changes to their daily lunchtime routines in a bid by Live Well Suffolk to boost the county's productivity.

The healthy lifestyles service is raising awareness of the importance of a dedicated lunch break through its latest healthy eating campaign, "Lunchtime is back".

A recent survey by BBC Breakfast revealed 60% of workers regularly eat their lunch at their desk with a further two thirds admitting to taking less than 30 minutes for lunch, despite being entitled to a full break.

Steven Lee-Foster, director

“You'll be able to maintain blood sugar levels, helping you feel fuller

of Live Well Suffolk said: "It is an established fact that a healthier workforce is more productive and motivated so there is a big incentive for employers to get involved and support their staff to be as healthy as they can be. Taking a lunch break to recharge your batteries is a good investment of time.

"Live Well Suffolk is providing businesses with free information packs during this campaign and our trained dietitians are available to visit any Suffolk employer to advise staff on healthy eating."

Karen Davies, one of Live Well Suffolk's trained dieti-

tians, added: "When you eat at your desk you aren't really focused on the quality or quantity of your food, and can end up eating more than you may think which may lead to weight gain. By limiting sugary snacks and basing lunchtime food on starchy carbohydrates you'll be able to maintain your blood sugar level, helping you feel fuller for longer and keep your concentration during the afternoon."

Live Well Suffolk is making free information packs available for employers to encourage staff to take a lunch break and eat nutritiously. Each pack contains posters, leaflets, prompt cards and recipe suggestions to help employees on their way.

There's also a wealth of new information, apps and videos as well as healthy lunch recipes at www.livewellsuffolk.org.uk/lunch or alternatively telephone 01473 229292.

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Students launch design business

STUDENTS Simone Morgillo and Kalum Duncan have designs on business.

The Ipswich-based duo, currently studying business enterprise and entrepreneurship at Suffolk One sixth form centre, are already launching their own business.

Suffolk One is linked with the Enterprise Hub at UCS for entrepreneurship studies.

Their new design business Duncan and Morgillo, is intended to pool the talents of graphic designs students and artists, from Ipswich and beyond, and offer those talents in areas such as web development, logo and leaflet



VENTURE: Kalum Duncan, left, and Simone Morgillo. Photo: CONTRIBUTED

design to the business community.

"It is an area we think will be particularly popular with small businesses," said Kalum. "We have already recruited artists from college here and as far as Manchester."

"It will be a chance to get real commercial work on to their CV," added Simone.

"And potentially they can earn some money too while they are still within their studies, which will be very useful," added Kalum.

"As student employers we don't feel students are given a fair trial at employment as many companies look for experience over raw talent.

"Duncan and Morgillo looks to give students the opportunity to apply their creativity and skills, which will enable them to achieve their full potential in a working environment.

"By building up their portfolios by carrying out designs for several companies, this improves their chance of working employment in the future."

The duo have been away from college recently, gaining work experience at local businesses Willis and White Space.

"It is very useful," said Kalum, "to find out about the world of work.

"We are already finding it very excit-

ing running our own business."

The business partners intend carrying on with their new venture into next year when Kalum will be committed to college studies two days a week while Simone is hoping to get an apprenticeship in accountancy.

"In the long term it will be a great benefit for running our own business," he said.

"People need experience to get jobs," added Simone, "but they need to have jobs to get the experience.

"We have developed our website and now we aim to recruit more students," added Kalum.

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