

YOUR **FREE** MAGAZINE | SUMMER/AUTUMN 2025

WETHERSPOON**NEWS**

UK EDITION



The King's Head Inn, Salisbury

NEW PUBS APLENTY, IN LONDON AND BEYOND

10 new pubs opening this year, including four in Haven holiday parks

A CORKING SELECTION OF WINE

High-class tipples from around the world finding favour among bons vivants

DEAL OR NEW DEAL

New weekly club deals feature a smorgasbord of options which won't break the bank

CLASS ACT

Wetherspoon's pubs offer a vast range of drinks for every palate and pocket

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The Perfect Serve



OFFICIAL PARTNER



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All J D Wetherspoon food and drinks in this magazine are subject to local licensing restrictions and availability at participating free houses. Photography is for guidance only.

See food menu for symbol explanations. J D Wetherspoon plc reserves the right to withdraw/change offers (without notice), at any time. See website for full details: jdwetherspoon.com. Allergen and nutritional information can be found on the customer information screen, website and Wetherspoon app.

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wetherspoon in numbers

56

hotels in England, Ireland, Scotland and Wales.

251

pubs in CAMRA's The Good Beer Guide 2025.

98.77 per cent

of pubs achieving a top hygiene rating of five stars.

20 years

as a Top Employer United Kingdom.

£25 million

raised for Young Lives vs Cancer since 2002.

£589 million

in free shares and bonuses paid to employees since 2006.

£6.6 billion

generated in tax in the last 10 years.

Most dietary advice has been wrong for over 50 years

If you've run a business for a long time (46 years, in my case), you become accustomed to a torrent of well-meaning advice from experts and professionals, much of it conflicting. And much of it is wrong... although some of it is right.

In fact, we all make choices in life, weighing up the evidence from both experts and non-experts, relying, as best we can, on common sense, experience and maybe even education.

There is an old political adage – 'to govern is to choose' – which is true.

But it is also relevant to our daily life – to live is to choose, which is why democracy, for all its faults, is so successful.

We try to stay on the upward escalator by making the best choices we can in life – about pints of beer, cars, brands of butter, financial advice, political parties, friends, lovers etc.

You name it – and our brains whirl away, poring over the evidence, often subconsciously.

One of the most difficult areas for decisions relates to health.

It's difficult to pick up a newspaper these days without being hit with a new theory, often from someone with some sort of scientific or medical background.

Coffee is bad for you, it used to be said.

Now, the theory goes (see article 1, opposite) that drinking four to six cups a day, as you get older, helps to avoid 'frailty'.

I can vouch for this, since I drink this much coffee on two or three days a week, when calling on pubs, and can often be found breakdancing down Britain's high streets as dusk approaches... never been arrested yet, mind you.

Experts

Seriously though, I suspect that advice from experts about the health benefits of doubling or tripling coffee consumption needs to be taken with a pinch of salt.

Ah, salt – a very interesting area!

About 10 years ago, Wetherspoon was berated for the high-ish salt content of one of our menu items.

I agreed to appear on BBC Radio 4 with renowned anti-salt campaigner Professor Graham MacGregor, founder of Consensus Action on Salt and Health (CASH), ready, as I've previously said, to eat low-salt humble pie.

Before the MacGregor debate, in investigating the government's salt advice, I was very surprised to find out that there was no real 'consensus' among medics about the harmful effects of salt.

Indeed, many medics (see the comments of Professor Hugh Tunstall-Pedoe in 2, opposite) appeared to believe that Professor MacGregor and other campaigners were exaggerating... or were completely wrong.

The article by Gary Taubes from The New York Times (see 3, opposite) sums up accurately the salt sceptics' arguments.

During the live radio debate, I pointed out to the professor that Italians consumed more salt, yet lived longer, on average, than we Brits do.

Indeed, many of the handful of countries whose inhabitants live longer than we do consume more salt.

His unlikely explanation was that Italian's greater longevity was due to "the Mediterranean diet".

Salt

This was a strange argument, since its logic was that a higher dietary salt content combined with the Mediterranean diet would produce health benefits – contradicting the professor's main thesis.

Incidentally, it's interesting to note that, since our debate, the name of the professor's organisation has been changed, removing the word 'consensus' in its title – as The New York Times' article illustrates, there is no medical consensus on the salt issue.

Despite our scepticism regarding aspects of official health advice, Wetherspoon has, nevertheless, complied with legislation and regulations by reducing the salt and sugar content of its menus, for example, and by publishing the calorie content of each dish, long before it was a legal requirement.

We were also the first pub company to open non-smoking pubs and we called on the then prime minister Tony Blair, in this magazine (see 4, opposite), to ban smoking in all pubs – controversial at the time, but we believe that most smokers today support our stance. Indeed, shortly thereafter, Tony took our advice.

Health

In any event, a cautious approach by the public to any claim of 'consensus' on health issues is surely advisable – so much of the 'official' advice from governments in the last 50 or 60 years has turned out to be wrong.

For example, cheese, eggs and whole milk were, for many decades, regarded as outright dangerous by an almost unanimous (and wrong) 'consensus' among the medical profession of that era.

However, that advice has mostly been rescinded, as the article in the The Daily Telegraph (see 5, opposite) demonstrates.

But the debate moves on.

Now, your pint of Doom Bar or Ruddles or your glass of sauvignon blanc is in the cross hairs of the health lobby.

It is often argued that even one drink is bad for you. See article at 6 (opposite), by Professor Devi Sridhar of Edinburgh University, which reflects a radical modern view that "there is no safe level of drinking" and that "there is a widespread consensus that alcohol poisons our bodies".

This seems to me to be yet another example of an illusory 'consensus' among medics who have lost objectivity.

I'm sure that Jeanne of Arles (see right) would have backed me up on this point...

Of course, Wetherspoon has a conflict of interest in the anti-alcohol debate; so, I beg you, take what I say with a large pinch of salt.

However, the longest-lived nations ALL seem to indulge in a few sherbets, as the list of the top 10 indicates (see 7, opposite).

Astonishingly, they ALL, also, consume more salt than we do (see worldpopulationreview.com).

The Aussies, Irish and Swedes, for example, some of the world's longest-living people, are all notorious guzzlers, yet dominate the list.

The Japanese, generally admired by the health lobby for their good dietary practices, are also partial to a tincture.

As in the salt debate, some very influential medics appear, in my view, to have lost perspective in their arguments.

Among the most prominent is Professor Ian Gilmore, a medic who doggedly opposed Wetherspoon's expansion by lobbying magistrates' courts to refuse our applications for pub licences – although he never succeeded in his objections.

Professor Gilmore is the founder of Alcohol Alliance UK (AHA), whose website classifies alcohol as being, in some respects, 'the same as tobacco and asbestos'. To me, this seems to be a wild overstatement – how does the professor explain the fact that nations with the greatest longevity are invariably enthusiastic drinkers? Or that many, or most, centenarians are drinkers?

Indeed, while doing everything in his power to stop Wetherspoon from opening new pubs, Professor Gilmore, ex-president of the Royal College of Surgeons, advocated the legalisation or 'decriminalisation' of heroin and cocaine – a strange set of priorities, in my view, for what it's worth.

Jeanne of Arles

As a bizarre aside, the longest-ever-lived human being, whose age has been officially verified, was Jeanne Calment of Arles, France (see 8, opposite). Jeanne died at 122, having lived about five years longer than anyone else, before or since – while apparently enjoying a 'port wine' with her meals, having given up smoking at 117.

Jeanne must have been designed specifically to undermine every main theme of popular health advice.

Non-drinking nations do not feature in the top-10 list, although, to be fair, factors such as relative wealth, efficiency of health systems, and so on, are also important in this area.

In conclusion, history suggests that governments and medics, with the best of intentions, often seem to get dietary advice wrong.

As in so many areas where expert opinions are concerned, we need to consider the evidence and make up our own mind.

Wetherspoon News tries to present the arguments. You, the public, will decide.

In the meantime, pour me a pint of Abbot, if you would be so kind...

Tim Martin
Chairman

Tim says: "It's hard to explain why so much quasi-medical advice in the broad area of diet has proven to be so badly misjudged over many decades. Perhaps it's because academics and researchers are subconsciously seeking a 'silver bullet' to solve all problems – what songwriter Leonard Cohen called "a card so high and wild (they'll) never need to deal another". In my view, professors like Graham MacGregor and Ian Gilmore have fallen into this trap – and their fellow medics often dispute their radical views."

1 Jenny Tucker, The Daily Telegraph, 23 June 2025

WHY OVER-60s SHOULD HAVE FOUR COFFEES A DAY

A new study has examined the link between coffee consumption and a reduced risk of frailty. Can a few daily cups really make us stronger?

It's no great surprise to any of us that with ageing comes the unavoidable deterioration of our bodies. As the years notch up, we tend to lose muscle mass, vital organs decline, we become slower, weaker and less mentally focused. So it's inevitable that the stairs seem steeper, the shopping feels heavier, our breath is more sluggish, and a favourite glass and the top shelf of the cupboard becomes frustratingly out of reach. Then there's the thing we fear more than anything: becoming "frail".

Professor Tahir Masud, clinical advisor to the Royal Osteoporosis Society (ROS) and a

consultant physician at Nottingham University Hospitals NHS Trust, adds: "Health care professionals often refer to frailty as a "lack of physiological reserve". It can lead to older people being at a higher risk of falls, reduced mobility, and being unable to look after themselves without help. In people suffering from osteoporosis and fragility fractures, frailty can increase the risk of broken bones by increasing the risk of falls..."

Read the rest of this article on page 62.

6 Devi Sridhar, The Guardian, 20 August 2024

BAD NEWS, RED WINE DRINKERS: ALCOHOL IS ONLY EVER BAD FOR YOUR HEALTH

We needn't be puritanical about having a drink, but we can no longer deny that it harms us, even in small quantities

To say yes to that glass of wine or beer, or just get a juice? That's the question many people face when they're at after-work drinks, relaxing on a Friday night, or at the supermarket thinking about what to pick up for the weekend. I'm not here to opine on the philosophy of drinking, and how much you should drink is a question only you can answer. But it's worth highlighting the updated advice from key health authorities on alcohol. Perhaps it will swing you one way or the other...

Read the rest of this article on page 65.

2 Professor Tunstall-Pedoe, BBC

The late Dr Michael Mosley, writing in 2014 for the BBC, following an interview with Professor Tunstall-Pedoe, summarises his views as follows:

Professor Tunstall-Pedoe "believes that cutting back on salt will do us no harm and might be beneficial, so we should use less, but he doesn't believe that the scientific case for cutting salt as a direct way of reducing blood pressure has been made. He thinks that the science is controversial and there is not a consensus."

3 Gary Taubes, The New York Times, 2 June 2012

SALT, WE MISJUDGED YOU

The first time I questioned the conventional wisdom on the nature of a healthy diet, I was in my salad days, almost 40 years ago, and the subject was salt. Researchers were claiming that salt supplementation was unnecessary after strenuous exercise, and this advice was being passed on by health reporters. All I knew was that I had played high school football in suburban Maryland, sweating profusely through double sessions in the swamplike 90-degree days of August...

Read the rest of this article on page 63.

4 Wetherspoon News, autumn 2004

Tim Martin, writing in 2004 in Wetherspoon News, calls on PM Tony Blair to ban smoking in pubs

Ban ciggies, Prime Minister, but just give us a couple of years' notice to avoid, above all, the chaos of local authorities enforcing local bans, meaning that smokers might migrate from one town or borough to another to light up in public."

5 Polly Dunbar, The Daily Telegraph, 10 June 2025

WHY MILK, CHEESE (AND EVEN A SMIDGEN OF BUTTER) IS GOOD FOR YOUR HEALTH

As a new study finds that including dairy in your diet could help prevent diabetes, here's what type you should be going for – and how much

Queue for a coffee in your local café and you'll hear a dizzying array of orders – oat flat whites, almond macchiatos, soya lattes. Increasingly rarely will anyone order a drink made with dairy, which has fallen so far out of fashion that in some circles it's become a dirty word.

Since the 1970s, our consumption of cow's milk has halved – from an average of 140 litres per person per year to 70...

Read the rest of this article on page 64.

7 Steven Ross Johnson, U.S. News & World Report 13 December 2024

Countries with the longest life expectancy

COUNTRY	AVERAGE LIFE EXPECTANCY
Liechtenstein	84.3 years
Japan	84.0 years
Switzerland	83.5 years
Australia	83.2 years
Sweden	83.1 years
Spain	83.1 years
Ireland	83.1 years
Luxembourg	83.0 years
Italy	82.9 years
Singapore	82.9 years



8 Jeanne Calment of Arles, the longest-lived person in history

YOUR SAY

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There's £20 of Wetherspoon gift cards for every letter we print

All letters and e-mails to the editor are read, considered and also passed onwards (if appropriate), yet, owing to correspondence volume, not all may be answered.

Write to us

Your letter or e-mail really can make a difference. So, please do keep writing. Should you have any suggestions on how we can improve our service, please let us know.

Thank you

wetherspoon



FOOD & DRINKS GIFT CARD

TEACHERS WHOSE NAMES OUTLIVED THEM

Dear Editor

Who would dream of naming a successful business after a former teacher?

Well, Tim Martin, of course, in naming his pub company – Wetherspoon.

Imagine my surprise to find an earlier example... The band Lynyrd Skynyrd (most famous for the 1976 hit Free Bird) was named after a former teacher – Leonard Skinner.

The name was altered slightly to avoid legal action.

Alan Bullimore, Luton



Lynyrd Skynyrd

Tim replies: Thanks for the information – news to me.

Love the band – Sweet Home Alabama and Simple Man are among my favourite tracks. Maybe they would offer me a job as a dancer, or even a roadie, in the future, if I were to take a sabbatical.

Remember, I'll say to them, John Travolta used to drink in my pub...



LET OLD DOCKERS SINK THE SHIPYARD

Dear Sir

Would it be possible to reinstate Shipyard at The Britannia Inn (Plymouth)?

We worked at the Royal Naval Dockyard in Devonport (shipyard), with The Britannia Inn being a favourite with 'yardies'.

My former colleagues miss our pint or three in our get-together at the pub.

PH Ashton, Saltash, Cornwall

Tim replies: History and tradition matter! Yes, indeed, only too happy to reinstate Shipyard. So glad that the yardies frequent The Britannia Inn, which, for many years, has been a great pub for Wetherspoon and the local community.

O TUNA, WHERE ART THOU?

Dear Sir Tim Martin

I love visiting Wetherspoon's pubs across the country, yet am disappointed to see, at my local Wetherspoon in Guildford (The Rodboro Buildings), that the tuna filling is no longer available for the wonderful jacket potato menu option.

Your other filling options (such as cheese and baked beans) are lovely, but the tuna one was so nice!

Can we please have the tuna filling back on the Guildford menu?

Adam Gale, Cranleigh, Surrey

Tim replies: For several decades, I was a tuna-and-jacket-potato guy, but I switched to a chicken wrap and salad for lunch a few years back.

So, I hadn't noticed that the tuna had vamoosed. No sooner is my back turned...

Seriously, though, as we speak, tuna has been reinstated! Your wish is my command, as they say.

LABELLED WITH LOVE

Dear Tim

I enjoyed your article on Guinness in the spring/summer magazine.

As far as we know, my wife's father was the last man in Northern Ireland to bottle Guinness directly from the brewery.

In the 1960s, he was the licensee of The Devenish Bar, in Enniskillen.

The Guinness would be delivered from the brewery – and when my wife Sheila came in from school, her dad would have the bottles sterilised and ready.

He would fill the bottles, then Sheila would cork and label each one.

They would then be laid down, like a fine wine, to be enjoyed by customers who came from all over, saying it tasted like double cream.

Although the pub is still there, it is no longer in the family.

We do enjoy visiting your pubs and hotels throughout the country.

Rob White, Stalybridge

Tim replies: That's an amazing story – my old man was the Guinness rep for fairly nearby Derry/Londonderry in the early 1960s, so he may even have bumped into your father-in-law. Those were the days, my friend...

RUDDLES FAN DAZZLED BY SHINING STAR

Dear Sir

A big thankyou for upgrading and updating The Star (Gosport).

It is now, as it should be, an outstanding feature of High Street – a really great improvement.

Just one other point – please do not stop selling Ruddles – it's still the best beer in your establishments by far.

I have been drinking it since 1979.

TR Martin (Tony Raymond Martin) – now, that's a coincidence. Gosport, Hampshire

Tim replies: You have an almost perfect name.

You also have almost perfect taste.

If you refer to the last sentence of my article on page 4, you will see that I also opt for a Greene King beer, Abbot Ale, a stable-mate of Ruddles.

Are we, I wonder, by any chance, related?

Thanks for your comments about The Star, in Gosport.

Groovy pub; groovy town; groovy people.

THETFORD

TEMPORARY BEER GARDEN TAKES ROOT IN THETFORD



Wetherspoon is celebrating working in partnership with a local council, for the benefit of everyone in a Norfolk town.

The Red Lion (Thetford), which first opened in July 2012, in Market Place, is situated in the heart of the town square in Thetford, with the cenotaph, car-parking and weekly markets all located in front of the pub.

During the COVID-19 pandemic, the town council (also the premises' landlord) gave permission, temporarily, for The Red Lion to use the closed car-parking area, as an outside customer area.

The alfresco paved space was a great success and something The Red Lion was keen to have permanently.

Following numerous meetings, with everyone being listened to, including the town council, Wetherspoon, market traders and local residents, as well as a successful two-year trial period for the pub,

a long-term lease for the use of the outside space (in conjunction with the pub's premises lease) has now been agreed on.

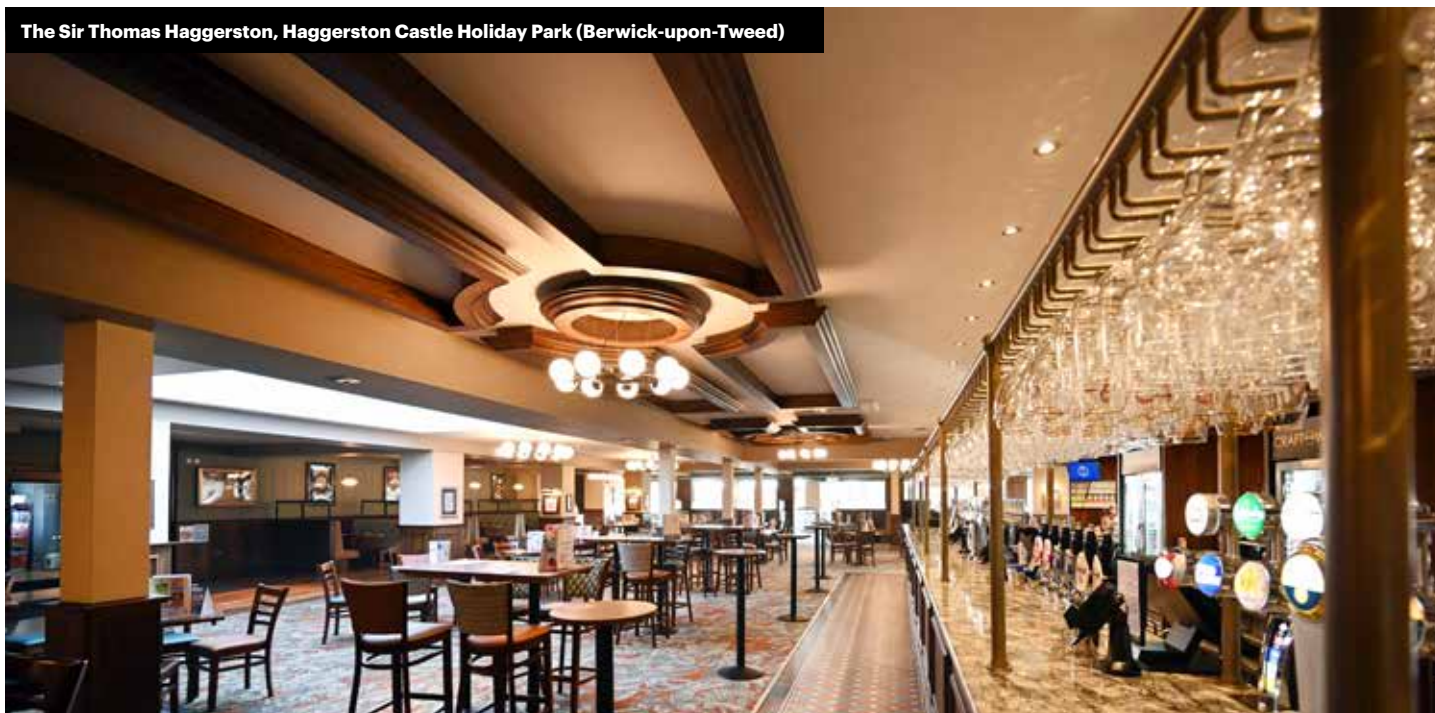
The car park's closure followed the local council's decision to repurpose the car-parking area for local events.

Pub manager David Kennedy (pictured) said: "We are delighted that an agreement has now been reached, and we can plan for the future with a garden."

Simon Barratt MRICS, Wetherspoon acquisitions, concessions and franchising, said: "The agreement is very welcome and a good outcome for everyone."

"Special thanks to the council's staff for dealing with this in a constructive manner."

The Sir Thomas Haggerston, Haggerston Castle Holiday Park (Berwick-upon-Tweed)



BUCKETS, SPADES AND SPOONS AS NEW HOLIDAY PARK PUBS OPEN

Haven has opened a further four Wetherspoon pubs at its holiday parks.

The four new pubs bring the number to five at Haven holiday parks across England.

The new pubs are located at Cleethorpes Beach Holiday Park (Lincolnshire), Haggerston Castle Holiday Park (Berwick-upon-Tweed), Kent Coast Holiday Park (Rochester) and Devon Cliffs Holiday Park (Exmouth).

More than £6 million has been invested in the four new pubs.

The Humber Stone at Cleethorpes Beach was the first of the four to open.

The pub is managed by Ben Coulbeck.

The pub's name reflects its location in Humberston, which is believed to originate from the 'Humber Stone' – a glacial boulder near St Peter's Church.

The Sir Thomas Haggerston at Haggerston Castle Holiday Park is managed by Jemma Marshall.

The pub is named after Sir Thomas Haggerston, 2nd Baronet, a member of the Haggerston family of Northumberland.

Devon Cliffs Holiday Park's new pub is called The Red Rocks and is managed by Dan Young.

The pub is named after Devon coastline's iconic Triassic period's red cliffs.

The London Stone, at Kent Coast Holiday Park, is managed by Adrian Higgs.

The pub is named after the London Stone at Yantlet – an historic marker of the City of London's medieval control over the River Thames.

The first pub at a Haven holiday park, The Five Stones, opened in 2024 at Primrose Valley, in Yorkshire.

Wetherspoon's chief executive, John Hutson, said: "We are delighted that there are now five Wetherspoon pubs operating at Haven holiday parks.

"They are operated as Wetherspoon pubs under agreement with Haven holiday parks.

"They have proven very popular with holidaymakers, and we look forward to opening more pubs at the sites."

Pub manager at The Red Rocks, Dan Young added: "We're thrilled to kick off the 2025 season by welcoming our owners and holidaymakers to our brand-new pub and to bring our exclusive partnership with Wetherspoon to a new park for guests to enjoy throughout the year."



The Sir Thomas Haggerston
Haggerston Castle Holiday Park
(Berwick-upon-Tweed)



The Humber Stone, Cleethorpes Beach Holiday Park (Lincolnshire)



The London Stone, Kent Coast Holiday Park (Rochester)



The London Stone, Kent Coast Holiday Park (Rochester)



The Red Rocks, Devon Cliffs Holiday Park (Exmouth)



The Five Stones, Primrose Valley Holiday Park (Filey)

DEAL OR NEW DEAL

New weekly club deals feature a smorgasbord of options which won't break the bank

Customers can now enjoy new weekly club deals and greater value-for-money meals and drinks at Wetherspoon's pubs across the UK.

Monday

The NEW small plates deal offers any three, at a reduced price, from a choice of 20 small-plate dishes.

Among the small-plate choices are 10 spicy chicken wings, halloumi-style fries and the 8" Margherita pizza (from a range of eleven 8" pizzas).

Customers can also choose from over 50 drinks, including draught beers, spirits, cocktails and soft drinks, at lower prices, as part of the Monday Club promotion (excluding pubs in Scotland).

Monday to Wednesday

Ale Wednesday has been extended to become Ale Monday to Wednesday, with lower prices on guest ales.

Tuesday

The NEW Tuesday Club is offering a beer and burger at a reduced price. There are 14 burgers to choose from (eight classic or American and six gourmet).

