

# THE CURVED SPRING

HISTORY OF  
INVENTION,  
HOME OF  
INNOVATION



SPRING  
2021  
SPRING



workman

# WELCOME

## Hello!

Firstly, we would like to say happy spring (Nearly summer!) to all our lovely tenants. We hope you are all enjoying the warmer weather and looking forward to your summer holidays. Anyway, in the meantime we can enjoy the warmth of your favourite newsletter!

In this edition:

- Motive8 give their top tips for setting and achieving your fitness and wider goals.
- Out of the Woods and Bomba Paella offer their suggestions for healthy eating whether on-site or at home.
- PLUS, what to look forward to in June and beyond.

Finally, we wanted to take this opportunity to thank you all for the support you show the site- attending all our events and making Marshalls Mill the community we love.

# Meet the Team



[With a few recent changes, we thought it was about time we introduced you to your Marshalls Mill/Round Foundry on-site team!](#)

Lisa Ellen Riley — Front of House Receptionist & Events Co-ordinator

How long have you worked for MM/RF?

Seven Years and eleven months - during this time there has been a shift in focus from business orientated opportunities to health and well-being and a desire to create a closer community.

Favourite moment during your time here?

There are so many! On my first day, I remember one visitor coming in and saying he hadn't been to this area of Leeds for ten years and remarking "how much it had changed".

What are you passionate about at Marshall Mills?

I'd love to create opportunities for the community to grow and socialise. Last year I started 'The South Bank Social' in 'The Cross Keys' once a month for a drink or two after work. I also wish to continue organising gift collections for 'Leeds Women's Aid' and fundraising events. I think the work they do is really important.

If you could be an animal, which would you be and why?

Perhaps a duck as I think it's cool how they have the ability, to fly, walk and swim!

Above: Lisa Ellen Riley, Front of House Receptionist & events Co-ordinator



## Say Hello to Suki and the Owner Wendy

Wendy comes from Hong Kong (the city of gourmet foods). She moved to the UK 18 years ago and has recently moved from Horsforth to Marshalls Mill. Like many others Wendy felt the effect of COVID-19 and she hopes that the healthy food she offers will be away for the community to mend from the scars left behind by the virus. Through Suki, Wendy hopes to bring awareness of Asian culture, and their focus on healthy eating. Suki focuses on sushi, bento boxes and herbal teas but there is something for everyone on this menu.

Suki is now open, why not pop in and say hello to Wendy or call 0113 805 5042 to book

## Send us Your News

The Circular is a quarterly magazine distributed around the Marshall's Mill and Round Foundry estate. It features the latest news and updates from the eclectic abundance of businesses that are based here, whether that's new hires, new client wins or even new babies! We also share the latest news, menus and events from the brilliant cafés and pubs in the area.

We're also interested to hear your views. Maybe you're passionate about making changes in your industry, or maybe you have a completely different interest outside of the workplace that you want to shout about. If you think you've got something interesting to talk to us about, let us know.

Or have you got an idea for event, or fundraising activity? We're always happy to collaborate, let Lisa know and we'll see if we can help.

For The Circular and marketing enquiries:  
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Above Left: Suki, Chef at Marshall Mill  
 Above Right: The Circular Summer 22 & Spring 21

## Spike continues expansion with new hires

Spike has announced another round of recruitment with the hiring of three new staff.

Data Analytics Software Engineer, Nasim Ahmed, has been appointed as the agency's new .NET Developer, Victoria Baker-Haddock joins as an Outreach Executive and Olimpia Czuba has also joined as Paid Media Executive.

The agency's further expansion also follows the success of a double award win for their Paid Media work on behalf of client Mighty Drinks. Spike collected the trophy for 'Best PPC Campaign' at the recent Northern Digital Awards 2023 and was also named winner in the 'Best Use of Video' category at the UK Paid Media Awards 2023 this week.

The judges of the Northern Digital Awards highlighted the amazing results of Spike's Paid Media campaign work, remarking: "This was a great and well thought out campaign that used testing, evaluation and execution to deliver results that exceeded the brief. We loved the creative concept and the great emotional assets to connect with new audiences."

