

# DON'T MISS POST PEOPLE:

FIVE DAYS A WEEK IN THE BIRMINGHAM POST...  
EVERY MONTH IN CITYLIVING... EVERY MONTH IN SELECTLIVING

## MK Lifefit Book Launch

Photos: Prestige

Over 200 people attended the recent launch of the MK Lifefit Book at the David Lloyd Monkspath site.

Guests included Jasper Carrott, Tony Iommi (Black Sabbath), Bev Bevan (ELO), fashion designer Alvin Loy and England cricketer Dougie Brown.

Twenty percent of the proceeds on the day went to Jasper Carrott's chosen charity, Sunfield School and Children's Home.

Matt Kendrick founded MK Personal Training Academy in 2001 with the goal to reach out to as many people as possible and show them the way to a healthy fit lifestyle. Matt has worked in international cricket, premiership football and private healthcare and has built a team of experts around him as the company has grown from strength to strength and looks after the fitness and wellness of over 500 people.



Matt Kendrick and Jasper Carrott



Sean Rai, Steve Matthews, Paul Witham, Andy Farr, Sally Kendrick, Matt Kendrick, Liz Kendrick, Barrie Abrahall, Dave Hill and Debbie Ganderton



Dougie Brown, Tony Iommi, Bev Bevan, Jasper Carrott, Matt Kendrick, Sally Kendrick, Alvin Loy

## Burcot Grange Ladies Luncheon

A leading Bromsgrove care home once again extended its renowned hospitality to the wider community with a special Ladies' Luncheon. Burcot Grange Residential Care Home played host to 40 invited guests, including local councillors, representatives of Age Concern, daughters and friends of residents. As well as providing an opportunity for residents to socialise with friends and neighbours, the event raised money for Acorns Children's Hospice, contributing to a total of £1,285 raised by Burcot Grange this year.



Linda Fuller, Vicky Hall



Nora Coley, Maureen Kendall, Elenor Buckley



Emma Hayward, Winnifred Caney, Doreen Shoebottom