The NEW gourmet burger range is featured in the offer, including The Big Smoke, Buffalo and cheese meltdown.

All gourmet burgers are served with chips, six beer-battered onion rings and a choice of over 150 drinks (soft and alcoholic) as part of the price.

Wednesday

Those pubs serving pizzas are offering the NEW Pizza Club, with all 11" pizza choices available.

These include NEW spicy chicken, pepperoni, BBQ chicken and roasted vegetable, as well as a choice from over 150 drinks as part of the price.

Thursday

The ever-popular Curry Club® offers all classic curries, served with basmati pilau rice, two poppadums, a naan bread and a drink as part of the price.

Across the choice of seven curries, there's a range of spice levels. From the mild chicken korma to the fiery Naga chilli chicken vindaloo and spice levels in between, there is something to suit all tastes. The katsu curry range is also available.

Afternoon Deal

The Afternoon Deal promotion (Monday – Friday, 2pm – 5pm) is also still available, offering great-value pub classic meals, at a lower price, with a drink included in each meal.

The deal includes fish and chips and all-day brunch, with a range of smaller meals also available.

Wetherspoon's founder and chairman, Tim Martin, said:

"We believe that customers will welcome the pubs' new and existing value-for-money club deals."

MONDAY CLUB

Choose from over 50 drinks

Real ales and beers; Draught lagers and ciders
Draught craft; Spirits; Cocktails; Soft drinks

See drinks menu for details. Excludes bank holidays and pubs in Scotland.



**MONDAY to
WEDNESDAY**

Excludes bank holidays.

Guest ales at lower prices

(various ABVs)

MONDAY

SMALL PLATES

Choose from 20 dishes

Excludes bank holidays.



Ten spicy chicken wings
Halloumi-style fries; 8" Margherita

TUESDAY CLUB

GOURMET BURGER

INCLUDES A DRINK*

Choose from over 150 drinks



The Big Smoke; Buffalo; Cheese meltdown

WEDNESDAY

PIZZA CLUB

INCLUDES A DRINK*

Choose from over 150 drinks



11" Margherita; 11" BBQ chicken; 11" pepperoni

THURSDAY

CURRY CLUB®

INCLUDES A DRINK*

Choose from over 150 drinks



Katsu chicken curry; Chicken tikka masala

MON - FRI, 2pm - 5pm

AFTERNOON DEAL

INCLUDES A DRINK*

Choose from over 150 drinks



Freshly battered fish and chips

BOSSING IT: WE ARE AMONG BEST EMPLOYERS IN EUROPE



Wetherspoon has been named among 'Europe's Best Employers 2025' in The Financial Times and Statista report.

Company evaluations were collected in the independent process, with Wetherspoon being named among the most highly recommended employers in Europe.

Wetherspoon's head of people, Tom Ball, said: "We are delighted to be named in the report.

"Our employees are vitally important to the overall success of the individual pubs and the company.

"We strive to offer each of our employees the opportunity to progress within the company."

EAST DIDSBURY

ALE ARBITER ADELE LEADS THE GATEWAY TO GLORY



Pub manager Adele Graham is pictured receiving a 'pub of the month' award from representatives of the local Campaign for Real Ale (CAMRA) branch.

Adele's pub, The Gateway (East Didsbury), was named 'pub of the month', in March 2025, by Stockport & South Manchester CAMRA, with Jim Flynn (left) and Mark Clayton making the presentation.

Mark said: "Kev Muldoon was manager at The Gateway for many years, earning three 'pub of the month' awards before moving on to revitalise The J. P. Joule (Sale).

"He was a hard act to follow, but bright and cheery Adele Graham took over as manager in December 2022.

"Adele has kept up, and even improved, its high standards – particularly in cellarage.

"The pub has continued to thrive, with a rotating offer of a wide variety of real ales on the eight hand-pumps on the bar, a long menu

and various offers throughout the week, including reduced prices on ale on Mondays and Wednesdays.

"As well as the 'pub of the month' award, the pub hosts CAMRA meetings in the large function room upstairs, allowing visiting brewers to take over several taps.

"To sum up, if hospitality and good ale are what you are looking for, then Wetherspoon and The Gateway's manager, Adele, know their stuff."

Adele added: "This is my first award at this pub and one I'm proud to receive. Thanks to all of the CAMRA members for their continued support."

The Gateway serves three permanent ales, being Ruddles, Abbot Ale and its house ale, Gateway to Heaven (4.2% ABV) – a light, golden, hoppy ale from the Manchester-based Brightside Brewing Company.

Among the popular, ever-changing guest ales are Phoenix Wobbly Bob (6.0% ABV) and Peerless Full Whack (6.0% ABV), as well as beers from Titanic, Rooster's and Wilde Child.

BLACK SABBATH FAN IAN PUTS OZZY BEHIND BAR



Two Wetherspoon pubs, The Soloman Cutler and The Figure of Eight, are located just 100 metres from the world-famous Black Sabbath Bench on Birmingham's Broad Street.

The tribute to the heavy-metal pioneers has been a hugely popular attraction ever since it was unveiled in June 2019.

The band's final gig, with an all-star supporting line-up, was held in July at Villa Park, the home of Aston Villa Football Club.

To celebrate the band's enduring success since its formation in 1968, artist and Black Sabbath fan Ian Morris carried his painting (120cm x 90cm) of Ozzy Osbourne around the local Westside area for a fun video.

He then took it for breakfast at The Figure of Eight, where 'Ozzy' was even photographed behind the bar.

The painting shows Osbourne during his last public performance at the Birmingham 2022 Commonwealth Games, when a giant mechanical bull was also unveiled.

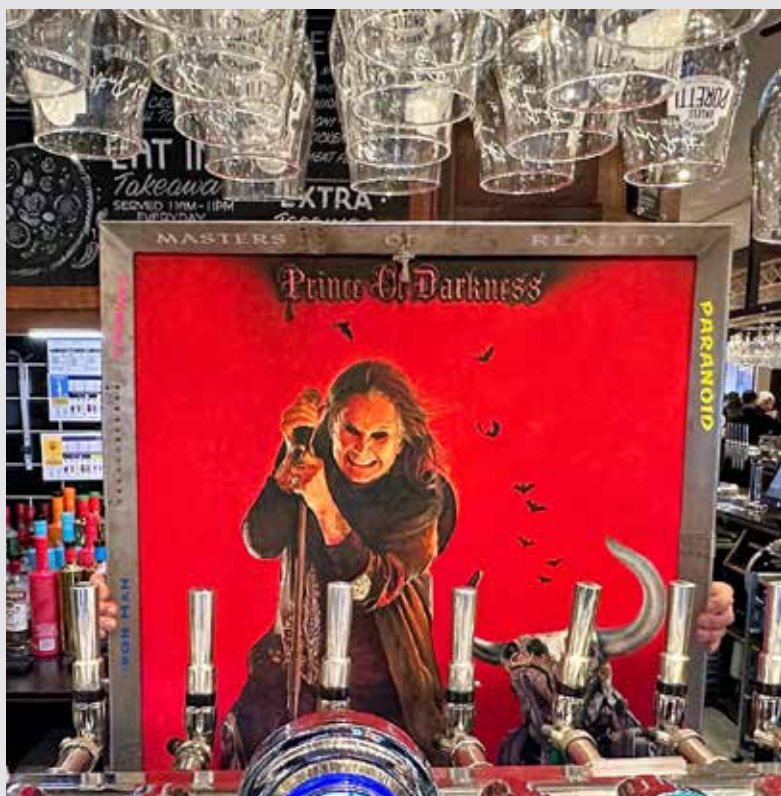
The bull, officially named 'Ozzy', is now permanently displayed in Birmingham New Street railway station, just 100 metres from Wetherspoon's pub – The London and North Western.

Black Country resident Ian said: "Many thanks to Wetherspoon for letting me have fun and put Ozzy behind the bar. I made sure that he didn't touch a drop!

"It was a dream to paint such a picture. It wasn't about the money – I've turned down an offer of £20,000 for it."

● **Watch a video of Ian taking his Ozzy painting to the Black Sabbath Bench:**

www.youtube.com/watch?v=t_WUzEYhjNI



STANDING ORDER GIVEN STANDING OVATION FOR EXTENSION'S DESIGN



Pictured (left to right) are chair of Derby's Conservation and Heritage Advisory Committee architect Paul McLocklin, deputy manager Parisa Darling (The Standing Order (Derby)), Wetherspoon's property development manager Paul Turner MRICS, mayor of the city of Derby Ajit Singh Atwal, architect Sami Kamha ARB (Just H Architects) and shift manager Jonathan Dexter (The Standing Order (Derby))

The Standing Order (Derby) has won a prestigious design award.

It has won the George Rennie City Heritage Award from The Derby Conservation and Heritage Advisory Committee.

This is an annual recognition made by the Conservation Area Advisory Committee in memory of Mr George Rennie, the former long-standing conservation officer for Derby.

It recognises the skill and sensitivity in which conservation and new-build projects have been completed.

The award is for the pub's extension, which Wetherspoon developed in August 2022, following a £1.7-million project.

The pub, which first opened as a Wetherspoon pub in October 1995, is managed by Sophie Stone (pictured with the award).

The extension resulted in the customer area inside the pub being extended by around 200m² (2,152ft²), from 485m² (5,218 ft²) to 685m² (7,370 ft²).

A new garden also provided an additional 331m² (3,561ft²) of outside customer space.

Designed in careful consultation with Derby City Council, the new-look pub incorporates the previously vacant adjoining building – an estate agent's business.

This is linked to the newly constructed beer garden, located at the back of the pub.

Architect Sami Kamha ARB, responsible for the project on behalf of Wetherspoon, said: "The 2022 refurbishment of The Standing Order sought to revive the building's grand heritage sensitively, while enhancing its role as a welcoming social hub, expanding both internally and externally.

"The design narrative embraced the site's historic identity – retaining its architectural integrity with the redecoration of the building's famous banking hall, while introducing a hybrid of neoclassical-style touches to celebrate the site's expansion into the Joseph Wright house.

"Rich materials, warm lighting and curated period details celebrate the building's civic and industrial past, transforming it into a vibrant (yet respectful) space which bridges Derby's legacy with its evolving city culture."

Wetherspoon's property development manager, Paul Turner MRICS, said: "The company invested significantly to enhance this historic building in Derby.

"This will not only maintain its architectural integrity, but also ensure that it remains accessible and functional for future generations.

"By preserving this landmark, we are committed to celebrating its history and cultural significance, allowing it to continue serving the community for years to come."



ERIC GOES FROM DRAUGHT TO DRAFT WITH SCI-FI NOVEL

The battle is on to save humanity from the AI revolution – in shift manager Eric Fulham's first book *The Copy Room*.

Eric shares the fascination many people have with AI and its potential to change the world – for good or for ill.

Despite his 40-hour week at The J. P. Joule (Sale), he still found time to pen the 164-page tome.

Indeed, Eric makes the point that people with a busy life can still try to make some time to do something they always dreamed of doing.

He said: "I did it to show that work doesn't have to define who you are. I've gone 'from draught to draft', as I put it."

The Copy Room is set in a world controlled by robots, with one man leading the resistance.

Eric is donating 25p per book sold to Young Lives vs Cancer, while this edition of Wetherspoon News is out.

● The book is available on Amazon, priced £8.50

Visit: tinyurl.com/557wkvnd



SOLE MATES WILLIAM AND NIKKI CELEBRATE AT THE CORDWAINER



William and Nikki McErlane knew exactly where they wanted to celebrate with family and friends – after getting married at the local library.

The couple headed straight to The Cordwainer (Northampton) – where they'd first met 11 years ago.

A 'cordwainer' is the official term for a shoemaker who makes new shoes from new leather.

Both being regulars at the pub, real-ale-drinker William said: "It was all planned – we love The Cordwainer and brought along friends and family from the wedding, had breakfast there and celebrated our marriage."

Shift manager Gary Drinkwater, who has worked at the pub for 13 years, said: "They came in with flowers, and I thought that it was something to do with St George's Day – they told me that they had just got married, and I congratulated them."

"William and Nikki have been coming here for many years and we wish them all the best for a happy future."

They met online and chose The Cordwainer for their first real-world date.

William said: "The pub means a lot to us – we had our first date here and have continued to socialise here, sometimes on our own, sometimes with friends."

"It was the perfect place to celebrate our big day."

FIGURE OF EIGHT'S LIBRARY FEATURES FORECAST OF THE FUTURE FROM 1943

The Figure of Eight (Birmingham) opened in 1996 – but one of its own 'library' books is more than 80 years ahead of its time.

Customers can never doubt the value of a good read when they see pictures of literary giants JRR Tolkien (*The Lord of the Rings*) and Charles Dickens (*The Pickwick Papers*) beaming down towards the beer-garden end of the city-centre pub.

Although one of Broad Street's attractions today is the Library of Birmingham, it's open for only 40 hours a week and has no café.

The Figure of Eight is open for 114 of the 168 hours in every single week – and it has its own well-stocked bookshelves.

In a cosy corner, which is a popular breakfast haunt from 8am, one 140-page book details a Town and Country Planning Association (TCPA) conference from 23 October 1943.

Reading as if written by the fashionable, Paris-inspired '15-minute city' planners of today, the Faber and Faber book says: 'There is a lot to be said for a town not being more than a mile in radius.'



'Everybody can get in 15 minutes to the work-centre, and everybody can be within 10 or 15 minutes of the open country – two enormous advantages in daily life.'

Pub manager Daniel Langman said: "The Figure of Eight's 'library' is part and parcel of the pub.

"Some customers browse through the books, and there are some weird and wonderfully titled books for people to peruse.

"We believe that it adds to the pub's essence."

LONDON TOUR GUIDE WINDS WAY TO BAKER STREET PUB



Renowned London tour guide and Wetherspoon enthusiast Rachel Kolsky is pictured (front) with her group at The Metropolitan Bar, near Baker Street, London.

Rachel took her group to the pub as part of her new tour, titled *Winding your way down Baker Street*.

She said: "Baker Street is a famous road, yet no one thinks further than it being the former headquarters of Marks and Spencer and the address of the fictional detective Sherlock Holmes.

"My tour highlights many other Baker Street connections, including the homes of actor Kenneth Williams, Eric Coates, the composer of *The Dambusters* and *Desert Island Discs* theme tunes, numerous SOE (Special Operations Executive) offices during World War II and, of course, Baker Street station – one of the seven stations on the world's first underground railway... with its fabulous Wetherspoon pub, The Metropolitan Bar."

The pub is named after the Metropolitan Railway which passes under Marylebone Road.

Wetherspoon opened the pub in April 2000.

It was formerly The Chiltern Court Restaurant, opened in the late 1920s as part of Chiltern Court, an upmarket block of flats built above the station.

Rachel added: "The pub's ceiling is decorated with numerous coats of arms, representing the towns and counties linked to the Met Line.

"The walls are filled with fabulous archive images of the building and area's past, providing historical visuals complementing the Baker Street of today.

"Everyone thoroughly enjoyed their visit to the pub – which proved to be the ideal starting point for exploring the area and an opportunity to discover the history of Wetherspoon itself.

"My tours cover the whole of London, including residential suburbs, the City of London, Jewish London, Theatreland and the East End.

"Many of them include a Wetherspoon pub en route – and I am delighted that The Metropolitan Bar is now added to that roster."

● www.golondontours.com

LONG PARTNERSHIP WITH GREENE KING HAS KEPT ALE FANS HAPPY FOR 46 YEARS

Customers have drunk hundreds of millions of pints of the many iconic ales supplied by the historic Suffolk brewery

Brewery's name: Greene King, Bury St Edmunds, Suffolk



Greene King's head brewer Jack Palmer

Wetherspoon and Greene King have been working in partnership since 1979.

During the past 16 years (Greene King's data is available only from 2009 onwards), the Suffolk-based brewery has supplied 830,000 barrels of ale to Wetherspoon's pubs – the equivalent of 239 million pints of beer.

Abbot Ale (5.0% ABV), a Greene King brew since 1951, and Ruddles Best (3.4% ABV), originally brewed in Rutland, top the charts in terms of pints supplied to Wetherspoon's pubs, at 106 million pints of each.

These particular beers are among the most popular with Wetherspoon's real-ale customers and, as a result, that fast and consistent turnover of stock ensures that they are also among the freshest pints served.

The age-old urban myth of Wetherspoon pubs serving short-dated beer (rumours which were started to explain the company's ability to keep prices competitive) is, from a logistical point of view, impossible.

Demand

No amount of short-dated beer could keep up with Wetherspoon's real-ale demand.

Greene King is as passionate as Wetherspoon about delivering excellent-quality real ale to customers.

Founded in 1799 by Benjamin Greene, the business was run with Benjamin at the helm for 37 years, before he passed it on to his son Edward.

Edward Greene grew the business, doubling employees and production, before merging operations with business rival Frederick King, as Greene King became more recognisable as the brewery it is today.

Other Greene King ales popular and familiar with Wetherspoon's customers include Old Speckled Hen (4.5% ABV), first brewed in 1979 to commemorate the 50th anniversary of the iconic MG car factory in Abingdon, Oxfordshire.

It joined the Greene King portfolio in 2000, along with Ruddles Best, when the pub company and brewer acquired the Morland brewery.

A new brew was created in 1951 by the Greene King head brewer at the time, Bernard Tickner, and a competition launched to name it – which is where Abbot Ale came from. The inspiration was the famous abbey which sits in the heart of the brewery's hometown of Bury St Edmunds.

Favourite

In 2007, Abbot Reserve (6.5% ABV) was introduced as a winter special by cask. It is a super-premium beer, matured for longer to create a distinctive full-bodied beer. It is another favourite of Wetherspoon's customers.

In 2019, Wetherspoon celebrated its 40-year anniversary and, as one of the company's original suppliers, Greene King commissioned a special, Ruby Abbot, to mark the occasion.

The exclusive beer was featured in a special 40th birthday real-ale festival, at the time. Owing to its continued popularity, it has been rebrewed on request several times since.

Matt Starbuck, managing director for brewing & brands and group supply chain at Greene King, said: "We have been supplying Wetherspoon for 46 years – and that is an incredible achievement and one which we really do value.

"Over the last decade alone, Wetherspoon's customers have bought an amazing 136 million pints of Greene King's beer – and we hope that they've enjoyed every pint."

KILLING OFF AN URBAN MYTH

The ludicrous fairy tale that Wetherspoon sells beer which is close to its sell-by date has never appeared in print, but was seen on a website called Quora, posted by a 'Brian Martin'.

Wetherspoon wrote to Quora and Google, asking them to remove the offending article.

Had the Quora/Google allegation appeared in a newspaper (it never has), there would have been grounds for legal action for defamation.

Giant companies like Google, very controversially, claim not to be 'publishers' and that legal action can be taken against only those making the defamatory post.

Fair play to the journalist, in the article below, who has accurately reported our comments.

By the way, the lowest-priced beer which Wetherspoon sells is normally Ruddles Bitter, brewed by Greene King – brewer of Abbot Ale, IPA, Speckled Hen and other famous beers.

The lowest-priced lager is Bud Light, brewed by Budweiser Brewing Group – the world's largest brewer, which also brews Corona, Stella Artois and many other brands.

Wetherspoon has five- to 10-year contracts with its main beer suppliers which, unsurprisingly, do not allow for 'short-dated beer'.

Indeed, also unsurprisingly, neither Greene King/Budweiser nor their competitors have ever offered Wetherspoon short-dated beer. Sorry to disappoint the conspiracy theorists.

“ WHY WETHERSPOONS IS SO CHEAP COMPARED TO OTHER LONDON PUBS

The chain's popularity is mainly due to its prices – here's how it keeps them so low

Pubs are arguably the lifeblood of British people's social lives, and since popular chain Wetherspoons opened its doors in 1979 it has taken pub culture to another level.

Wetherspoons has over 870 venues operating across the UK, with more than 100 in London alone.

Whatever draws people to the pub, one clear reason sticks out – and that is the prices.

According to the Mirror, the cheapest pint you can get from the low-cost tavern was £1.89 at The Turls Green pub in Bradford in 2019.

In contrast, according to The Good Pub Guide, the average cost of a pint in London was £4.44 in 2020.

So what makes Wetherspoons so cheap?

People have speculated on user internet forums such as Quora that the reason the pub is able to charge such low prices is because it buys stock that is close to its sell-by date.

However, this is a rumour that Wetherspoons strongly refutes.

A spokesperson for the company said: "The urban myth that Wetherspoon buys out-of-date or short-dated beer, or any other products, is ludicrous.

"Wetherspoon has been trading with most of its beer, wine and spirit suppliers, like Greene King, Marston's, AB InBev, Diageo and Heineken, or their predecessors, and other smaller brewers since opening its first pub in 1979.

"The idea that any of these companies would risk their reputation by permitting Wetherspoon, or any other customer, to sell short-dated beer is preposterous."

Wetherspoon chairman Tim Martin said: "Wetherspoon has more pubs in the CAMRA Good Beer Guide than any other company.

"Wetherspoon's beer is also independently assessed by Cask Marque, which has been inspecting Wetherspoon pubs since 1999, visiting each pub at least twice a year.

"The assessors test temperature, appearance, aroma and taste. Every Wetherspoon pub has passed the Cask Marque assessment.

"Wetherspoon is also the top pub company for hygiene standards, with an average of 4.97 out of a maximum of 5 in the local-authority-run 'scores-on-the-doors' scheme.

"Some people believe in conspiracy theories, however, as anyone with genuine knowledge of the pub trade knows, this one is complete nonsense."

The spokesperson for the chain went on to explain how opening hours play a part in the pub chain being able to sell at such a cheap price, and that they were able to sell at competitive prices by "accepting a lower operating margin than most companies."

They said: "Wetherspoon also opens for longer hours than most pubs (eg the pubs open for breakfast) and sell food for prolonged periods – normally until 11pm.

"High sales of a wide range of products and long-term relationships with suppliers are some of the key factors."

By Melissa Sigodo
MyLondon / 3 July 2021
Print credit: MyLondon

SCOTSMAN GERALD RIDES 505 MILES AND VISITS OUR PUBS EN ROUTE

Wetherspoon's superfan Gerald Daniels undertook a 13-hour, 505-mile train trip from Aberdeen to Penzance, visiting Wetherspoon pubs along the way.

His train stopped long enough for him to disembark and pop into The Booking Office (Edinburgh), The Knights Templar (Bristol) and The London and North Western (Birmingham).

Gerald's journey began at The Archibald Simpson (Aberdeen) and concluded at The Tremeneheere (Penzance).

A retired railway worker, Gerald, 87, benefits from free rail travel and uses this perk to visit UK-wide Wetherspoon pubs.

He said: "This was, by far, the longest journey I have undertaken.

"It was very enjoyable – there were 18 people in my carriage also going to Penzance. We all got chatting and it was lovely of the pubs to receive me on the way and let me have some refreshment."

He has now visited 840 Wetherspoon pubs, with plans to pop in to The Humber Stone (Cleethorpes), The London Stone (Rochester) and Wetherspoon's pubs in Devon during a trip which will see him take part in the Exeter Canal Trip.

Gerald also organises commercial tours by train (which usually include Wetherspoon's venues) through the Rail Ale Rambles website: www.crookhamtravel.co.uk



BISHOP BLAIZE – MORE THAN A PHASE FOR FAR-FROM-FICKLE FANS



Pub manager Ben Plunkett is pictured (centre) celebrating his pub's 25th birthday with regular customers Anthony and Cindy Walker (left), shift manager Becky Taylor and regular Brian Parr.

Ben has managed The Bishop Blaize (Stretford) since February 2010, himself marking 20 years with Wetherspoon in October 2024.

Becky has worked at the pub for 18 years, while Anthony, Cindy and Brian have been customers at the pub since the day it opened.

The pub is a stone's throw from Old Trafford, home of Manchester United, so is popular with the team's supporters.

Ben said: "The Bishop Blaize is a wonderful pub, with loyal staff and customers.

"It was great to be able to celebrate the pub's 25th birthday with them – and we look forward to many more years serving the community."

ALLOA

IT ALL CLICKS IN CLACKMANNANSHIRE



The Bobbing John (Alloa) has been highly commended at The National Pub & Bar Awards 2025.

It was named as one of the best venues in Clackmannanshire.

The town-centre pub was chosen for its value-for-money offer and its broad customer base.

Tristan O'Hana, editor of Pub & Bar magazine, which runs the awards, said: "Judges were very impressed with the pub."

Pub manager Sarah Murdoch (pictured) said: "We were delighted to be highly commended."

"We have many types of customer – families, older people, younger ones, diners and those who like a drink in the pub's garden."