The judges for the UK Paid Media Awards commented that:

"[Spike] stood out as a clear winner to us! We loved the video testimonial which showcased the client. They achieved fantastic results and they tried to contextualise the position in the market versus the competition. Great work!"

Spike is still actively recruiting for a number of roles within digital marketing and with this Spike is actively encouraging anyone looking for new opportunities or those wishing to further their digital marketing careers contact:  
[christian@spikedigitalmarketing.co.uk](mailto:christian@spikedigitalmarketing.co.uk)



Above Left: Northern Digital Awards 2023 & UK Paid Media Awards 2023 Trophies  
 Above Right: New Staff Members at Spike



**How many of you have made promises to yourself that this Summer is when you're going to improve your fitness? Be healthier? Get more steps in? Cut back on the boozier? Get out on a lunch time run?**

If you're not quite on track then don't worry, we are all human. Sometimes we just need advice from an expert to keep us on track so here are some words of wisdom from the fitness team at motive8 to help you start your fitness journey.

### 1. Start Small

Rather than being over faced with everyone around competing to get the perfect 'Summer body' or getting a new PB whilst running a marathon, start small. 1,000 steps a day is better than nothing. Once you have got started, it's only going to get better. Focus your energies on improving each day rather than thinking you are going to run a marathon straight away.

### 2. Be Smart and Realistic

Set an approach-orientated goal (i.e., changing something) and be SMART about it: specific, measurable, achievable, realistic and time-framed. Then set a plan of action – how are you going to measure progress, what timescales are you working towards, what obstacles may you face, and how are you going to overcome them?

One of the most important factors is being realistic from the outset about what you can achieve, if not, you're not giving yourself a fair chance to achieve your goal.

- Looking to lose weight? 1-2lb per week is more realistic than 4-5lbs (and in all honesty is more likely to remain off).
- Looking to start running but never run before? Start off with a walk-run and build up gradually, enter a 5k race rather than a marathon for your first event.
- Getting back into the gym but have a busy job and/or family life? It is likely to be more realistic that you can fit in 2 workouts a week than the 5 you would ideally like.
- Want to start the gym but never been before? Get some advice from a fitness professional about what you should do in your session to limit the chance of injury and ensure the plan is specific to your goals.

### 3. Get Support

Support from others often makes you more accountable. Tell friends and family; they might even want to join you on your fitness journey. Having a buddy will make you less likely to cancel anything and is great for morale. Accountability is often one of the reasons our personal training clients cite when asked why they started training with a PT.

### 4. Stay Positive

Habits, behaviours and outcomes take a long time to establish themselves and changes don't happen overnight. Life throws curve balls, and when it does we need to pick ourselves up and start again. No shame in that. Instead of thinking about WHAT you are trying to change, think about WHY you are trying to change it and find the inspiration in that. Look at the positives you have achieved to date and you will keep progressing on your fitness journey...even if that means taking a slightly different route from that originally planned.



### 5. Measure Your Progress

We all want to know we are making progress. Whether being able to lift more in the gym or being running your local Park Run faster, we really recommend tracking your progress. You can go 'old-school' and log workouts in a training diary or use an app like Strava or Garmin Connect. If you're looking for a change in your physique or weight loss then progress photos and a tape measure tell a great story.

One final thought is strive for progress, not perfection. Progress is what drives us to do our best.

Feeling motive8'ed after reading this... Head over to Motive8's website and check out their personal training packages. Or contact [north@m8group.co.uk](mailto:north@m8group.co.uk) to find out how they can support you on your fitness journey.

# OUT OF THE WOODS



## Enjoy a Brazilian Breakfast at Out of the Woods

The main ingredient in Out of the Woods' delicious Brazilian Breakfast is Acai berries. Ross Stringer, Out of the Woods' owner explains more:

"Pronounced ah-sigh-EE, they come from the acai palm tree, which only grows in Central and South America. They're bluish-purple and similar in size and shape to large blueberries. People native to the Amazon have been using acai berries for their health benefits for many years.

We work closely with a supplier who picks, pulps and freezes the berries at source to maintain the nutritional benefits.

The acai berry contains more antioxidants than other berries like blueberry, strawberry, and cranberry.

Some studies have found a link between antioxidants and cancer prevention.

