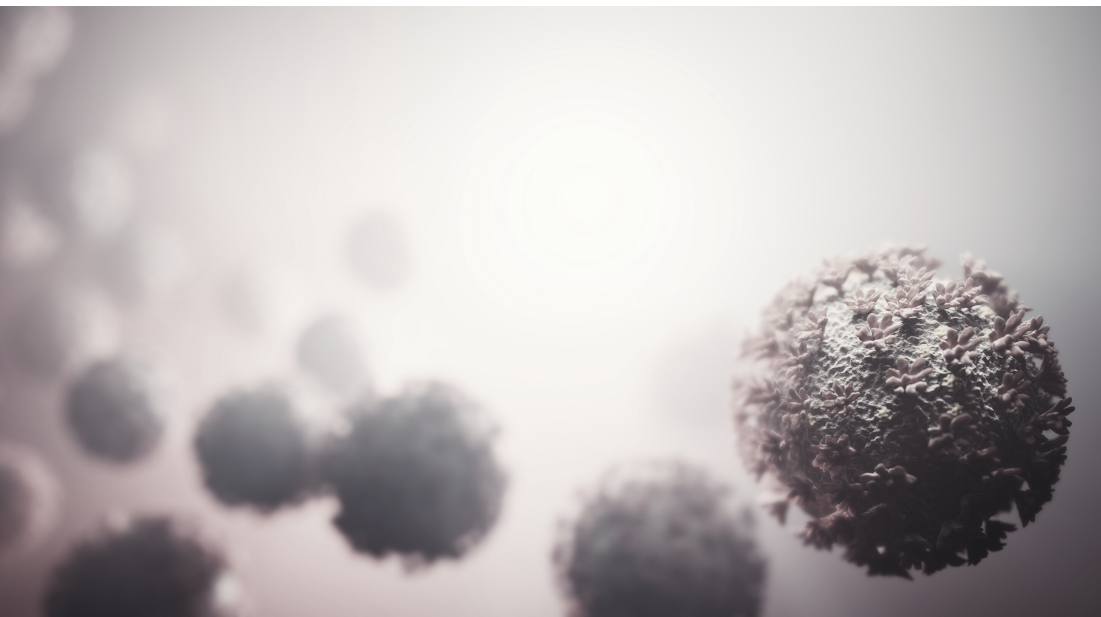


# THE 2SURE ECHO



## WHAT COVID19 MEANT FOR US

The outbreak of Covid-19 left many of us (organisations and people alike) to fend for ourselves in order to stay afloat. As your insurance broker, where do we find ourselves amidst the pandemic? We wanted to touch base with you to put your minds at ease.

### *How has Covid-19 affected us?*

We have been fortunate in that we have been able to put measures in place and still be fully operational working from home. However, with the majority of the industry on lockdown (until recently) business has quietened down. We've therefore used this time to streamline our processes and find ways to better serve our clients.

### *How have we adapted?*

It's been a fairly smooth transition for us to put everything online and work with each other and our clients

and partners from home, so we've managed to cope. As a team, we've adapted amazingly. This has brought us closer together showing just how resilient, resourceful and committed our team is.

### *What has remained important?*

Putting our clients first has remained our top priority. We have made ourselves fully available to our clients, to answer any questions and put their minds at ease. We've also prioritised working with our insurance partners to offer discounts on their premiums during the lockdown, as well as taken time to look at our book and follow up with clients where we find areas we can improve their cover options.

### *Our promise to clients?*

Our Mission Statement reigns true: **People are our business; Insurance is our platform.** At 2Sure, we live and breathe this and want to remind our clients that they are part of the 2Sure family and that we're here for them come rain or shine. Please don't hesitate to contact us for any assistance.

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## WINTER TLC FOR YOUR CAR

We're heading into winter and starting to feel the cold, which probably means that our cars are too. With this in mind, it's important to understand that because our cars take a bit of a beating during the winter months, giving them a little extra TLC is important. Here are five pretty simple things to do to keep your car in the best condition during winter.

### 1. Take your car for a service

This should be done regularly according to kms travelled and years owned. However, if possible, schedule one just before winter too to ensure your car is handling the cold ok.

### 2. Check the battery

Due to the increased use of lights, heaters and other car accessories during winter, your battery takes more of a beating. Make sure you are regularly checking that it can handle the additional strain.

### 3. Give your tyres a once over

Because our roads are wet and icy due to frost and mist, make sure your tyres are in good condition with enough tread.

Tread is recommended to be at least 3mm in winter months for better grip.

### 3. Clean your lights

You're using your lights a lot more with darker mornings and afternoons, as well as limited vision due to fog and mist. Make sure they're clean and that none of the bulbs have blown. These include your indicators and any reflectors.