"We pride ourselves on the friendly and relaxed atmosphere here, along with the value-for-money offer."

Previously, in 2022, the pub was named county winner for Clackmannanshire in the same awards competition.



EXETER

EMPIRE STRIKES BACK AS IMPERIAL IN EXETER CLAIMS CAMRA CROWN



The Imperial (Exeter) has been named as 'pub of the year', for 2025, by members of the local Campaign for Real Ale (CAMRA) branch.

Pub manager Emma Gibson is pictured holding the award certificate with shift manager and ale champion Danny Hembrow, along with branch chair of Exeter & East Devon CAMRA James Kirkcaldy (second left) and other branch members.

Eighteen branch members judged five finalists (The Imperial was also named as 'urban pub of the year' for 2024) on various criteria and scored The Imperial the highest.

The branch committee wrote: "We can now announce that the Exeter & East Devon CAMRA branch pub of the year is The Imperial, Exeter."

"Congratulations to them and to the other four finalists. The result was close."

Emma, who has been pub manager at The Imperial for nine years and has worked for Wetherspoon for 21 years, said: "We are absolutely thrilled with this award."

"We have a great team of people here at the pub looking after such an important aspect of the business for us."

"It really is a team effort, from washing the glasses and cellar care to working with breweries and all of the other details which add up to make the customer experience a good one."

"I could not be more proud of the team."

Among the branch member judges' comments about The Imperial were: "Excellent range of beers; toilets spotless; usually busy and vibrant; lots of local history in the pictures on the walls; excellent value for money; very good value beer and food; an extensive outdoor space; Emma actively involved with the branch membership."

The Imperial usually serves up to eight ever-changing guest ales at all times, in addition to Wetherspoon's three permanent beers: Sharp's Doom Bar and Greene King Abbot Ale and Ruddles.

Exeter Brewery's Darkness (5.1% ABV) is a firm favourite with the real-ale regulars.

NEVER TOO FAR FROM THE BAR, IF YOU STAY WITH US

Treat yourself to a get-away at one of the 56 Wetherspoon hotels attached to pubs in Britain and Ireland

If you are looking for a get-away and a stay at a Wetherspoon hotel this summer, or at any time, book directly – at jdwetherspoon.com, on the app or by phone.

Whether it's a much-needed short break, an extended stay or a convenient one-night stop-over, Wetherspoon has a collection of hotels in city, coastal and countryside locations, across the UK and Ireland, offering the perfect accommodation.

Each of the hotels is situated above or near a Wetherspoon pub, serving breakfast, lunch and dinner, and has its own unique style and character, with many housed in beautifully restored historic buildings.

The website (hotels.jdwetherspoon.com) is easy to use and simple to navigate, allowing for quicker and easier booking options.

Information on all 56 Wetherspoon hotels is also available, ensuring that you choose the perfect location for your stay.

Each hotel room features an en suite bathroom, complimentary tea- and coffee-making facilities, hair dryer, flat-screen television with Freeview TV (Saorview Freesat TV in Ireland) and unlimited free Wi-Fi.

Hotel guests can also use the coffee machines in the bar, during their stay, for free refills of coffee, tea and hot chocolate.

The hotel rooms can accommodate a mixture of double, twin and family occupancy, many being interconnecting.

There are also accessible bedrooms, with wet-room facilities, suitable for guests needing accessible facilities.

**wetherspoon
hotels**

**Not available[†] on Booking.com
or any website apart from our own.**

Book direct.



Scan to find out more.

**Our rooms[†] are only available
at jdwetherspoon.com,
on the app or by phone.**

[†]UK hotels only.

England

The Saxon Crown

100 Elizabeth Street, Corby, NN17 1FN

☎ 01536 203672

This hotel, with its 24-hour reception, is situated in a 1960s landmark building, the former East Midlands Co-operative building, in Corby, Northamptonshire.

There are 49 bedrooms, each with an en suite with rain shower.

Adjoining, family and accessible rooms are also available. Each room contains a welcome tray, with tea- and coffee-making facilities, water and biscuits. There's a television and plenty of plug/USB points.

The hotel also has a meeting room available for hire, with a range of conferencing styles possible.

Corby is host to a variety of local attractions.

It is home to Adrenaline Alley, Europe's largest urban sports venue, as well as being home to the East Midlands Olympic Swimming Pool.

The Core at Corby Cube, an entertainment venue, offers comedy, music, dance and theatre.



The Thomas Ingoldsby

5-9 Burgate, Canterbury, CT1 2HG

☎ 01227 463339

This is a 13-room hotel in the heart of Canterbury's city centre.

All rooms have an en suite bathroom, Freeview television, unlimited free Wi-Fi and digital temperature control.

Ideal for a city break, the hotel offers a 24-hour reception, family rooms and irons with boards, as well as luggage-storage facilities.

Canterbury is an historic English cathedral city and UNESCO World Heritage site. It is a popular tourist destination and one of the most-visited cities in the UK.

Many historical structures fill the area, including a city wall founded in Roman times and rebuilt in the 14th century, the ruins of St Augustine's Abbey and a Norman castle. The oldest extant school in the world can be found here, The King's School, along with the famous Canterbury Cathedral.



The Kings Highway

72-74 Church Street, Inverness, IV1 1EN

☎ 01463 251800

This 27-bedroom hotel has single, double, twin and family rooms, plus an accessible room with walk-in shower.

All bedrooms are en suite, with comfortable beds, luxury duck & feather down pillows and duvets, flat-screen television, complimentary tea- and coffee-making facilities, biscuits and mineral water.

A hairdryer and iron/ironing board are available in all rooms.

Inverness is the gateway to the Highlands, with a rich variety of places to visit and things to do, both in and around the city, including Inverness Castle, St Andrew's Cathedral and the beautiful riverside setting of the River Ness.

The city boasts a host of historic buildings, notably in the Old Town, which visitors can appreciate while browsing shops – from the Victorian market to the award-winning Eastgate Shopping Centre.



The Castle Hotel

St Peters Square, Ruthin, LL15 1AA

☎ 01824 708950

Wetherspoon opened the doors of this hotel in 2012, following a total refurbishment of the building. It has 17 en suite bedrooms, some adjoining, all including Freeview television and unlimited free Wi-Fi.

Ruthin is a small town nestled in the Vale of Clwyd, in north Wales. The town is the perfect location from which to explore the north Wales coast and Snowdonia National Park – both of which are a short drive.

The countryside has a breath-taking natural beauty, with a diversity of vistas, from dramatic mountains, rolling hilltops and winding river valleys to stunning coastlines.

Such diversity brings a range of leisure opportunities, including walking, fishing and golf, as well as more active sports, or you can simply take in the array of historic sites. Ruthin itself boasts a 13th-century castle, built under the instruction of Edward I.



Wales

Keavan's Port Hotel

1 Camden Street Upper, Dublin, D02 TC61

☎ +353 1 405 4790

This hotel is set in Dublin's 'village quarter' and housed in a redeveloped series of eight Georgian townhouses (seven of which are protected), in Dublin's city centre.

Several historical aspects of the old buildings have been retained and restored, including a circular stained-glass window and the preserved former chapel of the convent of the Little Sisters of the Assumption – from 1890 until the 1940s.

This hotel has 89 en suite rooms, including accessible rooms, complete with full DDA-compliant bathroom facilities.

The hotel is located on regenerated Camden Street Upper, 1km from the city centre and Grafton Street, a short distance from many of Dublin's attractions.



Ireland

OPERA HOUSE FULL UP FOR DIE FLEDERMAUS



Opera House (Tunbridge Wells) hosted its annual, much-anticipated, opera event.

Tickets sold out for the touring Merry Opera Company's two performances of Die Fledermaus.

Wetherspoon's Opera House pub reverts to its original use at least once every year.

Audiences enjoyed either a matinée or a Sunday evening show from seats in a box or the stalls, with preshow dining included in the ticket price, or from the balcony (no dining), revelling in the wit and mischief of Strauss's timeless operetta masterpiece.

In a witty English translation directed by Guido Martin-Brandis, Merry Opera's singers gave a performance of unforgettable melodies, fizzy frolics and cheeky capers.

Past shows at Opera House have included The Magic Flute, The Mikado, The Pirates of Penzance, Cinderella '23, The Marriage of Figaro, La bohème and Kiss Me, Figaro!

Pub manager Greg Wilkins said: "We were thrilled to welcome the Merry Opera Company back to Opera House, for the 15th year running, with its production of Die Fledermaus.

"The annual show, which sold out again this year within a record time of 15 minutes from going on sale, is always eagerly anticipated and much loved – by staff and customers alike."

The original theatre, The Opera House, opened in 1902, built by the firm of John Jarvis, with the architect JP Briggs. It later became a cinema and then a bingo hall, opening as a Wetherspoon pub – called Opera House – in April 1997.



OPEN THE DOOR TO A WORLD OF OPPORTUNITY

Could you pursue a career here? Wetherspoon offers many paths to progress for anyone with the will to succeed

School leavers and university and college students, uncertain about their career path, might consider a future in the hospitality sector.

People sometimes think of a job in a pub as 'just bar work' or a temporary fix to earn some cash – Wetherspoon wants to dispel those myths.

Numerous Wetherspoon employees, some who honestly admit to starting with the company as a student for that very reason, have gone on to develop a long career with the company and discover that it is often 'more than just a job'.

Be under no illusion – it is hard work, but with so many great opportunities available for those prepared to put in that hard work, the adage 'if you're good enough, you're old enough' could never be more apt.

Many of Wetherspoon's pub managers started as under-18 floor associates or even 16-year-old kitchen associates, straight from school, and are now running their own pub.

Wetherspoon's recruitment, training and qualifications manager, Michelle Crooke, said: "For many of our young workers, this is their first job – and it gives them more than just a regular income.

"They gain confidence, developing essential life skills, as well as transferrable skills, and often take their first steps towards a long-term career, making some great friends along the way."

A job with Wetherspoon is 'more than just a job', offering employees:

skills for life

- gain valuable workplace experience from day one
- develop transferable skills, such as communication, teamwork, time management and problem-solving
- learn about health and safety, food hygiene and customer service standards
- build confidence and grow into leadership roles
- all training is provided – from basic skills to professional development
- a wide range of training courses helps to motivate teams and ensures high standards across all roles

flexibility which fits around your life

- let us know your availability
- rotas at least three weeks in advance
- guaranteed hours – you'll be promised a set number of hours; in return, we ask you to honour those
- once trained, you can often pick up extra shifts
- we believe in a healthy work-life balance: no long closedowns; at least 12 hours between shifts; time to enjoy your social life or studies

benefits

- complimentary meal on shift
- employee discount on food, drinks and hotel accommodation, when not working
- bonus scheme
- free shares (after a qualifying period)
- opportunities to complete apprenticeships and gain recognised qualifications

career progression

- many team members stay and build a long-term career
- all pub managers are promoted from within – starting in a bar, kitchen or cleaning role
- structured training and development available throughout your time with the company

support and inclusion

- work in a friendly, respectful and inclusive environment
- Wetherspoon is proud to be a Top Employer, year after year
- a culture where everyone is welcomed and respected
- support for neurodiverse employees, with personalised approaches, including adapted training, clear routines and one-to-one support
- Wetherspoon values diversity in all forms and wants everyone to feel comfortable being himself/herself/ themselves at work
- your well-being matters – the company supports teams with a wide range of resources around physical and mental health, including access to help, when most needed
- friendships which last – many people who join Wetherspoon make friends for life

To apply for a role

Visit: jdwwetherspooncareers.com

You must be of school-leaving age (varies by location in England, Scotland and Wales: www.gov.uk/know-when-you-can-leave-school)

Tom Fagen

Pub manager, Harpsfield Hall (Hatfield)

Tom joined the company in 2019, at the age of 16, at The Six Templars (Hertford), completing his apprenticeship and stepping up to shift leader when he turned 18.

He progressed to shift manager level at Hertford, before moving in January 2023 to Harpsfield Hall (Hatfield) as a kitchen manager.

Tom took on his first pub-manager role in August 2023 at The Three Magnets (Letchworth), at the age of 20 (the youngest in the company). In October 2024, he moved back to Harpsfield Hall as pub manager.

Tom, still just 22, said: "I would say 'go for it' to anyone who doesn't think that they are suited to a three- or four-year university degree course or to sitting all day in an office.

"Hospitality is a great career, and every day is different.

"Wetherspoon offers support, training and opportunities, not just in the pubs either: there are lots of varying roles across the company.

"If you work hard, anything is possible."



Cadey Morgan

Floor associate, The Briar Rose (Birmingham)



What attracted you to apply for a role at Wetherspoon?

"My cousin has progressed through the company, going from an associate role to now being a shift manager.

"Seeing her progression inspired me to start my career at Wetherspoon too."

What do you enjoy about your role?

"I enjoy the fast-paced environment and working with people from different cultures and backgrounds.

"My management team is really supportive, with everyone across the hotel, pub and kitchen working together as one large team."

How do you see your career progressing at Wetherspoon or is it something you see as temporary?

"I don't know where my career is going yet; however, if it is with Wetherspoon, the job allows me to learn a range of skills.

"There are many different departments at The Briar Rose where I could develop, including the kitchen and hotel."

What are the main benefits about working at Wetherspoon?

"The benefits of the job, as an under-18 staff member, include good pay, as well as a rota three weeks in advance, allowing flexibility and enabling me to know shifts well up front for planning.

"I also get complimentary food, on each work shift, and there is also a bonus scheme, which many other companies don't have."

Ella Anguige

Floor associate, Charles Henry Roe (Cross Gates, Leeds)



What attracted you to apply for a role at Wetherspoon?

"The thing which attracted me to apply for the role was that it opens new doors and new opportunities. I have also learned new skills. The best thing about working at Wetherspoon are the team members. They are always so helpful and willing to show you things, especially if you are unsure about anything."

What do you enjoy about your role?

"The thing I enjoy about my role is the interaction with customers. As a floor associate, you get to see friendly faces, and everyone says hello to you. If anyone has a question or problem, they can bring it to me – I will then speak to the managers and get things sorted."

How do you see your career progressing at Wetherspoon or is it something you see as temporary?

"For now, I do see this as a temporary job, because I'm uncertain about future plans. However, already being in this work environment, in fact, might change my way of thinking."

What are the main benefits about working at Wetherspoon?

"The main benefits of working at Wetherspoon are that it is a reliable job and you know what you are going to be doing. It can also be a great stepping stone, because it can open doors for you, so that you can pursue other job roles."

CHOCK-A-BLOCK FULL OF CHICKEN CHOICES

Chicken has always been a popular choice for Wetherspoon's customers dining at pubs – and that popularity is just continuing to grow.

Fried chicken has long been a hugely popular meal across many cultural backgrounds, although typically associated with the US, with its versatile appeal continuing to rise.

When founder and chairman Tim Martin selected his top-three favourite dishes, they included two chicken-based options: southern-fried chicken wrap and boneless basket.

Wetherspoon's pubs offer a vast range of meals featuring chicken, from salads and burgers to Deli Deals®, pub classics, small plates, pizzas and curries, as well as bowls and basket meals, plus wings, bites and strips.

The menu options serve chicken in a huge variety of styles, tastes and options, offering a wide range of snacks, meals and sharing dishes.

Here, we pick just a few choice chicks, but check out the chock-a-block chicken choices.

Just some of the chicken choices across the menu:

Small plates

8" spicy chicken pizza – mozzarella, spicy pulled chicken thigh, Naga chilli and garlic & herb sauces, rocket

Shawarma-chicken-topped chips – chicken thigh, Middle Eastern spices, Naga chilli and garlic & herb sauces

Chicken wings – 10 spicy chicken wings, Naga chilli sauce

Wings, bites and strips

Mix and match – five chicken wings; five chicken bites; three southern-fried chicken strips; five Quorn™ nuggets

Burgers

Fried buttermilk chicken – breaded whole chicken breast fillet

Korean fried chicken – two fried chicken strips, iceberg lettuce, gherkin, Korean-style sauce

Chicken

Sticky Korean fried chicken bowl – chicken strips, chicken breast bites, tossed in a Korean-style sauce, coriander, sliced chillies, with your choice of coconut-flavour rice or chips

Boneless basket – three southern-fried chicken strips, five chicken breast bites, coleslaw, BBQ sauce, with your choice of side salad, spicy rice or chips

11" pizza

BBQ chicken – mozzarella, chicken breast, BBQ sauce, red onion, rocket

Curries

Classic curries are served with basmati pilau rice, plain naan and poppadums

Chicken tikka masala

Chicken jalfrezi

Katsu curries are served with a mild Japanese-style katsu curry sauce, coconut-flavour rice, sliced chillies and coriander

Katsu grilled chicken curry – sliced chicken breast

Katsu chicken curry – sliced whole breaded chicken breast fillet

Deli Deals®

12" southern-fried chicken wrap – salad leaves, smoky chipotle mayo

Gourmet burgers

Buffalo – fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing

Pub classics

BBQ chicken melt – chicken breast, Cheddar cheese, bacon, BBQ sauce, peas, mushroom, chips

Salad

Chicken & maple-cured bacon salad – with your choice of chicken breast or southern-fried chicken breast strips



Sticky Korean fried chicken bowl



Chicken wings



Boneless basket



SAMANTHA LOOKS SHARP TO SET UP BOURNE DARTS TEAM



Pictured (left to right) are Kieran McFarlane, Bourne Darts Association's chairman Paul Ashton, Michael Ward, Dawn Warren, Samantha Gwilliam (captain), David Laughton, Tanya Holden and Jess Cassidy

Shift manager Samantha Gwilliam has, with the go-ahead from area manager Abigail Herdman and pub manager Matthew Ladym, successfully put together the first darts team ever at The Raymond Mays.

The team is now playing in the Bourne Darts League (BDL) on a Wednesday evening.

The league has been running in the town and surrounding villages for over 50 years.

Samantha has always had an interest in darts from a young age, through her dad, who is the current singles champion at the age of 78. They are partners in the local mixed doubles competitions.

Paul Ashton, chairman of the BDL, said: "It's great to have more teams joining the league, and we hope that next season will bring more interest."

Bar team leader Kieran McFarlane is the only other staff member to be in the team from the pub.

Samantha said: "I feel very lucky to have brought together a lovely group of people, who have now formed a team."

"We meet twice a week to either practise or play a match."

The team members are Dawn Warren, Karen Scotchmer, Tanya Holden, Michael Ward, Chris Collins, David Laughton, Jess Cassidy, Simon Ford, Kieran McFarlane, James Booker, Chris Fidler and Samantha Gwilliam (captain).

PHOENIX RISES TO TOP AFTER HEATED BATTLE OF BREWERS

A battle-of-the-brewers event took place between Phoenix and Moorhouse's at The Sir Henry Segrave (Southport).

A ballot box was placed on the bar as the brewers competed to win the right to stage a tap takeover and a meet-the-brewer night at the pub.

Featured beers from Burnley-based Moorhouse's included Premier, White Witch, Witches Cauldron.

Those from Phoenix, based in Heywood, included Heywood Pale, Boss Man's Brew, Arizona and Hop Sack.

Information sheets were available, enabling customers to learn about both breweries.

After all of the votes were counted, Phoenix emerged as the winner.

Shift manager Stuart Ochiltree (pictured) organised the event and said: "It was a great success, with customers taking a real interest in the beers and the two brewers."

"We are looking forward to hosting an event here, with Phoenix, in September."



THE BENJAMIN FAWCETT • DRIFFIELD

FORMER POT-WASHERS ATTAIN MUCH POSHER POSTS



Brothers Paul (right) and Darren Harrison (left) each started with Wetherspoon as a 16-year-old part-time pot-washer at The Lord Rosebery (Scarborough).

For Paul, that was in February 2012, and he is now pub manager (his first pub as manager) at The Benjamin Fawcett (Driffield), having taken over there in June 2024.

Darren, two years younger than Paul, joined his brother in January 2025 at The Benjamin Fawcett as kitchen manager.

Paul recalled: "I was still at sixth-form college when I got the weekend job at The Lord Rosebery to earn money to take my girlfriend out.

"My girlfriend, Skigh (pronounced 'sky'), became my wife, and I became a pub manager."

He continued: "I had planned to go to university to study accountancy, but, in the end, decided that it wasn't for me.

"My college course was only one day a week. So, as an under-18 at the pub, I grabbed all of the hours' work I could.

"I left home and rented a place of my own and was working silly hours to pay the bills.

"At work, I progressed to kitchen team leader, but, at that time, there was no further promotion available in the kitchen at the pub."

Guided by his experienced pub manager, Sandy Cook, Paul moved front of house and was promoted to shift manager by the age of 21.

Just before the COVID-19 lockdown restrictions, in 2020, Sandy moved to The Prior John (Bridlington), with plans for Paul to move there too.

However, he stayed at Scarborough to help to support the team, prior to the arrival of a new pub manager, before joining Sandy later at Bridlington.

Paul added: "It was a strange time, as we also had our first son, William, and I remember not being allowed in the hospital."

The couple now has a second son, Freddie, born in November 2024.

Paul continued: "Skigh is a Scarborough girl and won't leave the area, so I was waiting for a pub manager role to come up nearby.

"There are very few pubs within a commutable distance, so when The Benjamin Fawcett became available, I jumped at the chance to apply."

He said: "When I set out, I couldn't even imagine working front of house. Now, I'm a pub manager and proud of my achievement so far. Skigh is also proud and happy."

Paul added: "Sandy has been a great influence on my career, a real positive force, with great experience. I have learned so much from her and continue to do so."

Speaking about his brother, Paul said: "Darren has always worked in the kitchen and was a kitchen shift leader for quite some time, until the kitchen shift manager role was introduced last year.

"Like me, he has had to be patient to get the promotion, as there is not a lot of choice of pubs in the area. As a result, when someone becomes a manager (pub or kitchen), that person tends to stay in the role a while.

"Darren has a lot of experience, also helping out at other pubs with kitchen support, including last year at the Haven site – The Five Stones (Filey).

"I was delighted when he joined the team at The Benjamin Fawcett.

"His experience has made things so much easier. I have so much confidence in him, and he is doing a fantastic job.

"Everything has worked out well."

Sandy, pub manager at The Prior John (Bridlington), recently celebrated 25 years with the company, having started at the end of April 2000 at the same pub – as an associate.

She couldn't be prouder of the Harrison brothers.

Sandy confirmed: "I am incredibly proud of them.

"As well as work colleagues, they are both good friends, and I've been to their family weddings and christenings. They are like my kids, who have grown up and flown the nest.

"For Paul, to go from pot-washer to pub manager is a remarkable achievement – and I often use him as an example for new recruits.

"The world is your oyster, if you have the ambition and hard work ethic, and I saw that ambition in them early on.

"They have both done so well – and their pub is also doing really well."

WETHERSPOON, ITS CUSTOMERS AND EMPLOYEES HAVE PAID £6.6 BILLION OF TAX TO THE GOVERNMENT SINCE 2015

In the six months to January 2025, Wetherspoon generated £410.4 million in tax – about £1 in every £1,000 of ALL UK government taxes. The average tax generated per pub in the first half of 2025 was £520,000.

The table¹ below shows the tax generated by the company in its financial years 2015–25.

During this period, taxes amounted to about 37 per cent of every pound which went ‘over the bar’, net of VAT – about 26 times the company’s profit.

Wetherspoon’s finance director, Ben Whitley, said: “Pub companies pay enormous amounts of tax, but that is not always well understood by the companies themselves or by commentators, since most taxes are hidden in a financial fog.

“Wetherspoon has provided a table which illustrates the exact amounts of tax which the company, its customers and employees have generated, highlighting the importance of the hospitality sector to the nation’s finances.”

Wetherspoon’s chairman, Tim Martin, said: “The main long-term challenge to the pub industry is the tax disparity with supermarkets, which pay zero VAT in respect of food sales, whereas pubs pay 20 per cent.

“This disparity enables supermarkets to subsidise the selling price of beer, wine and spirits, to the detriment of pubs.

“Supermarkets also pay lower business rates per pint than pubs.

“A direct consequence is that pubs’ share of beer sales, for example, has dropped from 90 per cent to less than 50 per cent, in recent decades.

“In fact, supermarkets are far more profitable than pubs – Tesco is probably more profitable than the entire pub industry.

“Even so, like Monty Python’s Dennis Moore, successive governments have robbed the poor (pubs) and given to the rich (supermarkets).

“A core principle of taxation is that it should be fair and equitable.

“Yet most large pub companies in the UK have remained silent on this vital issue, as their most recent trading statements demonstrate.

“However, surveys by Wetherspoon in the past have demonstrated great fervour for tax equality among individual tenants and free traders.