Chemicals in acai might also reduce swelling, lower blood sugar levels, and stimulate the immune system. In Rio d'Janero Acai became popular with the surfing community, who eat açai bowls between surfs to maintain energy levels.

A healthy food that also tastes amazing.

Out of the Woods on Water Lane, uses the best local Yorkshire ingredients to create healthy, tasty and creative dishes. Their Brazilian Breakfast, pure acai, blended with banana & guarana syrup, poured over granola and topped with fresh fruit, is only £5.50.

[outofthewoods.me.uk](http://outofthewoods.me.uk)

Above: Out of the Woods' Brazilian Breakfast

# BOMBA

Summer is nearly upon us! Alfresco Dining Season awaits... We thought you might like a recipe for Vegan Paella from our very own Bomba!

They recommend you use a proper paella pan for this and do sell a paella kit on their website that has the pan and all the rice and spices included. They also make a great gifts for foodies!

## Roast Vegetable Paella (Serves Two)

### Ingredients:

50ml Olive oil  
Pinch of Maldon salt  
1 garlic clove peeled & sliced  
1 tsp sweet smoked paprika  
1 dsp grated fresh tomato or passata  
1 dsp nora pepper paste (optional)  
1/2 tsp fennel seeds  
40g diced fennel  
55g green beans cut in 2cm pieces  
160g bomba paella rice  
450ml hot vegetable stock  
Pinch of saffron steeped in 2 tbsp hot water  
A few pieces of roast red pepper  
Mojo picon (spicy red pepper sauce)

### Instructions:

1. Heat oven to 150c
2. Add olive oil, salt, spices, garlic, sofrito, nora paste & vegetables (not the roast veg yet) to paella pan.
3. Put on a medium heat & saute for a few mins.
4. Add rice and stir around. Add hot stock, saffron & roast peppers. Bring to boil. Boil briskly for 5 mins.
5. Then place in oven for 12 mins.
6. When time is up rest the paella for a few mins then serve with mojo picon.



Above: Bomba's Roast Vegetable Paella

If you don't fancy cooking yourself Bomba have freshly made paella to eat in or takeaway (order via their website) at lunchtimes, a selection of different paellas cooked to order in the evenings, and you can also order a paella cooked in the pan to take away anytime: [bombapaella.uk](http://bombapaella.uk)

**BOMBA**  
PAELLA TAPAS

# WHAT'S ON?

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# 2023

## June

06 Tue Mill Social at The Cross Keys  
21 Wed New Skill: International Yoga Day

## July

20 Thu Fiesta at the foundry  
26 Wed New Skill: Gardening at the Community Garden

## August

01 Tue New Skill: Guided Walk for Yorkshire Day  
17 Thu Mill Social

## September

14 Thu Sketch Club in collaboration Heritage Week  
20 Wed Mill Social  
21 Tue New Skill: Sign Language  
28 Thu Macmillian Coffee Morning Bake off

## October

12 Thu New Skill First Aid  
19 Thu Mill Social  
31 Tue Pumpkin Painting

## November

13 Mon Kindness Day  
23 Thu Mill Social  
28 Tue New Skill: Christmas Calligraphy Class

## December

05 Tue New Skill: Wreath Making  
13 Wed Festive Funday

Register your interest with Lisa to book as spaces are limited per event: [lisa.riley@marshalls-mill.co.uk](mailto:lisa.riley@marshalls-mill.co.uk)

# CIRCULAR

# THE

## Mill Tenants

Rubies  
Talion  
Blynk  
MCG Conseruction  
Simple Usability  
Arts Council England  
Venatu  
The Alternative Board  
Harvey Nash  
EssenceMediacom  
True North  
Flaunt Digital  
White Spider  
All Response Media  
Flash Talking  
Storm Brands  
Fenner  
Limehouse  
Motive8  
Bolser  
Cumulus Management  
Edge  
Spike  
Duck Soup

## Foundry Tenants

Civic Engineers  
We Are Boutique  
Urban Wilderness  
Red Sky  
News substance  
KBW  
Box Architects  
The Individual Agency  
Finn Communications

## Food & Beverage

Suki  
Midnight Bell  
David Street Cafe  
Bomba  
The Cross Keys  
Out Of the Woods



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Management