### 5. Top up your anti-freeze

Check your anti-freeze level to ensure your car doesn't overheat and make sure to top up with more if necessary. It should be a 50/50 mix with water.

## COVID WORK SAFETY TIPS



### WASH HANDS

Sanitise and wash your hands frequently and thoroughly throughout the day.



### SOCIAL DISTANCE

Avoid physical contact with colleagues and visitors, keeping a distance of 1.5m apart.



### WEAR MASKS

Wear masks at all times and cover your mouth when coughing or sneezing.



### CLEAN & DISINFECT

Regularly disinfect common areas, frequently touched objects and surfaces.





## GET TO KNOW OUR 2SURE TEAM

### NAME:

Jessica Kim McLeroth

### KNOWN AS:

Jess

### POSITION:

Portfolio Consultant

### MOTTO:

Why be thinner when you can have more dinner? (Just kidding) – The secret to success is to do the common thing uncommonly well – John D. Rockefeller Jr.

### HOBBIES:

Hiking, gaming, reading & baking

# STAYING HEALTHY THIS WINTER

As the colder weather sets in, so our immune systems take a knock, leaving us fighting a higher chance of getting sick. With Covid-19, looking after yourself throughout winter has never been more important. We share some general tips to help keep you healthy.

## 1. Eat Well

A healthy diet has been shown to reduce the risk of illnesses, disease and obesity, increase our energy levels & mental health, and give our immune systems a good boost. What you put into your body is therefore essential in keeping us healthy during winter. This doesn't necessarily mean you have to follow any specific diets, it just means paying attention to:

- eating nutrient dense foods
- eating regular, balanced meals
- loading up on fruit and veggies
- avoiding overly processed foods and refined sugars
- staying hydrated by drinking enough water

## 2. Keep Active

Staying active in winter is crucial as regular exercise improves our

immune systems and keeps our bodies strong and fit – essential elements for fighting colds and flu. You don't need to go crazy though, stick to your normal exercise regimes or, if you're a beginner, start with doing 30 minutes of exercise 3 to 5 days a week. This can be a fun full body home workout, yoga routine, online Zumba class or a jog, walk or cycle around the block.

## 3. Get Enough Sleep

Not getting enough sleep can also have a serious effect on our immune systems, making us vulnerable to colds and flu. Our bodies need enough sleep to recover and repair. Experts recommend we get at least 7 hours of sleep a night. If you struggle to get some good shut eye, simple things you can do to help include

- creating an evening winddown routine
- dimming the lights closer to bedtime
- going to sleep the same time every night in the week
- shutting off technology an hour before bed
- relaxing in a bath or reading a book

## 4. Social Distance

Now more than ever social distancing is important. As physical contact is the quickest and easiest way to spread germs, colds and flus, and infections, we want to ensure that we keep a safe distance to avoid the spreading of illnesses, and especially the Coronavirus.

Where possible, stay at home. If you do have to go to work or run errands, remember to wear your masks, avoid physical contact, keep a distance of 1.5m apart and most importantly, sanitise and wash your hands regularly and thoroughly.



# WINTER WARMERS

As our Winter edition, we thought it only fit to share some winter warmers in the form of our 3 favourite soup recipes to keep the chills away these next few months.

## TRADITIONAL TOMATO

### Ingredients

1 onion, sliced  
2 kg assorted very ripe tomatoes  
2 T olive oil  
½ t sugar  
1 head garlic  
2 cups chicken/veg stock, warmed  
1 t red wine or sherry vinegar

### Method

Place the onion, garlic, tomatoes and sugar in a roasting pan and drizzle with olive oil. Roast for 30–40 mins on 180°C, allow the tomatoes to cool, then peel. Tip tomatoes, onion and all the juices into a large saucepan. Add the stock and vinegar and simmer for 10 minutes. Blend and serve.

## CREAMY BUTTERNUT

### Ingredients

1 large butternut  
1 ½ cans of light coconut milk  
1 T brown sugar  
1 large onion  
2 T butter  
ginger to taste

### Method

Cut the butternut, rub the butternut with 1T of melted butter, season with salt and roast till cooked at 190°C. Sauté onion in 1T of butter, add the brown sugar and cook for about three minutes. When the butternut is



roasted, put it into a blender with the onion and brown sugar. Add the coconut milk and ginger to taste. Blend until smooth.

## CLASSIC PEA AND HAM

### Ingredients

270 g dried split peas  
4 cups vegetable stock  
1 smoked ham hock  
2 T olive oil  
6 large carrots, chunks  
6 large turnips, chunks  
2 onions, chunks

### Method

In a saucepan, lightly brown the carrot, turnip and onion. Add the split peas and sauté for 3 mins. Cover with the vegetable stock and simmer for 45 minutes. Add the ham hock and cook for 45 minutes. Remove the bone from the soup and flake off meat to add to the soup. Season well and serve.