“The lack of vocal support for equality is probably an example of board rooms being out of touch with those on the front line, always a bad sign for any industry.

“Until there is tax equality between different types of business on the High Street, pubs will always be fighting with one hand tied behind their back – and will provide less in the way of jobs or taxes than they otherwise might.”

Wetherspoon’s tax payments in financial years 2015–2025	2025 H1 £m	2024 £m	2023 £m	2022 £m	2021 £m	2020 £m	2019 £m	2018 £m	2017 £m	2016 £m	2015 £m	2015–25 H1 £m
VAT	199.2	394.7	372.3	287.7	93.8	244.3	357.9	332.8	323.4	311.7	294.4	3,212.2
Alcohol duty	81.7	163.7	166.1	158.6	70.6	124.2	174.4	175.9	167.2	164.4	161.4	1,608.2
PAYE and NIC	74.3	134.7	124.0	141.9	101.5	106.6	121.4	109.2	96.2	95.1	84.8	1,189.7
Business rates	21.5	41.3	49.9	50.3	1.5	39.5	57.3	55.6	53.0	50.2	48.7	468.8
Corporation tax	10.9	9.9	12.2	1.5	–	21.5	19.9	26.1	20.7	19.9	15.3	157.9
Corporation tax credit (historic capital allowances)	–	–	–	–	–	–	–	–	–	–	-2.0	-2
Fruit/slot machine duty	8.8	16.7	15.7	12.8	4.3	9.0	11.6	10.5	10.5	11.0	11.2	122.1
Climate change levies	8.6	10.2	11.1	9.7	7.9	10.0	9.6	9.2	9.7	8.7	6.4	101.1
Stamp duty	0.6	1.1	0.9	2.7	1.8	4.9	3.7	1.2	5.1	2.6	1.8	26.4
Sugar tax	1.3	2.6	3.1	2.7	1.3	2.0	2.9	0.8	–	–	–	16.7
Fuel duty	0.9	2.0	1.9	1.9	1.1	1.7	2.2	2.1	2.1	2.1	2.9	20.9
Apprenticeship levy	2	2.5	2.5	2.2	1.9	1.2	1.3	1.7	0.6	–	–	15.9
Carbon tax	–	–	–	–	–	–	1.9	3.0	3.4	3.6	3.7	15.6
Premise licence and TV licences	0.3	0.5	0.5	0.5	0.5	1.1	0.8	0.7	0.8	0.8	1.6	8.1
Landfill tax	–	–	–	–	–	–	–	1.7	2.5	2.2	2.2	8.6
Insurance premium tax	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.1	0.1	–	2
Furlough tax	–	–	–	-4.4	-213	-124.1	–	–	–	–	–	-341.5
Eat Out to Help Out	–	–	–	–	-23.2	–	–	–	–	–	–	-23.2
Local government grants	–	–	–	-1.4	-11.1	–	–	–	–	–	–	-12.5
Total tax	410.4	780.2	760.4	666.9	39.1	442.1	765.1	730.7	695.3	672.4	632.4	6,595
Tax per pub (£m)	0.52	0.98	0.92	0.78	0.05	0.51	0.87	0.83	0.78	0.71	0.67	7.6
Tax as % of net sales	39.9%	38.3%	39.5%	38.3%	5.1%	35.0%	42.1%	43.1%	41.9%	42.1%	41.8%	37.1%
Profit/(loss) after tax	24.9	58.5	33.8	-24.9	-146.5	-38.5	79.6	83.6	76.9	56.9	57.5	261.8

¹Source: J D Wetherspoon plc’s annual reports and accounts 2015–25

RUNCORN BY-ELECTION HOPEFUL MAKES MONSTROUS SPLASH AT THE FERRY BOAT



Among the candidates at the Runcorn and Helsby May by-election was self-confessed Wetherspoon fanatic Alan Hope.

A Wetherspoon News regular, the Official Monster Raving Loony Party's leader, Alan Howling Laud Hope, set up base camp in the Cheshire town's Wetherspoon pub.

Alan reported: "With the kind permission of Sir Tim Martin, I was able to use The Ferry Boat (Runcorn) as my constituency HQ.

"Pub manager Emma [Ford] and her staff made me feel very welcome, as did all of the regular customers."

Alan continued: "Our visit attracted a lot of media attention, inasmuch as a democratic documentary team made arrangements to interview me in the pub.

"People also came to meet me, once they knew that I was ensconced there."

Alan said: "The night of the count went on and on, first the main count and then two recounts. Anyways, we didn't come last, beating four other parties.

"It got so late, we didn't get out until 7am in the morning, so no partying afterwards this time, just a shake of hands, saying 'we'll meet again, don't know where, don't know when, but we shall be there!'"

Pictured (left to right) outside their HQ The Ferry Boat are Lawd Lawson, O B Joyful, Howling 'Laud' Hope, Red Rocket Ron and Our Good Lord Protector Joshua Francis, with Toto the dog (minister for pet passports).

CHARLIE'S STAFF DECK THE HALL FOR 25TH BIRTHDAY

The Charlie Hall (Erdington) celebrated its 25th birthday, with events and fundraising activities to mark the occasion.

The Charlie Hall first opened on 24 May 2000, in a former bingo hall, taking its name from the Birmingham-born actor who appeared in 47 films with Laurel and Hardy.

Pub manager Claire Brickland, who has run the pub since it first opened and has worked for Wetherspoon for 28 years, is pictured (right) with kitchen shift leader Maria Dean.

Maria has also worked in the pub's kitchen since it opened, starting as a kitchen associate and progressing to kitchen manager, a role she carried out for 20 years, before stepping down last year.

Claire, originally from the local area, said: "We have many long-serving staff members at the pub, with two-thirds having worked here for 10-25 years.

"It was lovely to celebrate our special birthday – a significant milestone – with them all, as well as regular customers, raising funds for Young Lives vs Cancer."

The events included a bingo session, cakes, a pub quiz and a visit from the Laurel and Hardy Appreciation Society's members, as well as a raffle.





Shift manager Tomica Ajagun at The Thomas Lloyd (Warwick)

Note from the editor: The article below outlines Wetherspoon's bonus and free shares scheme. No company is perfect, but Wetherspoon believes that it pays a higher percentage of its profits in this way than most, or possibly any, large companies.

£589 MILLION IN FREE SHARES AND BONUSES PAID TO EMPLOYEES SINCE 2006

86.3 per cent paid to pub staff

Since the early 1980s, Wetherspoon has awarded bonuses, free shares and 'share options' to pub employees.

The current scheme of paying monthly bonuses to all pub employees, subject to certain criteria, started in 1998, with a government-approved free share scheme introduced in 2003.

Bonuses and share schemes provide an extra incentive for people to stay with the company: there are 27 employees who have worked for the company for more than 30 years, 691 for more than 20 years, 4,213 for more than 10 years and 11,539 for more than five years. Since 2006, the company has paid £589 million to its employees in respect of bonuses and free shares.

BONUSES AND SHARES

Of the recipients, approximately 97.9 per cent went to employees below board level, with around 86.3 per cent paid to employees working in pubs.

Employees are eligible for bonuses from the commencement of their employment and are eligible for free shares after 18 months.

In the six months to January 2025, bonuses and free shares of £20 million were awarded (see table¹ below), with 97 per cent of employees receiving a bonus and/or shares in that period.

As of January 2025, 23,507 of our 41,500 employees have been awarded free shares in the company.

It's probably true to say that no one earns a vast fortune from these schemes.

However, as far as the company is aware, Wetherspoon consistently pays a bigger percentage of its profits to its employees, by way of bonuses and free shares, than any other large pub/restaurant company or retailer.

Since the share scheme was introduced, Wetherspoon has awarded 30 million shares to employees – approximately 25 per cent of all shares in existence today.

Wetherspoon's chief executive, John Hutson, said: "People are vital to the success of the business.

"Our bonus and share schemes are a good way to share in the company's success."

Wetherspoon: Bonuses and free shares vs profits, 2006–25 H1

Financial year	Bonuses and free shares	Profit after tax (loss/profit after tax) ²	Bonus etc as % of profit
	£m	£m	
2025 H1	20	25	80
2024	49	59	83
2023	36	34	129
2022	30	-25	–
2021	23	-146	–
2020	33	-39	–
2019	46	80	58
2018	43	84	51
2017	44	77	57
2016	33	57	58
2015	31	57	53
2014	29	59	50
2013	29	65	44
2012	24	57	42
2011	23	52	43
2010	23	51	44
2009	21	45	45
2008	16	36	45
2007	19	47	41
2006	17	40	41
Total	589	715	54.4

¹ Source: J D Wetherspoon plc's annual reports and accounts 2006–25

² International Financial Reporting Standards (IFRS) 16 was implemented in the year ending 26 July 2020 (FY20). From this period, all profit numbers in the above table are on a post-IFRS-16 basis. Before this date, all profit numbers are on a pre-IFRS-16 basis.

³ Shares and bonus as a percentage of profit excludes 2020, 2021 and 2022.

THERE'S A GOOD REASON WHY OUR PLATES ARE SMASHING

Distinctive design of crockery collection, made in Stoke-on-Trent by Churchill, has won Internet fame

Wetherspoon is very proud of its long working relationships with many of its suppliers, including numerous food and drinks producers, as well as breweries and microbreweries.

One long-term business partnership is with Churchill, the supplier of all of Wetherspoon's crockery and the maker of the infamous 'Spoons plate', synonymous with the pubs.

Based in Stoke-on-Trent, Churchill has worked with Wetherspoon for more than 25 years, making the eye-catching blue plates for the pubs since 2015.

The clay used in the products is British, sourced from Cornwall and transported to the Staffordshire factory.

Churchill employees around 700 people and, like Wetherspoon, has many examples of long service. One particular Churchill employee has been working for the company for 40 years.

As well as Wetherspoon's blue plates, Churchill supplies the tea and coffee mugs used by customers at the pubs' self-service hot drinks machines.

Churchill is the only supplier which fires its tea mugs just once: other companies will dual fire (passing the mugs through the kiln ovens twice), using far more energy. This overall process reduction makes Churchill's mugs more energy-efficient.

Environment

Crockery is also better for the environment, as opposed to using (like many other companies) single-use disposable meal packaging.

It reduces waste, is reusable and durable, saves on natural resources and, overall, reduces the environmental impact.

Wetherspoon's purchasing manager, Alex Vitue, said: "We are proud of our long working relationship with this long-standing British company.

"Churchill has supplied Wetherspoon for more than 25 years and will hopefully continue to do so long into the future."

Churchill's senior national account manager, Matthew Bradley, said: "Our partnership has stood the test of time, with two strong businesses working together.

"We are excited for the future, continuing to work with the Wetherspoon team and the iconic Wetherspoon brand, supplying quality ceramics."

Earthenware

Churchill's story began 230 years ago, as Sampson Bridgwood, which began manufacturing earthenware in 1795, in Longton, one of the five towns of Stoke-on-Trent.

Rebranded as Churchill in 1984, with the company's lion logo representing strength and leadership, the business has continued to grow, winning the Queen's Export Award in both 1988 and 1993.

Recognised, by 2001, as the number-one supplier of tableware to the UK hospitality market, the company launched its first permanent showroom outside of Stoke-on-Trent in 2011 – in London.

More recently, in 2020, the company opened a showroom in both Berlin and Madrid, adding to a distribution warehouse which opened in 2019, in Rotterdam.

From clay to plate, as a business with 230 years' heritage, Churchill's commitment to a sustainable future has been an integral part of its company ethos for generations.

- Local clay materials – raw clay materials are sourced from a responsible UK supplier.
- Firing innovations – the company is improving kiln efficiencies continually, while actively trialling alternative fuel.
- Once-only firing – most ceramics are fired twice, but Churchill has been firing cups and small bowls just once since 1981.
- Waste reduction – all dry waste clay is recycled, with any oversprayed glaze cleaned and reused.
- Recycled packaging – all recyclable packaging is used around the products.
- Investment in renewable energy – in 2019, Churchill started investing in solar energy and now has more than 5,100 panels on site.
- Continuous investment – over the past 10 years, the company has invested £26 million in manufacturing technology and efficiencies.
- Decarbonisation in action award – winner of the 2023 UK Ceramics award, in recognition of the company's proactive approach to decarbonisation, with 45 live decarbonisation projects across its UK manufacturing site.



Senior national account manager Matthew Bradley, of Churchill China, pictured at The Reginald Mitchell (Hanley)

SCORES ON THE DOORS SHOW CONSISTENTLY MIGHTY MARKS

Wetherspoon's pubs in England, Northern Ireland and Wales clock up average food hygiene rating of 4.99 out of 5

Wetherspoon's pubs are consistently high in the charts in the Food Hygiene Rating Scheme (FHRS).

The company's pubs in England, Northern Ireland and Wales have an average food hygiene rating of 4.99 across 734 rated pubs, with 724 of those achieving the maximum-possible score of five.

Combined

The top two companies (see table opposite) have a rating of 5.00 each, but with a combined number of only 127 premises, compared with Wetherspoon's total of 734 rated pubs.

The FHRS – the only independent government scheme assessing the level of hygiene standards in pubs, restaurants, take-aways, clubs and cafés – is run by local authorities.

It scores outlets 0–5, with the highest-possible rating of five meaning 'very good' hygiene practices and safety systems in place, fully complying with the law.

Outlets with a rating of four are deemed to have 'good' hygiene standards, while three is 'generally satisfactory', two needs 'some improvement', a rating of one requires 'major improvement' and zero requires 'urgent improvement'.

Higher

Wetherspoon was ahead of pub companies Nicholson's, Sizzling Pub Co and Young's and was also rated higher than restaurant and sandwich chains, including Greggs, McDonald's, Nando's, Prezzo and Wagamama – although all of these companies also scored highly.

Of our pubs, 734 currently have an FHRS rating, with 98.77 per cent of those achieving the highest-possible rating of five.

FHRS ratings follow an independent assessment of food hygiene at the various premises, determined by local authority environmental health officers visiting venues to assess hygiene levels.

Environmental health officers assess three areas: food hygiene and safety procedures; structural compliance; confidence in management.

Ratings

The ratings (as well as the date of inspection) can be found online and on stickers displayed at businesses' premises.

Wetherspoon's personnel and audit director, James Ullman, said: "We are proud of our pubs' hygiene ratings.

"However, we also take it extremely seriously when a pub does not achieve the maximum rating.

"Where a maximum score is not achieved, we work hard with each pub's team and local authority to ensure, as quickly as possible, that standards are returned to expected levels."

To achieve the highest-possible rating of five, our pubs' management and staff must achieve and maintain the highest standards of cleanliness and hygiene, including:

Hygienic food-handling

This is how food is prepared, cooked, cooled, reheated and stored:

- checking fridge temperatures
- hand-washing facilities and practices
- equipment used for raw and cooked foods being kept separately
- staff members' understanding of food hygiene

Physical condition of the premises and facilities

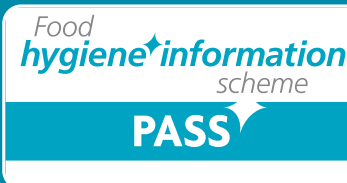
This is the assessment of the standard of cleanliness and upkeep, including whether:

- the condition of general decoration, layout and lighting is of a good standard
- it is clean and cleaning materials meet requirements
- there is suitable ventilation and pest control
- rubbish and waste are disposed of correctly

Food safety management

This ensures that suitable precautions are taken to keep food safe, including:

- staff training records
- logs of relevant checks, such as fridges' temperatures and cleaning
- safety procedure record



The Food Hygiene Information Scheme (FHIS) for Wetherspoon's pubs across Scotland issues either a 'pass' or an 'improvement required' rating, albeit the achievement being excellent nonetheless.

There are 55 Wetherspoon pubs in Scotland, all of which have been FHIS rated as 'pass'.

Did you know?

As well as the independent assessments by the FHRS across England, Northern Ireland and Wales (in Scotland, it's the Food Hygiene Information Scheme), Wetherspoon monitors its own pub hygiene standards.

Monthly, each pub receives at least five quality-assurance visits from a combination of its area manager, Wetherspoon's own audit department, an external 'mystery shopper' company and other head-office managers.

The only independent government scheme assessing food hygiene standards

FOOD HYGIENE RATING



VERY GOOD

	Total premises scored	Average premises score out of 5
Giggling Squid	53	5.00
Slug & Lettuce	74	5.00
J D Wetherspoon	734	4.99
Turtle Bay	50	4.98
Wagamama	160	4.98
Nando's	447	4.98
Greggs	2,276	4.97
Carluccio's	27	4.96
The Ivy Collection	46	4.96
Prezzo	95	4.96
Starbucks	1,280	4.96
McDonald's	1,346	4.96
All Bar One	41	4.95
Coffee#1	124	4.95
Yates	18	4.94
GBK	36	4.94
Miller & Carter	104	4.94
Cosy Club	35	4.94
YO! To Go	293	4.93
Pret	460	4.93
Burger King	515	4.93
Nicholson's	65	4.92
Bill's	47	4.91
KFC	928	4.91
Zizzi	129	4.90
Toby Carvery	144	4.90
PizzaExpress	343	4.90
Vintage Inns	134	4.89
Sizzling Pub Co	167	4.89
Costa Coffee	2,470	4.89
Walkabout	18	4.88
Côte	75	4.88
Harvester	145	4.88
Craft Union	570	4.88
The Breakfast Club	23	4.87
O'Neill's	44	4.86
Ember Inns	146	4.86
Papa Johns	417	4.86
Premium Country Pubs	68	4.85
Stonehouse	56	4.84
Geronimo	30	4.83
Browns	43	4.83
Young's	220	4.83
Loungers	249	4.83
Subway	1,888	4.81
Oakman	27	4.80
Brewers fayre	123	4.80
German Döner Kebab	138	4.80
YO! Sushi	56	4.78
Fuller's	170	4.78
Bella Italia	74	4.76
Byron	37	4.71
Table Table	34	4.70
TGI Fridays	52	4.69
Las Iguanas	49	4.67
Shepherd Neame	244	4.66
BrewDog	45	4.62
Caffè Nero	576	4.62
Wadworth	123	4.47
Dixy Chicken	143	3.86

Information in this table was sourced in June 2025 from www.scoresonthedoors.org.uk, listing 734 Wetherspoon pubs in England, Northern Ireland and Wales with an average food hygiene rating of 4.99. Please note that, where councils are yet to assess or submit their pub inspection, there may be a slight gap in the number of pubs, compared with that in our records. Businesses are rated from 0 to 5 which is displayed at their premises and online. The top score is 5.

CAROL AND STAFF ENSURE PUB HAS STARRY, STARRY NIGHTS (AND DAYS)

Manager and team at The John Fielding (Cwmbran) have delivered maximum five-star rating for eight visits in a row



Pictured (left to right) are kitchen manager Alex Worsfold, pub manager Carol Cooper and kitchen shift leader Jody Gaut

Across seven, eight, nine and even 10 successive inspections, numerous Wetherspoon pubs (in England, Northern Ireland and Wales) have achieved the highest-possible rating of five stars.

To gain a maximum score is difficult enough; however, to then maintain that highly coveted rating of five stars requires consistently high standards.

Among the pubs achieving a continuous maximum five-star rating, for the last eight consecutive inspections, is The John Fielding (Cwmbran).

Pub manager Carol Cooper joined the team in June 2009 as an external shift manager, stepping up just 18 months later to the pub-manager role.

Kitchen manager Alex Worsfold has been at the pub for eight years, transferring in September 2024 from front of house to lead the kitchen team.

Among the long-serving staff in the kitchen is kitchen shift leader Jody Gaut, who, like Carol, has worked at The John Fielding for 16 years.

Carol said: "One of the big factors in achieving and maintaining a five-star rating is a solid, experienced team.

"I have many long-serving staff members making up the core team – and that continuity of staff is key to a well-run pub."

Carol continued: "The five-star rating is also very important to customers, more so now than when I first started with the company.

"People are more aware and have every right to expect five-star hygiene.

"We are located in a busy town centre, with other big high-street companies, so there is a lot of competition, with a five-star rating being essential for the business's success."

Carol added: "Everything is in place to achieve the top score, including training for every staff member.

"Team members just need to follow all of the procedures and put everything into practice."

The independent assessors make unannounced visits, around every 18 months, assessing all aspects of the pub, from front-of-house to back-of-house areas, including the kitchen, cellar and toilets, which all need to be spotless and safe – for that all-important five-star result.

Carol concluded: "You never know when they might visit, so you have to be on your toes at all times."

URMSTON

BOBBIN TO THE TOP: URMSTON PUB WINS PRAISE FOR ITS ALE



The Tim Bobbin (Urmston) has been named 'most improved pub of the year 2025' by Campaign for Real Ale (CAMRA) branch members.

The pub in Greater Manchester, which has been managed by Jordan Hignett since 2023, was recognised for the award by Trafford & Hulme CAMRA.

Branch chair Mark Reeves is pictured (centre) presenting the certificate to shift leader and real-ale champion Aaron Chaplin and bar associate Kelsey-Jo Perry.

Shift manager Gema Cannon said: "We are all over the moon and buzzing to receive this award."

"Hats off to the whole pub team for this latest success and well done to Aaron, who is also a CAMRA member and passionate about real ale."

"To have an independent group say 'well done you' for all of our hard work is a really good feeling."

"The certificate has taken pride of place next to our Guinness award."

The Tim Bobbin serves Wetherspoon's three permanent real ales, as well as five ever-changing guest ales. Popular beers include those from breweries including Brightside Brewing Company, Coach House Brewing Company and Yorkshire Heart Brewery.

Mark Reeves added: "This accolade is awarded annually to that pub, bar or club which the membership considers has shown the greatest overall improvement over the 12 months preceding the award."

"The factors to be judged are the same as considered when judging for 'pub of the year' – quality of cask ale (and cider), atmosphere, décor, customer service, welcome, customer mix and value for money."

"On the presentation evening, we had a warm welcome, the staff were very happy to get the award and the ales on offer were on good form and uncommon in Manchester."

HOW TO PLEASE YOUR PALATE AND POCKET

Wetherspoon's pubs offer a vast range of drinks for every palate and pocket. For times when customers fancy something a bit different from the norm, 'class act' joins the list of offers available and features a range of products from around the world. Check out the range at your local Wetherspoon.

WINES

Teresa Rizzi Prosecco DOC (11% ABV)

Available as a 175ml glass, 200ml and 750ml bottle

Medium-dry, sparkling white wine from Veneto, Italy, with fine bubbles and a clean, soft and fresh taste, as well as elegant tones of pear, honeydew and apple.

Villa Maria Blush Sauvignon (12.5% ABV)

Available as a 125ml, 175ml and 250ml glass and 750ml bottle

From New Zealand's east coast, this dry and delicate wine is a fresh twist on a Kiwi favourite – attractively pale pink and bursting with fresh grapefruit and berry flavours.

SPIRITS (mixer⁺ included)

Tanqueray London Dry Gin (41.3% ABV)

Distilled four times for absolute smoothness and to allow the flavours of the four classic gin botanicals to shine through.

Jack Daniel's Tennessee Whiskey (40% ABV)

Known for its smooth flavour, made by filtering through sugar maple charcoal. Established in 1866 and produced in Lynchburg, Tennessee.

Grey Goose Vodka (40% ABV)

This premium vodka combines soft winter wheat from Picardie and pure spring water from the Cognac region, distilled only once to let their natural character shine through.

SPRITZ COCKTAILS

Classic Aperol Spritz

Aperol (50ml), Prosecco (125ml), soda. With orange.

Hugo Spritz

Tanqueray London dry gin (25ml), Prosecco (125ml), soda, elderflower cordial. With lime and mint.

Peach Blush Spritz

Archers peach schnapps (25ml), Coldwater Creek rosé wine (125ml), lemonade. With strawberry.

Mango & Passionfruit Spritz

Smirnoff Mango & Passionfruit vodka (25ml), Prosecco (125ml), lemonade. With lemon.

Limoncello Spritz

Limoncello (50ml), Prosecco (125ml), soda. With lemon.

BEERS

Jaipur India Pale Ale (5.9% ABV)

Thornbridge Brewery's flagship beer, usually recognised as the first UK craft IPA, has a bold hop character, with hints of grapefruit, lemon and tropical fruit, together with an enticing bitterness.

Budweiser (4.5% ABV)

The King of Beers was first brewed in 1876. It's a smooth, crisp, American-style lager, characterised by a subtle malt sweetness and hop bitterness.

Corona Extra (4.5% ABV)

The number-one world beer in the UK, this refreshing, flavourful golden liquid was first brewed in 1925 at the Cervecer a Modelo, in Mexico.

1664 Bière (4.6% ABV)

With more than 360 years' brewing heritage (since 1664), this is refreshing, crisp and perfectly balanced, with floral notes and a delicate bitterness.

Piretti (4.8% ABV)

Characterised by a pillowy white head, brilliant clarity and a polished golden colour, this is brewed by combining four hop varieties to produce a great-tasting, balanced beer.

Leffe (6.0% ABV)

L'Abbaye Notre-Dame de Leffe was founded in 1152, in southern Belgium. Almost a century later (1240), the canons of the abbey started brewing Leffe, with its strong malty aroma, sweet bitterness and notes of vanilla and clove.

The history of the classic spritzes

Spritzes originated in northern Italy, particularly Venice and the Veneto region, dating from the end of the 19th century.

Becoming a cocktail in the 1920s, they have since continued to rise in popularity, now having many variations and interpretations.

In the 1950s, the famous recipe, including the bitter orange aperitif which made the Aperol Spritz so popular, was born and quickly became a favourite in Italy and then globally.

In the south of Italy, on the Amalfi coast and Sicily, the Limoncello Spritz was born. Limoncello is made by steeping the zest of Sorrento or Sfusato lemons in a neutral spirit, then mixing with sugar syrup.

The Hugo Spritz is a regional signature drink originating amid the Dolomite mountain range. It is flavoured with elderflower cordial, a floral base which allows the Prosecco flavour to shine through, presenting an alternative to the more popular Italian spritzes.

CLASS ACT



*Mixers exclude J2O and all canned soft drinks, except Monster.

HANLEY

HIGH-FLYERS SWOOP IN TO HANLEY TO MARK BIRTHDAY OF SPITFIRE'S DESIGNER

The Reginald Mitchell (Hanley) was the hub for celebrations to mark 130 years since the birth of the Supermarine Spitfire designer after whom it is named.

Reginald Mitchell's great-nephew, Julian Mitchell, high-ranking military personnel and civic dignitaries joined the pub's staff and customers for a week of celebrations.

In addition, pub staff went to Titanic Brewery, located two miles from the pub, in Burslem, to witness the creation of a special Centenary Ale to mark 100 years of the city of Stoke-on-Trent.

Events at the pub included a paper aeroplane competition, in which customers paid £2 each to charity to design their own aerodynamic craft and fly them in the pub, with £100 raised for Young Lives vs Cancer.

Julian Mitchell later hosted a quiz about his honoured relative and his creations against a backdrop of pictures of aeroplanes designed by pupils at Reginald Mitchell Primary School.

There was also a talk by social media star Jenna The Red-Haired Stokie – aka Jenna Goodwin – about local history.

The events were featured on a local BBC television report.

Wetherspoon's regional manager and employee director Debbie Whittingham said: "It was great to see the pub taking such a central role in the celebrations of Reginald Mitchell and the city of Stoke-on-Trent.

"The Reginald Mitchell is a beautiful and historic building – and we are proud to be able to honour Reginald Mitchell's name and his legacy.

"It was a very busy week and a lot of fun, as well as a chance to look back and recognise the occasion."

Shift manager Megan Mancell said: "Debbie, my husband [pub manager] James and I went to the museum for the celebrations of Reginald Mitchell and to the Titanic Brewery for the brewing of the Centenary Ale, which has been on sale at the pub since."

She added: "As well as being a great honour to stand alongside civic dignitaries and senior military officers, it was lovely to witness and take part in the events at the pub."



Pictured (left to right) are pub manager James Mancell, the deputy lord mayor Cllr Stephen Watkins, Reginald Mitchell's great-nephew Julian Mitchell and shift manager Megan Mancell



Pictured (left to right) are RAF Sergeant Andy Dodd, Squadron Leader Paul Farley, Wetherspoon's regional manager and employee director Debbie Whittingham, chief technician Ashley Harper and flight lieutenant Kalum Dayson



Pictured (left to right) at Titanic Brewery are regional manager and employee director Debbie Whittingham, Titanic Brewery's marketing manager David Glenwright and pub manager James Mancell

BLUE BELL PLATFORMS BARRY AND PAT'S PLATINUM BASH

Barry and Pat Williams celebrated their 70th wedding anniversary at The Blue Bell Inn (Scunthorpe).

Barry, who is 90, and Pat, 91, have been regular visitors to the pub for 26 years.

The couple have two children, as well as three grandchildren and four great-grandchildren.

Family and friends joined the couple in a week of celebrations at the pub, to allow as many people as possible to participate.

Retired steel-erector Barry said: "The Blue Bell Inn was the ideal place to celebrate, as we are here so often and we know the place and the staff, who are all really good and friendly. And I like the dark ales here."

While Barry supped his ale, Pat enjoyed a coffee and an espresso martini.

Guests each enjoyed a range of food from the main menu and a free glass of Prosecco, courtesy of shift manager Paula Buck.

Paula said: "It was a real pleasure to host Barry and Pat's 70th wedding anniversary celebrations, as we know them very well. They come to the pub to eat about three times a week."

Barry added: "Paula and the staff look after us superbly, and we thoroughly enjoyed our celebrations."

Pictured are Barry and Pat with Paula Buck



CAN ANYONE KEEP UP WITH THE JONESES?

Dave and Fran Jones from Tewkesbury, Gloucestershire, have visited every one of Wetherspoon's pubs in the UK.

The couple achieved the feat over the course of seven years, visiting the first 10 pubs during a trip to the Bristol area in 2018.

Dave said: "We got the bug. We were so impressed by the quick service, the app, the competitive prices and the really interesting history and architecture of the buildings, and we decided to visit all of the company's pubs."

Their tour began in Cornwall and spread along the south coast to Kent, then – after the COVID-19 period – moved on to Scotland and northern England.

Dave added: "During the COVID-19 restrictions on travel abroad, it was a great time to visit the whole of the UK."

As well as the company's 798 pubs currently open, they have visited 68 previously owned pub venues, a total of 866.

Their favourite pubs are The Caley Picture House (Edinburgh), The Imperial (Exeter), The Palladium (Llandudno), The Mechanical Elephant (Margate), The Man in the Moon (Newport, Isle of Wight) and Opera House (Tunbridge Wells), each because of its architecture and history.

Closer to home, Dave and Fran are regulars at The Royal Hop Pole (Tewkesbury).

They report: "It is a lovely building, with spectacular gardens by the river.

"The staff are really welcoming."



Pictured (left to right) are Fran and Dave Jones, with pub managers Stuart and Linda Coxshall

HOOKED ON PUB CLASSICS

Music to food-lovers' ears as steak & ale pudding added to range of menu choices

There is a reason why Wetherspoon's pub classics are just that – classic.

Over a long period of time, customers have enjoyed a range of great high-quality British ingredients, making up some great British menu choices – and continue to do so.

All meal choices from the pub classics range include a soft or alcoholic drink as part of the price, offering value for money, as well as quality.

Wetherspoon's 'afternoon deal' (Monday – Friday, 2pm – 5pm) provides even lower prices when customers select pub classic meals during that weekday timeframe.

The menu also offers small pub classics, for those customers seeking a lighter bite or with a smaller appetite – with this range also including a drink as part of the price.

Freshly battered fish and chips and the all-day brunch are the two most popular dishes among the pub classics menu choices.

See the main menu for the full range of pub classics and small pub classics.

NEW *Steak & ale pudding*

NEW to the pub classics range is steak & ale pudding, with peas, onion & red wine gravy, and your choice of mashed potato or chips.

The pudding is made with British beef, cooked in a rich ale gravy, then encased in a soft suet pastry.

Meat pudding is a traditional English meal made with a variety of meat, including beef, pork or veal, enclosed in suet pastry, then slow-steamed on a stove.

Steak puddings were part of British cuisine by the 18th century.

This meal is available every day of the week as part of the menu's pub classics section, as well as on the 'afternoon deal' (Monday – Friday, 2pm – 5pm).



Freshly battered fish and chips

It's fresh and sourced from sustainable fisheries, as well as being hand battered – we are, of course, referring to Wetherspoon's freshly battered fish and chips.

Available every day of the week as part of Wetherspoon's pub classics and small pub classics ranges, as well as on Wetherspoon's 'afternoon deal' (Monday – Friday, 2pm – 5pm), this traditional dish continues to be top of the picks.

Unlike many competitors, the raw fish fillets (cod, or haddock in Scotland) at the pubs are freshly battered by hand and cooked by the kitchen team to a golden crispy perfection, before being served with chips and your choice of peas (garden or mushy) or baked beans.

The high-quality and sustainable fish, together with the freshly battered cooking processes, ensures that the best-quality product is delivered to customers.

All cod (and haddock in Scotland) served at Wetherspoon's pubs has been sourced from fisheries which have been certified as well-managed and sustainable fisheries.

Wetherspoon's chips are made from 100 per cent British potatoes by the company's long-term partner McCain.

McCain has been producing and supplying chips to Wetherspoon since 2001.



All-day brunch

The hugely popular all-day brunch dish comprises two fried eggs, bacon, two Lincolnshire sausages, baked beans and chips.

The baked beans are Heinz, of course, while the chips (like the fish and chips dish) are supplied by McCain and made from 100 per cent British potatoes.

The Lincolnshire sausages come from a family-owned business, Loughnane's of Galway, and are made with 100-per-cent Irish pork, only ever fresh and from quality-assured farms.

Loughnane's quality sausages are made with only natural ingredients and using traditional recipes.

The company is one of Ireland's largest and most experienced (four generations) sausage producers and has been supplying Wetherspoon for more than a decade.

Wetherspoon's bacon supplier, Dew Valley Foods, is an independently

owned family business, with its origin in the butchery trade, starting as a craft butcher in Thurles, County Tipperary, Ireland.

The company started working with Wetherspoon in 2010, developing the bacon used in all pubs.

All of the fresh free-range shell eggs served at Wetherspoon's pubs are certified with the British Lion quality mark and are RSPCA assured.

All eggs are free range and fully traceable, with each one date-stamped, ensuring the best-quality eggs, produced by well-kept hens, living in high-quality conditions, with ample space to roam as freely as they like – ensuring the welfare of laying hens.

Heinz, established in 1869, is synonymous with baked beans, a product full of quality ingredients, high in fibre, high in protein and low in fat.

A vegetarian all-day brunch is also available, comprising two fried eggs, three vegan sausage, baked beans and chips. Both the meat and vegetarian brunches are available as a smaller meal, with all four part of the lower-priced afternoon deal.



PUBWATCH SCHEMES ARE MAKING NIGHTS OUT SAFER

New independent research shows that these initiatives curtail alcohol-related disorder and antisocial behaviour

New independent research reveals that pubwatch schemes are key to tackling disorder and creating safer drinking environments.

The schemes are instrumental in reducing alcohol-related crime and improving the safety of the night-time economy, a new independent study commissioned by voluntary organisation National Pubwatch (NPW) has confirmed.

Pubwatches are groups of licensees who voluntarily work together, with support from local partners such as the police, to address crime and antisocial behaviour, creating a safer night-time economy for staff and customers.

NPW commissioned academics from Leeds Beckett University to conduct a rigorous study, supported by funding from J D Wetherspoon and Diageo, titled The Evaluation 2025: National Pubwatch and Local Pubwatch Schemes.

Through an online survey and in-depth interviews, it collected the opinions of just under 300 licensees, staff and representatives from local authorities and police, as well as members of other organisations which collaborate with pubwatches.

The results show that 86 per cent of licensees, staff, police and those working in organisations such as local authorities believe that pubwatches help to create safer drinking environments.

Of those surveyed, more than half (53 per cent) stated that they had witnessed a decrease in alcohol-related disorder and antisocial behaviour since a pubwatch scheme was introduced.

Importantly, more than two-thirds (68 per cent) agreed that pubwatch activities increase safety for staff, customers and communities.

Positive

The positive effect of pubwatches was reflected in the views of licensees.

An overwhelming majority (90 per cent) said that they were influenced to join a pubwatch scheme to create a safer environment, and 79 per cent citing the benefits of networking with the police and local authorities.

The research also showed that more than 90 per cent of all respondents would recommend joining a scheme.

While 86 per cent believe that local schemes encourage the sharing of good practice, a similar proportion (85 per cent) said that the schemes help to create better partnerships between the licensed trade and official bodies.

Banning orders, which see an individual collectively banned from premises in a local pubwatch, are seen as important in helping to combat crime and disorder, with more than 90 per cent of licensees supporting their use.

The research also highlighted the important role of NPW, the voluntary organisation which supports local pubwatches.

Respondents also agreed that it is important for NPW to provide a voice for the licensed trade on issues regarding crime and violence (92 per cent) and advice and information to support new and established local pubwatch schemes (90 per cent).

Phenomenal

NPW's chairman, Steve Baker, OBE, said: "These are phenomenal results, showing the real benefits of local pubwatches in fighting crime and disorder and providing safe drinking environments in the night-time economy.

"We would like to thank J D Wetherspoon and Diageo for their support in conducting this research, which is crucial in showing the real and ongoing positive influence of pubwatches."

He added: "NPW will continue to support pubwatch schemes across the country and lobby on their behalf.

"It has been extremely valuable to discover how NPW, as a voluntary organisation, is really helping to support the schemes."

Wetherspoon's head of legal, Nigel Connor, said: "Wetherspoon has been a supporter of both of National Pubwatch and local pubwatches for many years, and our pubs are members of 534 local schemes throughout the UK.

Improved

"In our experience, the arrival of pubwatches in towns and cities with problems of antisocial behaviour has improved safety and security in the areas as a whole, not only in licensed premises, and has helped to bring crime rates down."

He added: "We are pleased that the evaluation report by Leeds Beckett University, which Wetherspoon and Diageo together supported, confirms this.

"We hope that it will see the setting-up of more schemes going forward."

Catharina von Franck, commercial director at Diageo GB, said: "The pub is an iconic symbol of British culture.

"Up and down the country, pubs are at the heart of our communities, playing a central role in how we celebrate and connect.

"Our industry has a collective responsibility to ensure that everyone can celebrate safely.

"I'm very proud that Diageo has been able to support NPW in this important research and, in doing so, play a small role in supporting an organisation which strives to create safer drinking environments for all."

KEEPING US ALL SAFE ACROSS THE LAND

Wetherspoon's pubs participating in 534 UK schemes

National Pubwatch, the licensed trade's equivalent of neighbourhood watch, has been in existence for more than 30 years, throughout the UK.

The local schemes range in size from more than 200 premises in cities to small rural schemes with just a handful of premises involved.

As at July 2025, Wetherspoon's pubs were confirmed to be participating in 534 local pubwatch schemes, across the UK.

Many of these local initiatives are chaired by Wetherspoon's pub managers.

Pubwatch schemes are local, independent groups, comprising those working in licensed premises. They often take part in safety and alcohol-awareness campaigns.

The groups' objectives are to tackle and prevent antisocial behaviour and criminal activity, to promote safe drinking environments for customers and secure working environments for staff and to improve communication and information-sharing among licensees.

The basic principle involved in a pubwatch is that the licensees of the premises involved agree on several policies of action aimed at those who cause or threaten damage, disorder or violence and/or use or deal in drugs on their premises.

Usually, this action means refusing to serve those causing, or known to have previously caused, these types of problem.

Having agreed on these policies, the premises then publicise them and stick to them.

The publicity alone can have a very notable effect on such problems, yet refusing admission and service to those who cause trouble has proven to have a significant impact on antisocial behaviour.

To operate most effectively, any pubwatch scheme must work closely with the police, local authorities and other agencies.

By working together and keeping problems outside of their premises, licensees will make it easier for the police to identify troublemakers and deal with them.

Among Wetherspoon's pubwatch successes are Wembley pubwatch, where pub manager Lily Capillo (J.J. Moon's, Wembley) has created what we believe to be one of the country's largest pubwatch schemes.

Here, we highlight one pub and its involvement in a successful pubwatch scheme in Dumbarton.



The Captain James Lang (Dumbarton)

Ryan Hegarty (pictured) has been pub manager at The Captain James Lang since 2018, having started originally as a bar associate at the Dumbarton pub, which first opened in 2014.

He reported: "I have always been at this pub and have been involved in the pubwatch scheme for around nine years, since I was a shift leader."

Ryan took over as chair of Dumbarton pubwatch in 2021, just after the COVID-19 lockdown restrictions were lifted.

Small

Ryan said: "The pubwatch is small, with just seven members, as Dumbarton is a small town."

"All of the licensed premises are concentrated mostly on High Street, the main strip, and everyone knows everyone."

"We have a good contact system, with a WhatsApp group and, especially on the busier Friday and Saturday evenings, keep each other informed about what's going on."

Individuals

"We have definitely got one another's back, telling everyone if there are certain individuals we need to look out for."

"We also share general news about the town and what is going on."

As chair of the pubwatch, Ryan is responsible for the administration side of things, including the pubwatch list of barred individuals, taking meetings' minutes and attending the quarterly licensing forum, effectively representing the pubwatch group and members, giving feedback and views to the council.

Ryan continued: "Even though we are a small town, the pubwatch scheme is still a really good thing for the area."

Everyone

"People know it's there, know the licensees talk to one another, even though we are from various pub companies – and that helps tremendously with safety and security for everyone."

He added: "I think everyone does look to Wetherspoon as a good example of good processes and management."

"We deal with situations well and can share knowledge of good practice."

He concluded: "The fact that everyone always attends and engages with the scheme means that we are all in it together... which is great."

RECYCLING, REUSING, SAVING ENERGY: “IT’S JUST PART OF HOW WE WORK NOW”



Wetherspoon is committed to reducing waste and energy consumption at its pubs and continues to foster its reputation for environmental responsibility among staff.

Team leader and energy, environment and recycling champion Diva Walker (pictured), who works at The Knights Templar (Bristol), shares their everyday eco-savvy experiences and the huge efforts being made, in a bid to inspire more teams to engage with the company's important initiatives.

Diva writes:

Cutting waste, saving energy and making a difference

When I first started at Wetherspoon, I didn't think much about where all of the kitchen waste went or how much power we were using.

Over time, though, I've seen how small changes can make a big difference – and how much effort actually goes into reducing waste, improving recycling and cutting energy use across the pubs.

One of the biggest shifts I've noticed is the move away from single-use plastics.

A decade ago, they were everywhere. Now – they're practically gone.

We've switched to reusable alternatives, and almost everything we use in the kitchen is recycled or repurposed, from cardboard to cooking oil.

Food waste doesn't just get binned – it is sent to anaerobic digestion facilities.

Making it simple for staff to get involved

What really makes a difference is that Wetherspoon has made it easy to do things the right way.

The training we get is straightforward and practical, with everything set up to encourage better habits – from clear signage on bins to simple reminders about switching off equipment.

Even small things, such as making sure fridge vents are clear and setting taps to the right flow, have become second nature.

And I'm not the only one who is noticing it – our whole team is involved.

People actually want to get it right, because it's well explained, easy to follow and just part of how we now work.

Real change, right here in Wetherspoon pubs

With better waste-sorting, more efficient equipment and a focus on making the most of resources, every pub plays a part in reducing unnecessary waste and cutting down on energy use.

I've seen these changes first hand, and I'm proud to be part of a team which is making a difference.

Whether it's something as simple as training new staff on waste separation or spotting ways to save power, it all adds up.

And it's not just at work – what I've learned about energy-efficiency has stuck with me, and I find myself applying it at home too.

I'm more mindful about energy use and finding better ways to reduce waste.

The way we work has changed for the better.

Waste isn't just thrown away, energy isn't wasted without thought and every team member plays a part in making smarter choices.

This isn't a passing trend – it's a real shift and is happening in every Wetherspoon pub, every day.

WATCH OUT PRESTON, KASPERS HAS ARRIVED



Pub manager Kaspers Abols knows a thing or two about successful pubwatch initiatives.

He has been with Wetherspoon for almost 19 years and has worked at 18 pubs during that time, although spent 13 years as a kitchen manager.

Kaspers (pictured) took over at The Twelve Tellers (Preston) in May 2024, moving from The Welkin (Liverpool), and joined the local pubwatch scheme at the start of 2025.

Kaspers is currently vice president of Preston pubwatch.

He said: "Once I was settled at the pub, I could start to get involved in other things.

"I was involved in a very successful pubwatch group when I was pub manager at The Sir Henry Tate (Chorley), and the Preston group knew about that.

"At Chorley, I nominated a door staff member to be chairman, and the scheme went from six attending to 80, becoming the best in Lancashire and working well with the whole community.

"We aim to do the same in Preston."

The Preston pubwatch began with eight members and currently attracts 30, including hotels, retail shops and coffee shops.

Kaspers explained: "It is not just about pubs – pubwatch is for the safety and security of everyone, although I believe that licensees are best placed to run the schemes.

"Our aim is to have 120 venues involved by the end of 2025.

"It certainly has the potential to be successful, although it is just baby steps at the moment.

"As long as you have the belief and passion, promote things well and find out what is needed, in terms of safety, support and community, then things work much better when people join together."

TEAM BREAK FOR CAKE TO CELEBRATE SIR JULIAN'S 25TH

Team members at The Sir Julian Huxley (Selsdon) are pictured enjoying the 25th birthday celebrations at the south London pub.

Pub manager Owen Mills (front left) took over at the pub in September 2021.

Also pictured (back, left to right) are shift leader Paige Jones, shift managers Jack Clark and Hollie Ferguson, kitchen manager Cameron De Silva, shift leader Kerrie Driscoll, bar team leader Desree Adeola, kitchen team leader Helen Rigelhuth and (front) bar associate Charlotte Juchau.

The Sir Julian Huxley, which first opened in May 2000, was decorated in black and gold balloons and decorations by Veevee Ball throughout for the birthday occasion, with cake for all, handmade by local cake maker Cupcake Creations.

Four hampers were created for a raffle, as well as multiple gift sets, adding to the £3,333.88 raised (in the 12 months up to May 2025) at the pub for Young Lives vs Cancer.



NEW PUBS APLENTY, IN LONDON AND BEYOND



Walham Green's pub manager Ryan Way

Wetherspoon has opened two new pubs – in Fulham (west London) and Kenilworth (Warwickshire).

It is also set to open at least four more pubs, including two in London, before the end of 2025.

The first of the pubs to open is Walham Green (Fulham, west London).

This pub is located near Fulham Broadway underground station, close to Chelsea's Stamford Bridge stadium.

The distinctive property comprises the underground station's former entrance building and ticket hall, built in 1910 and now grade II listed.

The Dictum of Kenilworth (Kenilworth) has also opened.

Both pubs feature outside areas, with 1,300 square feet of ground-floor space at The Dictum of Kenilworth and a first-floor space of 600 square feet at Walham Green.

Wetherspoon is also opening The Sun Wharf on the site of the former London Dungeon, close to London Bridge railway station.

The pub is set to open on 2 September.

A second new opening in London will be The Sir Alexander Fleming, in Merchant Square, Paddington Basin, a short walk from Paddington railway station.

The pub is set to open on 23 September.

The other two openings are Sigered, King of Essex (Basildon), set to open on 30 September, and The Chiltern (Beaconsfield), set to open on 2 December.

Wetherspoon's founder and chairman, Tim Martin, said: "We are delighted to be opening so many new pubs.

"We are continuing to look for sites across the UK to develop into new Wetherspoon pubs and are confident that we will be opening many new pubs in the coming months and years.

"We would like, once again, to thank not only our fantastic staff for ensuring that the pubs are so welcoming, but also all of the wonderful customers for their loyalty."

NEW PUBS

The Dictum of Kenilworth
18–24 The Square
Kenilworth, CV8 1EB

Walham Green
472 Fulham Road
Fulham, SW6 1BY

The Sun Wharf
50 Tooley Street
London Bridge, SE1 2TF

The Sir Alexander Fleming
5 Merchant Square
Paddington, W2 1AS

Sigered, King of Essex
8–10 East Walk, Eastgate
Shopping Centre
Basildon, SS14 1HG

The Chiltern
12 Station Road
Beaconsfield, HP9 1NL



SUM FEAT – AMAZING TOTAL RAISED BY YOU FOR YOUNG LIVES VS CANCER

wetherspoon
proud to support
**YOUNG LIVES
vs CANCER**

Wetherspoon has achieved another remarkable fundraising milestone for its chosen charity – Young Lives vs Cancer.

The company has raised a huge £25 million.

Staff at the company's pubs and head office, together with the enormous generosity of customers, have been raising funds for this charity since 2002.

Wacky

These fantastic fundraising efforts, during the past 23 years, have included some weird, wonderful, wild and wacky events, as well as commitment and courage for some incredible challenges.

Wetherspoon's fabulous fundraisers have, among other things, played football, darts, 10-pin bowling, pool and bingo; held quizzes, raffles, race nights and craft sales; hiked up mountains; run marathons; jumped out of aeroplanes; had legs waxed, heads shaved and been tattooed; sung; danced; cycled; worn wigs, crazy costumes and next to nothing...

...all in the name of charity.

Wetherspoon's association with Young Lives vs Cancer (previously called CLIC Sargent) began when the company's chairman and founder, Tim Martin, was sitting on a train, opposite the, then, chief executive of the charity.

The pair struck up a conversation – and Tim was inspired to launch a partnership, with an initial fundraising target of £100,000.

That fundraising figure was quickly extended to £500,000, yet has gone on to exceed even the most optimistic of dreams, to the tune of £25 million and counting...

Wonderful

Tim Martin said: "We are proud to support such a wonderful charity and look forward to raising more in the coming years."

Sophie Hartley, partnership fundraiser at Young Lives vs Cancer, said: "It's amazing to see staff and customers from across the UK come together to support Young Lives vs Cancer."

"Everyone has, once again, gone above and beyond to help to support children and young people facing cancer."

"The money raised from their incredible efforts means that Young Lives vs Cancer will be able to help even more young people with cancer to get the right support when they need it most."

"A huge thankyou to everyone who has contributed to this incredible fundraising total."



COMPANY ISSUES DOGGED DEFENCE OF NO-CANINE POLICY

Britain has a long-held and justifiable reputation as an animal-loving nation – and we appreciate that many of our customers are responsible pet owners.

However, Wetherspoon does not permit dogs or other animals in our pubs, hotels or in external areas which belong to, or are managed by, us.

This includes our beer gardens, car parks and outside pavement areas.

We understand that this exclusion is a difficult and sensitive issue for many customers, particularly dog owners wanting to enjoy a visit to the pub along with their furry four-legged family members.

We realise that this Wetherspoon policy may seem quite strict, yet our pubs are busy, often with families and children present – and we serve a lot of food.

Not everyone likes dogs present in dining areas and, with the best will in the world, even well-trained dogs can sometimes behave unpredictably... and accidents can and do happen.

Wetherspoon's founder and chairman, Tim Martin, said: "Over the years, we have had numerous letters and e-mails asking us to change our no-dog policy.

"Of course, we understand and sympathise with dog owners, yet remain resolute on this highly emotive issue."

The Wetherspoon News 'Your Say' page has published several letters, in recent years, regarding our no-dog policy.

Here, with Tim's replies, are examples from 2014, 2018 and spring 2022.

2022

PAW TREATMENT FOR DOGGED CUSTOMERS?

Dear editor

Having recently retired from work, I became the proud 'parent' of a puppy dog.

She soon became an important part of my life and routine.

As a regular diner at Wetherspoon's pubs, I took puppy along with us, when my wife and I went to our local in Newcastle-under-Lyme, where we sat outside and ordered breakfast.

Imagine my surprise when the manager had to tell us that dogs are not allowed – inside or outside.

It's the first time in my life that I have been kicked out of a pub... and a Wetherspoon at that! LOL

So, this e-mail is not in anger... rules are rules... but I would like to remind Tim et al that the current trend in pubs, restaurants and shops is to go 'dog friendly'.

These venues have seen the growing attraction of such places and the profitability of dog access.

Therefore, I ask please to consider looking at your rule on allowing dogs.

I suggest that outside, at least, is a step forward which would be greatly appreciated by many of your customers. You could even be radical and offer pet membership – a small fee giving the pet access permission.

Having visited quite a few pet-friendly places, I have been assured that dogs messing the floor is not happening.

I hope that my thoughts above strike a chord with you, and I am certain that they will with many others, should a poll be taken.

Yours

Paul Lythgoe (via e-mail)

Tim replies: A tricky area, indeed – and a very emotive one. In our busy pubs, with high food sales, not everyone likes dogs present – and accidents can happen.

This is an area in which, to paraphrase the poet John Lydgate, later made more famous still by Abraham Lincoln: "You can't please all the people all the time."

WETHERSPOON > SPRING 2022

2014

JUSTICE FOR DOGS – THAT'S ALL I WANT

Dear Tim

As a family which always chooses Wetherspoon pubs first and fell walkers, we were delighted to learn about the opening of The Chief Justice of the Common Pleas, in Keswick. (editor's note: the pub opened on 30 September).

Our only concern was that it was not 'open for dogs'. We are now proud owners of Florrie (pictured), a 14-month-old collie, rescued from Ireland and we would like to take her in with us.

You may know that Keswick has been voted the most dog-friendly town in England (Kennel Club).

If you were to take a walk down its main street, you will see that most pubs and hotels encourage well-behaved dogs and their owners.

While I fully understand your general policy about allowing entry to registered assistance dogs only, would you consider having an area in the pub, where Florrie is allowed?

Yours, Jim Murray, Tyne & Wear

Tim replies: Another vexed issue. At my first pub in north London, I was persuaded to buy a Doberman, for security reasons. Before the poor dog died, I had walked the equivalent of from here to Australia, I calculated. He was useless as a guard dog, and I wanted my money back. He used to bark loudly, in panic, if another dog entered the premises – and pandemonium would often ensue. Whereas almost all dogs are well behaved, in reality, in busy pubs like ours, it's very difficult to prevent flare-ups of the nature I describe, which can be upsetting for some customers. In the end, we decided to go for 'guide dogs only'. I'm the first to admit that this policy is unfair, as far as Florrie is concerned.

WETHERSPOON > AUTUMN 2014



2018

WELL, I'LL BE DOG-GONE

Dear Tim

I've been a customer of Wetherspoon for many years. I recently visited your pub in Mold, Flintshire. We sat down to have a meal at lunch time, only to be informed by a staff member that no dogs are allowed in the outside seating area.

On this occasion, Wetherspoon lost three customers – and I'm sure that there will be many more in future. You have lost me for good, with this policy.

I spoke to the manager who informed me that it was Wetherspoon's policy. My reply was: "What 'idiot' made this policy; in this day and age, how can anyone in business turn business away?"

By the way, there was a pub just up the road which allowed dogs on the premises.

Regards

Mr B, North Wales (via e-mail)

Tim replies: Thank you for your letter.

The idiot you refer to was, indeed, my good self. This is an emotional area, but, since our first pub, it has been our policy not to allow dogs, except guide dogs. Whereas most dog owners can control their well-trained dogs, this is not invariably the case.

The original rule, unfair on some dogs, I admit, is even more sensible today, since our pubs sell large amounts of food and admit children.

Also, in my experience, guide dog owners aren't keen on other dogs being admitted.

Most big food retailers and restaurant companies allow only guide dogs.

In this area, you can't please all of the people all of the time.

WETHERSPOON > AUTUMN 2018

**CAMPAIGNING FOR
EQUAL
TAX
BETWEEN
PUBS AND
SUPERMARKETS**

**Thu 18
September
Tax Equality
Day**

ALL PRICES REDUCED BY 7.5%

**Promoting the benefit of a permanent
VAT reduction in the hospitality industry.**

ONE DAY ONLY

**“A reduced rate of hospitality VAT across the
UK means lower prices and more jobs, leading to the
regeneration of our high streets and communities.”**

Kate Nicholls OBE, chief executive of UKHospitality

**“Pubs are unfairly taxed, with £1 in every three spent
in a pub going straight to the taxman. Tax must be cut
so we can keep the doors open and stay at the heart
of British life.”**

Emma McClarkin OBE, chief executive of the British Beer and Pub Association

**“CAMRA stands with pub-goers and members fighting
to protect pubs from unfair tax, rising costs and market
pressures. It's time for a fair deal.”**

Ash Corbett-Collins, chairman of the Campaign for Real Ale

**Scan the QR
code for more
information:**



NOW OPEN



Douglas, Isle of Man

THE CONISTER ARMS

The mayor of Douglas, Cllr Natalie Byron-Teare, officially opened The Conister Arms, in Douglas, on the Isle of Man.

She is pictured with her consort Andrew Teare.

The Conister Arms is operated as a Wetherspoon pub under a franchise agreement with the local business owner.

The pub has undergone a £1.8-million redevelopment, creating 120 new jobs for the local community.

The building, constructed originally in 1886 as the Isle of Man General Post Office, is a multilevel venue over four floors, with outside seating.

Named after Conister Rock, in Douglas Bay, on which the Tower of Refuge stands, The Conister Arms pays tribute to local maritime history and the legacy of Sir William Hillary.

Hillary, a Douglas resident and founder of the Royal National Lifeboat Institution (RNLI) in 1824, helped to establish the tower as a refuge for shipwrecked sailors and a warning about the dangerous reef.

Additional development, to further enhance the venue, is planned for later in the year.

Pub operator James Thompson said:

"The Conister Arms is committed to offering high-quality food and drinks, at affordable prices, in a relaxed and welcoming environment."

Wetherspoon's chief executive, John Hutson, added: "We are delighted that there is a Wetherspoon presence on the Isle of Man and confident that the pub will be a great success with locals and visitors alike."

**6 Regent Street, Douglas
Isle of Man, IM1 2EA**



Cheltenham

THE MOON UNDER WATER

An extensive internal and external refurbishment project, costing £854,000, has taken place at The Moon Under Water (Cheltenham).

The pub, which first opened as a Wetherspoon in November 1999, has been fully redecorated, with a new colour scheme.

A new carpet has been fitted throughout the customer area.

The interior lighting has been upgraded. The bar area, together with the drinks-dispense equipment, has also been upgraded.

Outside, the garden terrace has been fully refurbished and improved, with some new furniture added.

The ladies and gents, as well as accessible toilets, have also been refurbished.

Pub manager Adam Pangbourne (pictured) said: "The team and customers are all delighted with the new improvements, both inside The Moon Under Water and in its garden terrace area."

16-28 Bath Road, Cheltenham, Gloucestershire, GL53 7HA



Rotherham

THE BLUECOAT

The Bluecoat (Rotherham) has undergone an extensive refurbishment project.

The pub, which first opened as a Wetherspoon in October 2000, has been fully redecorated, including a new colour scheme, with upgrades also made to lighting.

New carpet has been fitted throughout the customer area, with repairs made to fixtures and fittings.

The bar area has been upgraded, with a new app station and overhead-bar glass racks added.

Behind the scenes, improvements have been made to the staff facilities, with the staff room refurbished.

On the outside of the listed building, the window frames have also been repainted.

Pub manager Adam Gill (pictured front centre, with colleagues) said: "In October, we look forward to celebrating 25 years since the opening of the pub – which is now upgraded and improved."

The Crofts, Rotherham, South Yorkshire, S60 2DJ



NEW LOOK

Yeovil

THE WILLIAM DAMPIER

Pub manager James Currell is pictured with the mayor of Yeovil, Cllr Andy Kendall, at the reopening of The William Dampier (Yeovil).

The pub has undergone an extensive refurbishment and beer garden expansion project, costing £1.6 million.

A larger beer garden has been created, utilising the old service yard, providing an extra 2,100 square feet of outside space.

There is also an additional 500 square feet of customer area in the pub itself.

The customer area has undergone a full refurbishment, as well as the refit of the male toilets and reconfiguration of the female toilets, creating access to the new-look garden from the pub.

The pub has been fully redecorated throughout, including the installation of a bespoke new carpet, new lighting and furniture.

Behind the scenes, the kitchen facilities and equipment have also been upgraded, with an open-gantry kitchen now installed.

Pub manager James Currell said: "The £1.6-million investment highlights Wetherspoon's commitment to the pub and its staff and customers, as well as to Yeovil itself.

"We are delighted that we have also been able to create 35 new jobs for local people."

97 Middle Street, Yeovil, Somerset, BA20 1LN



Crawley

THE JUBILEE OAK

Pub manager Phil King is pictured behind the bar at his new-look pub, The Jubilee Oak (Crawley), following an extensive refurbishment project, costing £1.34 million.

An additional 16 full- and part-time jobs have been created at the High Street pub, which first opened as a Wetherspoon in December 1995, almost 30 years ago.

The upgrade work has included a new front lobby added to the pub, together with additional glazing and a full external redecoration of the building.

The bar area has been reconfigured, with a new back bar added and a shorter front bar installed.

New drinks-dispensing equipment and glass racks have also been added.

The customer area has undergone a full refurbishment, with the seating area also reconfigured.

New carpet has been fitted throughout and new air-conditioning installed.

Both the male and female toilets have also been completely refurbished.

The staff room facilities have also been upgraded.

Pub manager Phil King said: "After spending the entire closure period wondering whether the new-look pub would meet my expectations, I was genuinely delighted when I walked in.

"The new-look customer areas are fantastic and it's really satisfying to hear so many customers saying the same. It's such a boost for the town."

**6 Grand Parade, High Street, Crawley
West Sussex, RH10 1BU**



NEW LOOK

Gosport

THE STAR

The Star (Gosport) has undergone an extensive refurbishment project, costing £1 million.

An additional 10 full- and part-time jobs have also been created at the pub following the almost-two-month redevelopment-work closure.

The Star, which first opened as a Wetherspoon pub in May 2001, has been upgraded.

The pub's interior has undergone complete redecoration work, with additional local artwork added to the collection now on display. New carpet has also been fitted throughout the customer area.

The beer garden has undergone a complete refit.

The bar area has been fully upgraded, with new drinks-dispensing equipment and overhead glass racks added to the bar.

Both the male and female toilets have also been completely refurbished.

Behind the scenes, the kitchen has been refurbished, including walls, floor and ceiling, as well as essential roof work undertaken.

The staff room facilities have also been upgraded.

Pub manager Fi Gates (pictured) said: "Staff and customers are thrilled with the new look.

"The pub looks fantastic and will continue to be a great asset to the town's social scene."

**28-29 High Street, Gosport
Hampshire, PO12 1DF**



CORNFIELD GARAGE • EASTBOURNE

ALI, SAM AND CORNFIELD TEAM ARE ONE BIG HAPPY FAMILY



Joint pub managers, and husband-and-wife team, Alpaslan (known as Ali) and Sam Gurkas have nurtured a real family team at Cornfield Garage (Eastbourne).

The couple, who married in 1994, met in Ali's home country of Turkey when Sam, then 17 years old, went on holiday there with her mum.

Now, their daughter Emel, as well as members of their extended family, helps to make up the team at their pub on the south coast of England.

The couple can almost claim to have the sea in their blood. Brighton-born Sam grew up on the south coast, while Ali, born in Istanbul, has also always lived by the sea.

Ali revealed: "All of my life, I have lived on the coast. Between the ages of 17 and 20, I was also an officer cadet in the Turkish Naval Academy, in Istanbul.

"After that, I began studying to teach English and met Sam during a summer holiday, when I was working in a summer resort in Turkey."

Ali started his Wetherspoon career in 2002 as a shift manager at Cornfield Garage, having previously worked as a manager with a different pub company.

He had a six-month spell at The John Logie Baird (Hastings) in 2003, before spending 2004 at The Ounce & Ivy Bush (East Grinstead) and taking on his first pub-manager role in 2005 at The Samuel Peto (Folkestone).

Sam started as a bar associate in 2007, at Cornfield Garage, before joining the team at The Samuel Peto in 2008, working her way up to shift-manager level.

The pair moved to Cornfield Garage together in 2009.

Ali and Sam's eldest daughter, Alice, now 30, joined them in 2011 as a 16-year-old floor associate, progressing to shift-manager level before moving on to a different career.

However, daughter Emel, 27, has been kitchen manager at Cornfield Garage for the past two and a half years, having also joined the company originally in 2014 as a 16-year-old floor associate.

Ali reported: "Emel's Portuguese fiancé, Igor Gomes Castro, also started with us in 2021 as a bar associate and is now a shift manager.

"Igor's parents are part of our team too, having both joined us last year. His father, Nelio Castro, is our maintenance associate, while his mother, Ana Gomes Castro, is a floor team leader."

Ali added: "My son-in-law, Reece Holland, who is Alice's husband, also works for the company as a shift manager at The Picture Playhouse (Bexhill-on-Sea).

"Sam's sister and mother, Tracey Miles and Rita Comley, have also worked at Cornfield Garage in the past, but are no longer with the company."

The couple also has two other daughters, Emira (16) and Ayla (10).

Ali said: "Kitchen shift leader David Barker has worked with us since 2004 and is also like a family member.

"I worked with David at East Grinstead and he moved with me to Folkstone, where he was my kitchen manager, and then Eastbourne, before stepping down to become a shift leader."

When asked what has made Ali and his family stay with Wetherspoon for so long, he replied: "The best thing about the company is that everyone is reachable.

"You can speak to the management and directors whenever you need to."

Ali concluded: "Our children have grown up in and around Wetherspoon pubs.

"The pubs have been our home, and we feel valued and appreciated."

Pub managers Sam and Ali Gurkas are pictured (seated front) with (back, left to right) kitchen manager Emel Gurkas, kitchen shift leader David Barker, maintenance associate Nelio Castro (holding Igor and Emel's son Lourenço), team leader Ana Gomes Castro and shift manager Igor Gomes Castro.

1 WHY OVER-60s SHOULD HAVE FOUR COFFEES A DAY

- continued from page 5. Please read in conjunction with the leading article on page 4.

..It's no great surprise to any of us that with ageing comes the unavoidable deterioration of our bodies. As the years notch up, we tend to lose muscle mass, vital organs decline, we become slower, weaker and less mentally focused. So it's inevitable that the stairs seem steeper, the shopping feels heavier, our breath is more sluggish, and a favourite glass and the top shelf of the cupboard becomes frustratingly out of reach. Then there's the thing we fear more than anything: becoming "frail".

Professor Tahir Masud, clinical advisor to the Royal Osteoporosis Society (ROS) and a consultant physician at Nottingham University Hospitals NHS Trust, adds: "Health care professionals often refer to frailty as a "lack of physiological reserve". It can lead to older people being at a higher risk of falls, reduced mobility, and being unable to look after themselves without help. In people suffering from osteoporosis and fragility fractures, frailty can increase the risk of broken bones by increasing the risk of falls. It can also escalate the possibility of hospitalisation and the need for residential or nursing homes, as well as an earlier death."

But there is some good news: drinking coffee could be the key to staying strong as you age. A recent study published in the European Journal of Nutrition claims that regularly drinking four to six cups of coffee a day has been linked with a reduced risk of frailty. And because, for many of us, coffee is craved and revered, it could now mean we can enjoy those daily cups of Costa Rica's finest, while feeling reassured it is supporting our health...

What did the report reveal?

This research, which carried out an analysis over seven years, surveyed 1,161 adults aged 55 plus through the Longitudinal Ageing Study Amsterdam (LASA). It's the first of its kind to look at the relationship between coffee consumption and effect on frailty.

The physical health of each of the participants was evaluated using a model called Fried's five-component frailty phenotype (developed by Dr Linda Fried in 2001), which focusses on certain frailty traits: unintentional weight loss, weakness, exhaustion, slow walking speed and low physical activity.

"The results from the research support the idea that moderate to high habitual coffee consumption leads to improvement in these areas and so may reduce the risk of frailty in older adults," says Bini Suresh, British Dietetic Association (BDA) spokesperson and lead dietitian at Cleveland Clinic London, who has some reservations:

"While a seven-year study lends credibility, there are a few important limitations and caveats to consider. The study is observational, so we can't confirm cause and effect – the people who drink more coffee might engage in other health-promoting behaviours. But it does add weight to the growing evidence base linking certain dietary patterns and specific foods with functional health outcomes, particularly in the ageing."

How does coffee make us stronger?

There is growing research which advocates the benefits of moderate coffee drinking. Its

unique components each play a role in making it a positive addition to your diet as you age. The caffeine content acts as an "adenosine receptor antagonist", which in laymen's terms, means it helps reduce fatigue and enhance alertness. Plus, caffeine can improve muscle movement, thus supporting mobility and reducing weakness. The polyphenols (natural plant compounds) have anti-inflammatory and antioxidant properties which ward off age-related muscle loss, swelling, and support overall function. While a lesser-known compound, trigonelline, may sustain cognitive health and improve memory.

What coffee does to your body

Despite the latest study citing six cups, experts are keen to make sure we don't go overboard. Dell Stanford, senior dietitian at the British Heart Foundation, says: "Consuming two or three cups of coffee a day may be linked to lower risk of cardiovascular disease (CVD) compared to drinking no coffee. However, drinking more than four or five cups of coffee per day, will probably raise your caffeine intake to above the recommended daily maximum of 400mg (four to five cups). Generally, the effects of too much caffeine may include temporarily increased blood pressure and heart rate, palpitations, anxiety, agitation, nausea, headache and sleep disturbance."

Can coffee substitute regular exercise?

Bini Suresh thinks not. "Coffee complements, it shouldn't replace exercise," he says. "Regular physical activity will directly improve strength, endurance and the body's ability to function well. While the caffeine in coffee might give you a performance boost and delay fatigue, it's there as a support tool. I'd always advise regular movement and a healthy balanced diet that includes antioxidant-rich foods, like coffee."

What other foods might help with frailty?

Antioxidants, like polyphenols (naturally occurring in plants), help to protect cells, including muscle and brain cells, from damage. Nichola Ludlam-Raine, dietitian and author of *How Not to Eat Ultra-Processed*, says: "Yes, coffee is a major source of polyphenols, but similar compounds are found in berries, dark chocolate, olive oil, green tea, and many vegetables. Once consumed, they're absorbed in the gut (though bioavailability varies), metabolised mainly in the liver, and act throughout the body. Protein-rich foods (like eggs, dairy, legumes, tofu, fish and lean meat) are important for muscle preservation, in addition to foods rich in omega-3 fatty acids (like oily fish, flaxseed and walnuts), and those containing vitamin D and calcium are also key (think eggs and dairy) for bone strength. Fermented foods are also important for gut health (which supports immunity), and colourful fruits and veg for their antioxidant content, which all contribute to preventing frailty."

Are there downsides to drinking four plus cups of coffee daily?

Not everyone's tolerance to coffee is the same, but, generally, an overload of caffeine can have health repercussions. "Caffeine can

interfere with calcium absorption – so older adults should balance intake with good sources of calcium and vitamin D elsewhere in their daily diet," says Ludlam-Raine. "There could be potential issues, including disturbed sleep, especially if consumed after midday (caffeine blocks adenosine, the chemical that promotes sleepiness). You could also experience increased heart rate, anxiety and raised blood pressure. Anyone who struggles with acid reflux or IBS might find too much coffee causes digestive problems."

What type of coffee is best?

In the UK, around 95 million cups of coffee are consumed per day. And although they come in a smorgasbord of flavours, add-ons and sizes, the general thinking is that a straight, black, filtered coffee (ones that have been through a paper or metal filter like a Aeropress or filter coffee machine) is the healthiest. Adding a splash of milk to your brew will provide certain essential vitamins, protein and calcium, but if you get into the cappuccino and latte territory you will also be totting up the calories.

Choosing a high-quality bean will mean it's rich in cell-protecting polyphenols, while an organic product won't have been subjected to pesticides and other contaminants. Medium roast coffee provides a balance of antioxidants (dark roast can pose potential acrylamide risk – a chemical which forms when foods are cooked at high temperature and is carcinogenic). And, although processed, decaf coffee isn't necessarily bad – it still contains all the benefits, just perhaps at slightly lower levels.

If instant is your go-to, it might be worth swapping one for a "proper" coffee. "Instant coffee tends to contain less caffeine, [and is] therefore unlikely to have an impact on bone health," explains Bini Suresh.

By Jenny Tucker

The Daily Telegraph/23 June 2025

Print credit: Jenny Tucker/Telegraph Media Group Holdings Limited.

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3

SALT, WE MISJUDGED YOU

— continued from page 5.

Please read in conjunction with the leading article on page 4.

..Without salt pills, I couldn't make it through a two-hour practice; I couldn't walk across the parking lot afterward without cramping.

While sports nutritionists have since come around to recommend that we should indeed replenish salt when we sweat it out in physical activity, the message that we should avoid salt at all other times remains strong. Salt consumption is said to raise blood pressure, cause hypertension and increase the risk of premature death. This is why the Department of Agriculture's dietary guidelines still consider salt Public Enemy No. 1, coming before fats, sugars and alcohol. It's why the director of the Centers for Disease Control and Prevention has suggested that reducing salt consumption is as critical to long-term health as quitting cigarettes.

And yet, this eat-less-salt argument has been surprisingly controversial — and difficult to defend. Not because the food industry opposes it, but because the actual evidence to support it has always been so weak.

When I spent the better part of a year researching the state of the salt science back in 1998 — already a quarter century into the eat-less-salt recommendations — journal editors and public health administrators were still remarkably candid in their assessment of how flimsy the evidence was implicating salt as the cause of hypertension.

"You can say without any shadow of a doubt," as I was told then by Drummond Rennie, an editor for *The Journal of the American Medical Association*, that the authorities pushing the eat-less-salt message had "made a commitment to salt education that goes way beyond the scientific facts."

While, back then, the evidence merely failed to demonstrate that salt was harmful, the evidence from studies published over the past two years actually suggests that restricting how much salt we eat can increase our likelihood of dying prematurely. Put simply, the possibility has been raised that if we were to eat as little salt as the U.S.D.A. and the C.D.C. recommend, we'd be harming rather than helping ourselves.

WHY have we been told that salt is so deadly? Well, the advice has always sounded reasonable. It has what nutritionists like to call "biological plausibility." Eat more salt and your body retains water to maintain a stable concentration of sodium in your blood. This is why eating salty food tends to make us thirsty: we drink more; we retain water. The result can be a temporary increase in blood pressure, which will persist until our kidneys eliminate both salt and water.

The scientific question is whether this temporary phenomenon translates to chronic problems: if we eat too much salt for years, does it raise our blood pressure, cause hypertension, then strokes, and then kill us prematurely? It makes sense, but it's only a hypothesis. The reason scientists do experiments is to find out if hypotheses are true.

In 1972, when the National Institutes of Health introduced the National High Blood Pressure Education Program to help prevent hypertension, no meaningful experiments had yet been done. The best evidence on the connection between salt and hypertension

came from two pieces of research. One was the observation that populations that ate little salt had virtually no hypertension. But those populations didn't eat a lot of things — sugar, for instance — and any one of those could have been the causal factor. The second was a strain of "salt-sensitive" rats that reliably developed hypertension on a high-salt diet. The catch was that "high salt" to these rats was 60 times more than what the average American consumes.

Still, the program was founded to help prevent hypertension, and prevention programs require preventive measures to recommend. Eating less salt seemed to be the only available option at the time, short of losing weight. Although researchers quietly acknowledged that the data were "inconclusive and contradictory" or "inconsistent and contradictory" — two quotes from the cardiologist Jeremiah Stamler, a leading proponent of the eat-less-salt campaign, in 1967 and 1981 — publicly, the link between salt and blood pressure was upgraded from hypothesis to fact.

In the years since, the N.I.H. has spent enormous sums of money on studies to test the hypothesis, and those studies have singularly failed to make the evidence any more conclusive. Instead, the organizations advocating salt restriction today — the U.S.D.A., the Institute of Medicine, the C.D.C. and the N.I.H. — all essentially rely on the results from a 30-day trial of salt, the 2001 DASH-Sodium study. It suggested that eating significantly less salt would modestly lower blood pressure; it said nothing about whether this would reduce hypertension, prevent heart disease or lengthen life.

While influential, that trial was just one of many. When researchers have looked at all the relevant trials and tried to make sense of them, they've continued to support Dr. Stamler's "inconsistent and contradictory" assessment. Last year, two such "meta-analyses" were published by the Cochrane Collaboration, an international nonprofit organization founded to conduct unbiased reviews of medical evidence. The first of the two reviews concluded that cutting back "the amount of salt eaten reduces blood pressure, but there is insufficient evidence to confirm the predicted reductions in people dying prematurely or suffering cardiovascular disease." The second concluded that "we do not know if low salt diets improve or worsen health outcomes."

The idea that eating less salt can worsen health outcomes may sound bizarre, but it also has biological plausibility and is celebrating its 40th anniversary this year, too. A 1972 paper in *The New England Journal of Medicine* reported that the less salt people ate, the higher their levels of a substance secreted by the kidneys, called renin, which set off a physiological cascade of events that seemed to end with an increased risk of heart disease. In this scenario: eat less salt, secrete more renin, get heart disease, die prematurely.

With nearly everyone focused on the supposed benefits of salt restriction, little research was done to look at the potential dangers. But four years ago, Italian researchers began publishing the results from a series of clinical trials, all of which reported that, among patients with heart failure, reducing salt consumption increased the risk of death.

Those trials have been followed by a slew of studies suggesting that reducing sodium to anything like what government policy refers to as a "safe upper limit" is likely to do more harm than good. These covered some 100,000 people in more than 30 countries and showed that salt consumption is remarkably stable among populations over time. In the United States, for instance, it has remained constant for the last 50 years, despite 40 years of the eat-less-salt message. The average salt intake in these populations — what could be called the normal salt intake — was one and a half teaspoons a day, almost 50 percent above what federal agencies consider a safe upper limit for healthy Americans under 50, and more than double what the policy advises for those who aren't so young or healthy. This consistency, between populations and over time, suggests that how much salt we eat is determined by physiological demands, not diet choices.

One could still argue that all these people should reduce their salt intake to prevent hypertension, except for the fact that four of these studies — involving Type 1 diabetics, Type 2 diabetics, healthy Europeans and patients with chronic heart failure — reported that the people eating salt at the lower limit of normal were more likely to have heart disease than those eating smack in the middle of the normal range. Effectively what the 1972 paper would have predicted.

Proponents of the eat-less-salt campaign tend to deal with this contradictory evidence by implying that anyone raising it is a shill for the food industry and doesn't care about saving lives. An N.I.H. administrator told me back in 1998 that to publicly question the science on salt was to play into the hands of the industry. "As long as there are things in the media that say the salt controversy continues," he said, "they win."

When several agencies, including the Department of Agriculture and the Food and Drug Administration, held a hearing last November to discuss how to go about getting Americans to eat less salt (as opposed to whether or not we should eat less salt), these proponents argued that the latest reports suggesting damage from lower-salt diets should simply be ignored. Lawrence Appel, an epidemiologist and a co-author of the DASH-Sodium trial, said "there is nothing really new." According to the cardiologist Graham MacGregor, who has been promoting low-salt diets since the 1980s, the studies were no more than "a minor irritation that causes us a bit of aggravation."

This attitude that studies that go against prevailing beliefs should be ignored on the basis that, well, they go against prevailing beliefs, has been the norm for the anti-salt campaign for decades. Maybe now the prevailing beliefs should be changed. The British scientist and educator Thomas Huxley, known as Darwin's bulldog for his advocacy of evolution, may have put it best back in 1860. "My business," he wrote, "is to teach my aspirations to conform themselves to fact, not to try and make facts harmonize with my aspirations."

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By Gary Taubes

The New York Times/2 June 2012

5 WHY MILK, CHEESE (AND EVEN A SMIDGEN OF BUTTER) IS GOOD FOR YOUR HEALTH

— continued from page 5. Please read in conjunction with the leading article on page 4.

..Today, just under 35 per cent of British households buy plant-based alternatives, according to data firm Kantar, with annual sales of oat milk alone topping £275 million – up from £155 million five years ago.

But while vegan alternatives are generally considered better for the environment than cow's milk, is giving up dairy good for our health? The latest research suggests not. A new study from the University of Reading has found that including dairy in your diet may help control blood sugar levels more effectively than a plant-only diet – and could help prevent diabetes.

Participants were either vegetarians who included dairy in their diets, or vegans. Blood tests showed the dairy group had higher levels of acetyl carnitine – a compound that helps cells use fat for energy and reduces oxidative stress, the damage that can occur when blood sugar is too high.

And this is far from the only benefit. "Eating dairy is one of the easiest ways to get enough calcium," says Dr Emily Leeming, a microbiome scientist at King's College London, dietitian and author of *Genius Gut*.

Calcium is vital for bone health, muscle, nerve and heart function – and it's also strongly linked to protection against bowel cancer. The largest study to date on diet and bowel cancer found that people who ate more dairy tended to have a lower risk of developing the disease.

"An extra 300mg of calcium – found in a typical glass of milk – is associated with a 17 per cent lower risk of bowel cancer," says Dr Leeming.

Alongside calcium, "dairy contains a high level of protein and other important nutrients including vitamin B12, iodine, phosphorus, potassium and riboflavin," says Laura Southern, founder of London Food Therapy.

So what type of dairy should we be going for – and how much?

Milk can lower your risk of heart disease

Many adults today claim to be lactose intolerant – a condition in which the body doesn't produce enough of the enzyme lactase to break down the sugar in cow's milk. It's believed to affect around 15–20 per cent of the population. Cow's milk protein allergy is common in babies – affecting around seven per cent of those under one – but most outgrow it, and in adults it's very rare.

For most people, then, choosing a plant-based alternative is a lifestyle decision – but one that could have unintended health consequences. Our declining intake of cow's milk has led to a drop in iodine consumption – a trace mineral that's crucial for thyroid function. A 200ml glass of milk provides around 70mcg of iodine, half the adult recommended daily intake of 140mcg.

"Iodine is quite difficult to find in our diets, but it goes into cattle feed – which means it's in milk," says Southern. "We need iodine for our thyroid hormones. Thyroid disorders can cause low energy levels, poor metabolism, fertility problems and issues with foetal development during pregnancy."

Contrary to what many believe, milk isn't likely to make you gain weight or raise your cholesterol. Research from the University of Reading found that milk drinkers had lower cholesterol levels – and a

14 per cent lower risk of coronary heart disease.

And semi-skimmed or skimmed options may not be the healthier choice. A 2024 study in the US revealed that drinking whole milk was associated with lower weight, BMI and obesity prevalence.

Some plant-based drinks are fortified with calcium, vitamin B12 and iodine – others are not. Organic versions, which are the least processed, cannot legally be fortified. And while some fortified drinks contain added calcium, not all forms are equally well absorbed. The calcium in cow's milk is naturally occurring – and more readily used by the body.

"Cow's milk is a really good package of nutrients in an unprocessed bundle," says Southern.

Eat cheese to ward off dementia

Cheese has long been vilified for its high levels of saturated fat and salt – but recent research suggests it offers far greater health benefits than previously assumed.

In 2023, a review of dozens of studies by scientists in China and at Harvard University found that eating cheese – around 40g per day – was linked to a lower risk of heart disease, stroke and dementia.

A possible explanation for its cardiovascular benefits may lie in its fermentation process, says Southern. "The beneficial microbes break down the lactose – or milk sugar – and the proteins in cheese. Those are the elements that can have an inflammatory effect in the body," she explains. "What's left are the health-promoting components."

Bacteria in many cheeses – including Parmesan and cheddar – break down milk proteins into compounds similar to those found in blood pressure drugs known as ACE (angiotensin-converting-enzyme) inhibitors, potentially helping to prevent hypertension.

Fermentation also produces vitamin K, which has been shown to slow the build-up of calcium deposits in the arteries and valves of the heart. Camembert and Edam contain the highest levels.

A 2023 study of older adults in Japan found that eating cheese was associated with better cognitive function and lower rates of dementia. The cheese-eating group also had slightly lower BMIs and blood pressure – and walked faster.

Hard cheeses are particularly rich in calcium. Parmesan contains 19 per cent of the recommended daily amount in just one 30g serving. Official guidance recommends no more than 30g of cheese a day.

"We don't want to eat too much because of its fat content, but I advise clients to measure two fingers' worth of hard cheese, chop it up and sprinkle it into a salad," says Southern. "That way you're getting the benefits, plus flavour, protein and satiety."

Vegan alternatives are another matter. "They're mostly salt and fat and are very highly processed," says Southern. "Most varieties aren't health-enhancing – and cheese is notoriously difficult to replicate."

Yoghurt can reduce the risk of death from all causes

The benefits of the good bacteria in "live" yoghurt for the gut microbiome are well established – making a daily portion one of the healthiest dairy choices around. "I often advise clients to

start their day with a couple of tablespoons of fermented or Greek yoghurt with seeds," says Southern. "It's very satiating, provides a high level of protein and helps keep blood sugar steady throughout the morning."

Several major studies have highlighted further health advantages. The most recent – published in *Gut Microbes* – showed that long-term consumption of two or more servings of yoghurt per week was linked to lower rates of one type of bowel cancer.

Another study, based on data from 5,000 people, found that eating 40g of yoghurt daily lowered the risk of liver cancer by 5.4 per cent. Research from the Medical Research Council's epidemiology unit at the University of Cambridge also found that people who regularly ate natural, unsweetened yoghurt had a 28 per cent lower risk of developing type 2 diabetes than those who never consumed it.

Still not convinced? A comprehensive 2023 meta-analysis published in *The American Journal of Clinical Nutrition*, which examined data from almost 900,000 participants, found that higher yogurt intake was significantly associated with a lower risk of death from all causes – and from cardiovascular disease.

Dairy-free alternatives generally contain far less calcium, protein and potassium – although some now include added probiotics to support gut health.

Butter – stick to small amounts

Who doesn't love a slice of hot toast slathered in melting butter? Delicious as it is, butter is high in saturated fat – so "moderation is key," says Southern.

One analysis, which included data from more than 600,000 people, found that moderate butter consumption wasn't linked to a higher risk of heart disease – and may even offer slight protection against type 2 diabetes.

But compared to other forms of dairy, its benefits are limited. "New research has shown that it's not just the nutrients themselves that affect health – it's how they're packaged within a food, something called the food matrix," says Dr Leeming. She points to a study comparing the matched nutrients in cheese and butter, which found that cheese lowered levels of "bad" LDL cholesterol – while butter did not. "It suggests the food matrix plays a role in how our bodies respond," she says.

A major study published earlier this year, involving more than 200,000 people followed over 30 years, found that those who consumed more plant-based oils – particularly olive, rapeseed and soya – had a 17 per cent lower risk of death than those who regularly ate butter. "We don't need to be frightened of butter," says Southern. "Although plant-based spreads are now largely free from unhealthy trans fats, I'd still choose butter for toast or baking. But for cooking, a good quality oil is much better for us."

By Polly Dunbar

The Daily Telegraph/10 June 2025

Print credit: Polly Dunbar/Telegraph Media Group Holdings Limited.

6 BAD NEWS, RED WINE DRINKERS: ALCOHOL IS ONLY EVER BAD FOR YOUR HEALTH

- continued from page 5. Please read in conjunction with the leading article on page 4.

..It's well-known that binge-drinking is harmful, but what about light to moderate drinking? In January 2023, the World Health Organization came out with a strong statement: there is no safe level of drinking for health. The agency highlighted that alcohol causes at least seven types of cancer, including breast cancer, and that ethanol (alcohol) directly causes cancer when our cells break it down.

Reviewing the current evidence, the WHO notes that no studies have shown any beneficial effects of drinking that would outweigh the harm it does to the body. A key WHO official noted that the only thing we can say for sure is that "the more you drink, the more harmful it is – or, in other words, the less you drink, the safer it is". It makes little difference to your body, or your risk of cancer, whether you pay £5 or £500 for a bottle of wine. Alcohol is harmful in whatever form it comes in.

Countries have started adopting this position in their national guidance. For example, in 2023, Canada introduced new national recommendations saying that abstinence is the only risk-free approach, and noting that two drinks (approximately four units) a week is low-risk. This was a change from 2011 when the guidance allowed a maximum of 10 drinks (about 20 units) and 15 drinks (about 30 units) for women and men respectively. The NHS has adopted the language of "no completely safe level of drinking", with the guidance not to drink more than 14 units, or about six glasses of wine/pints of beer a week.

What about red wine? Wasn't this supposed to be good for us? Two decades back, studies emerged that hinted that red wine could benefit the heart, especially as part of a Mediterranean diet. However, some of these studies didn't control for the fact that red wine drinkers were more likely to be educated, wealthy, physically active, eat vegetables and have health insurance. In 2006, in a new analysis that controlled for health-affecting variables, the benefits of drinking red wine weren't found. Since then, increasing evidence has shown that even one glass of wine a day increases the risk of high blood pressure and heart problems. The alcohol industry has been savvy here and funded studies that – surprise, surprise – show the benefits of moderate drinking. This is a lesson in why you should always look at who funds the study, and whether there's a conflict of interest. The muddying of studies by commercial interests (a tactic that was also famously used by the tobacco industry) led to statements, like from economist Emily Oster, that having one drink a day during pregnancy is safe. This has been debunked: foetal brain imaging in 2022 showed that even one alcoholic drink a week during pregnancy harms the baby's developing brain.

To summarise, there's widespread consensus that alcohol poisons our bodies. This isn't a moral judgment: it is what large-scale epidemiological studies have shown. This should inform government policies such as health warnings on alcohol labels, bans on multi-buy promotions, restrictions on marketing and advertising, and greater awareness of the health risks of drinking. Yet, we have to be careful not to descend into puritanism. We live in a democracy where people have the freedom to drink and make choices about their health.

And I'll admit that even though I work in public health, I continue to have a drink from time to time. Each day, we humans make decisions over the risks we take, and those of us who work in public health have to remember that not everyone is concerned only with living longer; feeling satisfied in how we live each day is also important. We eat that doughnut or bag of crisps, even though we know it's not great for us, just as we drive long distances on motorways knowing there's always the risk of a fatal traffic accident. And with alcohol, for many people there's happiness in sharing a bottle of wine or grabbing a few pints with friends.

There's no moral judgment in how people choose to live their life and the choices they make. But, yes, drinking carries a health risk, and it's worth us, and governments, finally acknowledging this fact, even if we'd prefer not to think about it.



Prof Devi Sridhar is chair of global public health at the University of Edinburgh

By Devi Sridhar

The Guardian/20 August 2024

Print credit: By Devi Sridhar, The Guardian, 20 August 2024

HEDGEFORD LODGE TEAM CELEBRATES FLAGPOLE'S RETURN

A landmark flagpole, which used to adorn a hotel on the site of what is now The Hedgeford Lodge (Hednesford), has been restored – with the help of the pub.

The project was led by community group Hednesford in Partnership's Shaun Middleton – who is also a maintenance assistant at The Bole Bridge (Tamworth).

For many years, The Anglesey Hotel stood as a proud landmark in Hednesford, with its frontage marked by a striking flagpole.

Shaun said: "We are thrilled to announce the restoration of the historic flagpole at The Hedgeford Lodge, reaffirming our town's deep-rooted commitment to honouring its heritage and preserving it for future generations."

"We extend heartfelt thanks to J D Wetherspoon, pub manager Vicky Phillips and her fantastic team at The Hedgeford Lodge for their unwavering support and belief in the power of community-led projects."

"Their partnership has been instrumental in making this restoration a reality."

Vicky said: "I'd like to thank the local community and Hednesford in Partnership."

"This is a project we have fully supported, and we are proud to have the flagpole on our grounds."

The flagpole was unveiled in a special ceremony in the culmination of a project backed also by Cannock Chase District Council.



Pictured (left to right) are Shaun, Vicky and area manager Kat Prince

SHEFFIELD FOOTBALL ROYALTY SIGNS BOOKS AT THE PALACE

Former Sheffield United player David Frain held a book-signing event for his autobiography at his favourite pub – The Woodseats Palace (Woodseats, Sheffield).

Midfielder David, now 62, scored six goals in 44 appearances for The Blades during 1985–88, before moving on to Rochdale and Stockport County – but he started his career as a youth player for Norton Woodseats.

His autobiography, titled *White Lion to Wembley*, sold 49 copies on the night of the book-signing, with £1 per book sold donated to Young Lives vs Cancer.

Pub manager Rick Brown said: "David is a regular here, and a lot of people know him, as he's a local lad."

"The book-signing got a lot of interest, and we're glad that some money was raised for our charity."

● **White Lion to Wembley** is available on Amazon, priced £5.99



Pictured are authors Caroline Elwood-Stokes and John E Camm, either side of former Sheffield United player David Frain, with their book about his football career

JAIPUR JOINS LINE-UP AS REGULAR GUEST ALE

Wetherspoon has added yet another hugely popular real ale to the regular guest ale choices at its pubs across the UK.

Wetherspoon's long association with Derbyshire-based Thornbridge Brewery continues to flourish, with the addition to the national listing of customer-favourite ale Jaipur (5.9% ABV).

In a bid to expand the selection of quality guest beers on offer, Wetherspoon reviewed its top-selling ales and discussed with pub managers during weekly meetings.

Thornbridge Jaipur, which has been a very popular guest ale for many years, received great feedback.

Favourite

Thornbridge Jaipur emerged as a clear favourite – and the company has listened.

Jaipur is a 5.9% ABV IPA, brewed with six American hops and usually recognised as the first UK craft IPA. It has a complexity of flavour created by a six-dimensional hop experience, with citrus and grapefruit notes.

In response to its growing popularity, Wetherspoon has rolled out Thornbridge's flagship IPA to almost all of its pubs across the UK.

Wetherspoon's chief executive, John Hutson, said:

"We are proud to offer customers the widest range of quality beers at all times."

Enjoy

"We are delighted that Jaipur will be available in the majority of our pubs for customers to enjoy."

Operating since 2005, Thornbridge Brewery is based at Bakewell, in Derbyshire. The brewery is proud, in 2025, to celebrate 20 years' brewing excellence.

During the past two decades, the brewery has enjoyed a strong and enduring partnership with Wetherspoon.

Simon Webster, CEO and co-founder of Thornbridge, said:

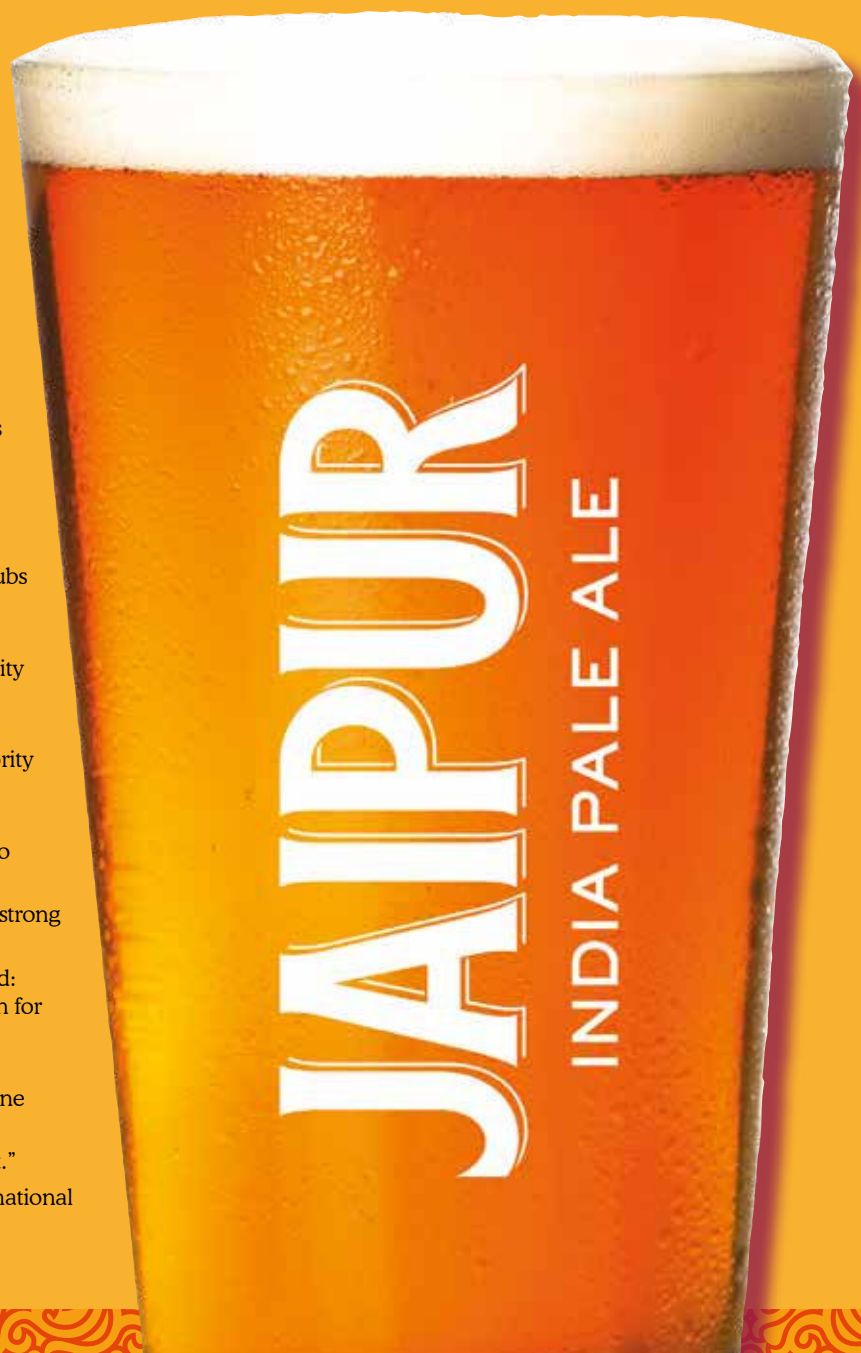
"We've had a long-standing relationship with Wetherspoon for nearly as long as we've been brewing."

Mission

"Our mission was always to make Jaipur available to anyone who wants to drink it."

"This national listing with Wetherspoon helps us to do that."

The brewery has won more than 350 domestic and international awards, including over 100 for its flagship IPA – Jaipur.



MILK GIVES WAY TO BEER AS DAIRY FARM BECOMES BREWERY

Farming heritage lives on in names of Bradfield Brewery's beers

Brewery's name: Bradfield Brewery, High Bradfield, Sheffield, South Yorkshire



Bradfield Brewery's founder John Gill (left) and head brewer Sam Jubb

Bradfield Brewery is celebrating its 20th anniversary this year, marking two decades since it served up its first brew in April 2005.

Within a month, Bradfield Brewery was already delivering to a Wetherspoon pub, The Bankers Draft (Sheffield). Located just five miles from the brewery, the pub became one of its first customers.

Manager Jackie Helliwell recalled: "By July that year, we had received a call from one of the Wetherspoon pubs in Sheffield, asking us to brew one dark and one light beer especially for an event, and those two beers are still in our core range today.

Flagship

"Farmers Blonde (4.0% ABV) is our flagship ale and bestseller, while Farmers Brown Cow (4.2% ABV) is also in the core range and on Wetherspoon's national listing this year, for the second year running."

Wetherspoon continues to be an integral part of the Bradfield Brewery story, with the company's Sheffield pubs forming a great relationship with the brewery's team.

Jackie continued: "We have produced several special ales for some of the pubs since those early days, including two house ales for The Benjamin Huntsman – namely Steel Cow and Jacob & Ed's pale ale.

"We also supplied the official beer for the 10-day 7 Spoons Ale Festival, when seven of Wetherspoon's city-centre pubs joined together in 2019 in serving our 7 Steel Spoons ale."

Farm

Based on a busy working farm in the picturesque Peak District village of Bradfield, Bradfield Brewery went from milking 100 cows a day to brewing pints of beer.

In 1988, John and Susan Gill took over Watt House Farm from Susan's parents.

When the dairy farm business began to struggle as a result of plummeting milk prices at the turn of the millennium, they were advised to look for ways of underpinning the business, and additional income ideas were explored.

At that time, their son, Richard, had a keen interest in home brewing and was experimenting and developing his ideas into a more serious concern.

Those ideas became a 10-barrel microbrewery, producing beers for local pubs, which has evolved into today's business.

Family

And it continues to be a real family concern. John, Susan and Richard are all still involved, together with John and Susan's daughter, Lisa Moat, and her husband, James. The team of 20 staff is made up of other relations, family friends and local people.

The head brewer is Sam Jubb, with Kieran Chadwick and Bruce Woodcock also on the brewing team.

Jackie, who is also an old school friend of Richard's, said: "Our delivery area stretches from Northampton to Northumberland and from the east coast to west coast, from Blackpool to Whitby, including Wetherspoon pubs in Hull, Nottingham and Lancashire.

"Wetherspoon has been an integral part of our 20-year history, with its national listings keeping our beers on bars further afield, not just in the immediate area."

Although no longer a dairy farm, the farming heritage lives on in the names of Bradfield Brewery's beers, which all carry a farming theme.

Some of the names, such as the original Farmers Blonde and the ever-popular Farmers Belgian Blue, were derived from cattle breeds.

THE MOON & STARS • PENGES

WRAGGES TO RICHES FOR ANGELA AND FAMILY AT WETHERSPOON



When Angela Wragge (left) joined Wetherspoon 26 years ago, little did she know that she would be paving the way for her family to follow her.

Originally employed in 1999 as a cleaner at The Sir Julian Huxley (Selsdon), Angela also worked the occasional Friday night shift as a floor associate, before joining the team full time and working her way up to become a shift leader.

After 11 years, Angela left the company, but returned when her daughter, Clare (right), became a deputy manager at The Wibbas Down Inn (Wimbledon).

Clare has been with the company for 14 years and is currently pub manager at The Moon & Stars (Penge), where her mum, Angela, has also worked as a part-time team leader for the past three years.

Clare also started at The Sir Julian Huxley, in 2001, as a bar associate. She was looking for a change of scenery after leaving her role as assistant store manager with McDonald's.

She progressed to shift-leader level at the pub, before transferring to The Moon & Stars as a kitchen manager.

Clare recalled: "There were no shift manager positions available at the time I was looking to step up, so the area manager asked me to take on the kitchen manager role.

"I was there for two years.

"I then moved to The Nonsuch Inn (North Cheam), where I spent another two years as kitchen manager before transferring to

The Wibbas Down Inn as deputy pub manager, which was where mum joined me."

Clare continued: "I was then asked to be the holding pub manager at The Moon & Stars, until a new manager arrived.

"After six weeks, I stepped up to pub manager myself, and that was almost six years ago."

Clare's younger sister, Lisa, also spent four years at The Moon & Stars, transferring there from The Skylark (Croydon) just three months after Clare took over.

Lisa started as a kitchen associate at the Croydon pub and has since moved to The Sir Julian Huxley, in January 2025.

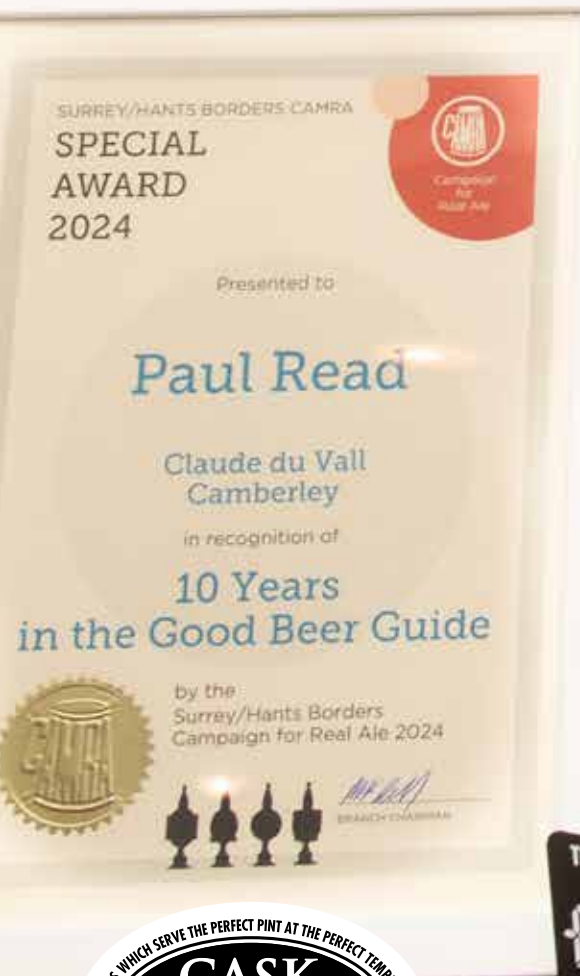
A shift leader, after returning from maternity leave for her second spell with the company, Lisa was also a successful charity champion at The Moon & Stars.

Clare added: "My younger sister, Louise, also spent almost two years with the company – as an under-18 at The Sir Julian Huxley.

"She now works in retail.

"My brother, Darren, once had a work experience day at the Selsdon pub too, while my nephew, Brendan, spent two years here at Penge as an under-18 floor associate."

Clare concluded: "Wetherspoon is a good company to work for and has looked after us all."



PAUL KEEPS CLAUDE DU VALL STANDING TALL

CAMRA puts Camberley pub in The Good Beer Guide for 10th straight year

Wetherspoon is proud of the quality of the real ales served in its pubs.

Its staff work hard to offer first-class beer, at all times.

This is evident in the high number of Wetherspoon pubs listed, over many years, in the publication from the Campaign for Real Ale (CAMRA) – The Good Beer Guide.

Wetherspoon continues to have more pubs listed, as a proportion of its estate, than any other pub company.

Local CAMRA branch members judge and score pubs for considered inclusion in the guide. In the 2025 edition, there are 251 Wetherspoon pubs listed.

Excellent

In this regular feature, we highlight those pubs and staff who serve an excellent range of real ales from brewers across the UK.

The Claude du Vall (Camberley), which first opened as a Wetherspoon pub in March 2002, has now been listed in the guide for the past 10 consecutive years, including in the 2025 edition.

Pub manager Paul Read (pictured), who has worked for Wetherspoon for 21 years and took over at The Claude du Vall in April 2019, said: “Our Surrey/Hants Borders CAMRA branch is a big branch covering a large area.

“Camberley is located on the outskirts of that area, and we are the only pub in the town to be listed in the guide again.”

Paul joined the company in 2004 as a shift manager at The Gatehouse (Chichester) (no longer a Wetherspoon pub).

He has previously managed The Baron Cadogan (Caversham) (no longer a Wetherspoon pub) and The Hatchet Inn (Newbury), among others.

Included

He admitted: “As a manager, some of my previous pubs have also been included in the guide. It is difficult enough to be included, yet to stay in the guide is even harder.”

To that end, The Claude du Vall’s decade-long inclusion is a great achievement.

Paul continued: “When I arrived here, the pub was already well established in the town, with the local CAMRA guys coming in every week.

“I make a point to chat with them regularly and update them on what’s new and coming up.

“It takes consistency to build those relationships and a good reputation, as well as hard work to maintain them.”

Real

The Claude du Vall serves Wetherspoon’s three standard permanent real ales (Sharp’s Doom Bar, Greene King Abbot Ale and Ruddles), along with two to four ever-changing guest ales.

Paul said: “For our guest ales, we always have a big focus on local breweries, with Hogs Back Brewery, Dorking Brewery and The Tillingbourne Brewery (all based in Surrey) all featuring regularly.

“It is important for us and our local real-ale-drinkers to have that link to the local area. We offer a good mix of differing styles and strengths of beer.”

Customers are also encouraged to vote for their ‘ale of the month’, choosing their favourite guest ale, with shift manager Emma Reynolds responsible for organising the voting system.

Paul concluded: “Although I’m probably the one who liaises with the CAMRA guys the most, all of the team members put in a lot of effort, in terms of ordering, choosing the ales and maintaining a high standard on the bar and in the cellar.

“It is a big team effort.”

What The Good Beer Guide 2025 says:

THE CLAUDE DU VALL

The Claude du Vall is conveniently close to the station and bus stops, at the end of High Street.

The large, modern interior is divided into several seating areas.

The long bar offers three regular beers and two to four guests.

Wetherspoon’s reputation for good-value food and drinks attracts customers throughout the day.

Muted TV screens generally show news programmes and occasional sports events.

● 25–29 Coldharbour Lane, Hayes, Hillingdon, UB3 3EB

What CAMRA says:

Pub manager Paul Read and the team at The Claude du Vall were presented with a certificate to recognise the pub’s inclusion in The Good Beer Guide, marking 10 consecutive years in the publication.

Mick Bell, chairman of Surrey/Hants Borders CAMRA branch, who made the presentation, said: “We had a great night at The Claude du Vall and were really spoiled by the manager, Paul.”

Mick added: “The Surrey/Hants Borders CAMRA branch has some great Wetherspoon pubs, including The Claude du Vall.

“The pub consistently serves a great selection of real ales, in tip-top condition, and always offers a great drinking and eating experience, with friendly, welcoming staff.”

ENJOY A CORKING SELECTION OF WINE

High-class tipples from around the world finding favour among bons vivants

Wetherspoon continues to provide a great selection of drinks for all tastes, with the ever-growing choice of wines being no exception, offering an outstanding range.

With differing styles and tastes available, carefully sourced from around the world, pubs serve an extensive wine selection to enjoy by the glass (125ml, 175ml and 250ml), as well as several choices being served by the bottle (750ml) to share.

Many of the wine choices are available as part of the drinks range served with selected Wetherspoon meals, while other wines are served to enjoy from the drinks menu.

Here, we feature three wines, one white, one rosé and one NEW red, all available by the glass and bottle and all recently added to the ('includes a drink') with selected meals. See food menu for details. Along with Villa Maria Blush Sauvignon, Grant Burge Barossa Ink Shiraz and the Coldwater Creek draught wine range, this brings the wine options available to choose with selected meals to nine in total.

WHITE

Cune White Rioja (unoaked)

12.5% ABV

C.V.N.E., Haro, Rioja
Spain. Est. 1879

THE WINE

Exclusive to Wetherspoon, Spain's Cune (pronounced 'coo-nay') wine is made with a selection of the best viura vines from the areas of Rioja Alta and Rioja Alavesa, providing ideal growing conditions.

After picking, the grapes are gently pressed, then the juice transferred into stainless-steel tanks, where it is fermented at a controlled temperature.

This approach to wine-making helps to retain viura's ever-appealing fresh, citrusy and green fruit characters.

Cune White Rioja is a delicious introduction to the lesser-known white wines of Spain's Rioja, a region more famous for its reds.

The wine is crisp, dry and packed with mouth-watering citrus, apple and melon flavours.

Enjoy with friends as an alternative to pinot grigio or try pairing with lighter dishes.

Aroma: apple, pear, lime

Taste: fresh, apple, melon, lemon

Grape: viura

THE WINERY AND WINEMAKER

The history of Compañía Vinícola del Norte de España (C.V.N.E.) began in 1879, in the historic Barrio de la Estación (Station District) in the town of Haro, La Rioja.

For more than 145 years, the winery has continued to grow around the Aldea del Vino (wine village), a sunny courtyard flanked by unique stone buildings with ceramic tile roofs, which has become the central hub of C.V.N.E.

Today, five generations later, the winery is still run by the same family, producing high-quality and traditional wines which grace tables in more than 90 countries.

Winemaker Maria Larrea was born and raised in Rioja, a place with a long wine-making tradition, where she grew up in a wine-making family.

In her own words: "It was impossible not to end up fascinated by this world and wanting to know more and more about it."

Maria now holds the position of technical director for the entire C.V.N.E. group, where her responsibilities also include overseeing the wine-making of all Cune wines and leading an all-women team at the original winery in Haro.



ROSÉ

The Pale by Sacha Lichine

12.5% ABV

Chateau d'Esclans, Vin de Pays du Var
Provence, France

THE WINE

The Pale is crafted with grapes from the Vin de Pays du Var region of Provence.

This is a classic Mediterranean rosé... with a twist.

The Pale is a quality, quintessential rosé: dry and refreshing in a signature Provence grey-pink, with light fruits and a clean finish.

A blend of cinsault, grenache rolle and syrah, The Pale follows through on the promise of its packaging. It's an energetic expression of rosé, a food-friendly wine which works just as well at the table as it does on its own.

Sacha Lichine has leaned on the same top-quality growers for The Pale as he has for his other stand-out rosés – and has included fruit from his own vineyards, too.

It is deliciously dry and refreshing, with bright red-fruit flavours and a clean, crisp finish.

Aroma: aromatic freshness

Taste: dry, refreshing, bright red-fruit flavours, clean, crisp finish

Grape: cinsault, grenache rolle, syrah

THE WINERY AND WINEMAKER

From grapes of the best vineyards which grow parallel to the Mediterranean coast, The Pale by Sacha Lichine is strongly influenced by the fresh sea air of the French Riviera.

These salty and sun-drenched soils give the wine a dry, yet fruity, character.

The Pale comes from an assembly of softly pressed juices, selected with the greatest care and aged in stainless-steel tanks for five to eight months, using a process called fine lees.

This wine is from the creator of the iconic Provence rosé brand which sparked a worldwide phenomenon – Whispering Angel.

Sacha Lichine was born in Bordeaux, educated in the US and began working at his family's property, Château Prieuré Lichine, during the summers of his youth.

A defining moment in Sacha's career came about when, at age 27, he started running Château Prieuré Lichine.

Recognising the importance of innovation in an increasingly varied wine industry around the world, Sacha developed a line of New World wines from France, Sacha Lichine – Vins Sans Frontières, which today comprises a selection of growers and wines crafted throughout the regions of France.



RED

Mount Rozier Pinot Noir Reserve

12.5% ABV

Mount Rozier, Stellenbosch, South Africa

THE WINE

This wine is a medium-light-bodied, vibrant, fruit-driven expression, bursting with flavour.

Cranberry, ripe strawberry, plum and a hint of violets shine through in each glass, leading to a refreshing, moreish finish.

NEW Mount Rozier Pinot Noir Reserve is available by the glass (125ml, 175ml and 250ml), as well as being served by the bottle (750ml) to share.

This moreish red wine is also available as part of the drinks range served with selected Wetherspoon meals and included as part of the price.

Aroma: rich, spicy aromatics, fruits

Taste: cranberry, strawberry, spice

Grape: pinot noir

THE WINERY AND WINEMAKER

Mount Rozier is named after Annie Rozier, a local flower merchant and herbal healer from the turn of the 19th century.

Today, Mount Rozier continues Annie's legacy, focusing on conservation and sustainability, while winemaker Leon Esterhuizen celebrates the unique natural characteristics of each varietal in the Reserve range.

Esterhuizen meticulously sources top-quality grapes from around the coastal region.

With cooling coastal breezes moderating the climate, warm days contrasted by cool evenings and local mountain ranges offering shelter for the vineyards, these are some of the most prestigious terroirs in South Africa.

He uses progressive methods in the cellar to create a range of easy-drinking wines to suit all palates, including the Mount Rozier Pinot Noir Reserve.

You will find the Mount Rozier Estate at the southernmost tip of the Stellenbosch winelands, in the heart of South Africa's Cape Floral Kingdom.

The estate includes 30 hectares of land set aside for conservation of indigenous plants and animal life.

It is a buzzing hotbed of birds, mammals and fynbos.

For this, it holds the prestigious accolade of World Wildlife Fund conservation champion.



ROSÉ

Villa Maria Blush Sauvignon

12.5% ABV
New Zealand

Aroma: pink grapefruit, lime and fresh herbs

Taste: floral, passion fruit and delicate red berries

Grape: sauvignon blanc, merlot

THE WINE

A fresh twist on everyone's Kiwi favourite, this attractively pale pink wine has been crafted to deliver a glass of crisp aromatic refreshment which is easy to love.

The sauvignon reveals vibrant aromas of passion fruit and fresh herbs, with a splash of merlot adding floral blossom and delicate red-berry notes.

The cool climate of New Zealand's wine-growing regions provides freshness and natural acidity.

THE WINERY AND WINEMAKER

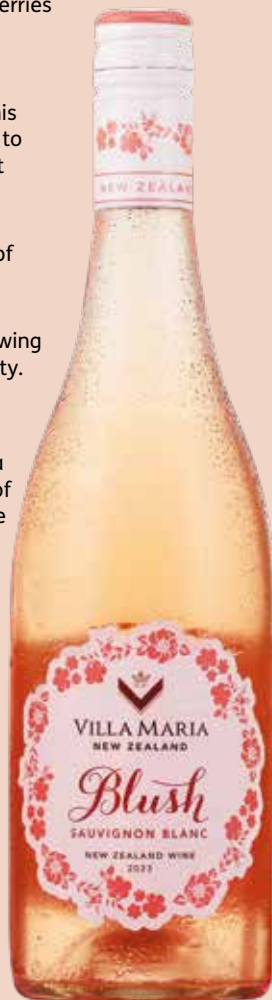
With more than 60 years' wine-making, Villa Maria's six-decade journey at the forefront of New Zealand's wine industry has shaped the company as it stands today.

The extensive portfolio is one of the most geographically and stylistically diverse and highly awarded ranges of premium wines by any New Zealand producer.

Today, Villa Maria is globally recognised and known for its bold, expressive and exceptional wines.

Group winemaker Dave Roper began his career in wine at Villa Maria in 2002 as a cellar hand.

His flair for wine-making was apparent from the outset. Having developed his skills and knowledge across all of Villa Maria's wines, he was promoted, in February this year, to group winemaker.



RED

Barossa Ink by Grant Burge

14% ABV
Australia

Aroma: rich bouquet of red fruit and sweet oak spice

Taste: opulent and intense, with rich berry flavour

Grape: sourced from across the Barossa, Australia's premium Shiraz-growing region

THE WINE

Ink by name and ink by nature, created when Grant Burge set out to make the most vibrant wine possible.

This is an intensely dark wine, with decadent rich berry flavours, balanced with hints of mocha and dark chocolate, from ageing in oak.

It is popular with those new to wine, as well as knowledgeable wine-lovers looking to try something a little different and indulgent.

THE WINERY AND WINEMAKER

Barossa Ink is part of the Grant Burge family, whose story is one of the past, present and future.

The Burge family planted its roots in the 1800s in the Barossa Valley, inspiring five generations of devoted vignerons.

After years of working on the family's vineyard, in 1865, the eldest son, Meshach Burge, installed fermenting tanks in one of his sheds – to create wines he could share with his friends and family.

Out of his generosity came what is, today, the Grant Burge brand.

Gawler-born Craig Stansborough grew up with the wine industry around him. He joined Grant Burge Wines in 1993 as cellar manager and was soon promoted, becoming senior winemaker in 1997.



ALL ON DRAUGHT

WHITE, ROSÉ AND RED

Coldwater Creek wine by Concha y Toro
Valle Central, Chile

THE WINE

All four draught wines are available as a 125ml, 175ml and 250ml glass and are part of the 'includes a drink' range, with selected meals. See food menu for details.

While draught wine seems like an innovation, it was, in fact, pioneered in the old-world nation of Italy, later gaining traction in the new-world regions of Australia, New Zealand and the USA.

Wetherspoon's pubs have been selling draught wine since 2005.

The quality of draught Coldwater Creek wines, contrary to what many may think, is exactly the same as that from a bottle – fresh every time, served at the perfect temperature.

Serving draught is better for the planet too – with lower carbon emissions (24 times lower) than bottled wine.

Chardonnay 12.5% ABV, medium dry

Pinot Grigio 12% ABV, medium dry

Rosé 11.5% ABV, sweet

Merlot 12% ABV, light bodied



THE WINERY AND WINEMAKER

Concha y Toro, which produces Wetherspoon's draught wine, began in 1883 with its founder, Don Melchor, dreaming about creating 'the best wines'.

Today, Concha y Toro is one of the most-admired wine producers in the world.

Its various multiaward-winning wines and brands are enjoyed by consumers around the world, in more than 140 countries.

Coldwater Creek wines hail from Chile's Valle Central wine region, where the iconic Andes Mountains provide a natural barrier, protecting vineyards from the elements.

This unique geography, combined with the warm climate and cooling breezes, creates perfect wine-producing conditions.

The wines are expertly crafted under the experienced eyes of Concha y Toro's principal winemaker, Max Weinlaub, and senior winemaker, Marcelo Gangas, based at the Cono Sur winery, in Chile.

THE PORT JACKSON • BISHOP'S STORTFORD

FEMALE CREW GETS WIND IN ITS SAILS AT PORT JACKSON



Pictured (standing, left to right) are kitchen manager Marcia Teixeira, shift manager Lucy Barnes, pub manager Amy Vernon and shift managers Gemma Story and Lorell Jordan; (front) area manager Nicole Cottage

A strong all-female management team at The Port Jackson (Bishop's Stortford) has progressed through the ranks with the company to reach each member's current management position.

Pub manager Amy Vernon took over in the summer of 2023, when former pub manager Nicole Cottage stepped up to area-manager level, with The Port Jackson being one of the pubs in her area.

Amy started with the company as a bar associate at The Thomas Mildmay (Chelmsford) (no longer a Wetherspoon pub), where she spent four years progressing to shift-manager level, before a move to Bishop's Stortford when the Chelmsford pub closed.

Area manager Nicole also started at The Thomas Mildmay as a 19-year-old bar associate, working her way up to pub-manager level by the age of 23.

Nicole's twin sister, Danyell Cottage, is part of the management team at The Port Jackson.

A shift manager, Danyell also began her career as a 20-year-old bar associate at The Thomas Mildmay.

Shift manager Lucy Barnes was also with them all at Chelmsford, starting with the company in 2016 as a bar associate and now at The Port Jackson.

Shift manager Tanya Williams joined The Port Jackson's team in 2016, working her way up from floor-associate level.

Also starting as a bar associate at the pub, where they have both been since 2018, are shift managers Gemma Story and Lorell Jordan.

Kitchen manager Marcia Teixeira, who joined The Port Jackson's staff in 2020 as a kitchen associate, completes the all-female management team.

Pub manager Amy said: "We are all strong minded and very strong willed, which, although sometimes having its challenges, does work well.

"We all know one another so well, which really does have its advantages."

Amy continued: "In terms of any issues, I believe that most women are more likely to be less confrontational in potentially tricky situations.

"Men might instantly challenge one another, while I think that we have a surprising strength by approaching issues less aggressively.

"We still have similar scenarios to deal with, yet maybe don't react in the same way."

Amy concluded: "We have all worked for the company and been at the pub for a long time, so are able to help and encourage the younger staff members in an almost maternal way.

"They seem to respond well to that."

BREAKFAST BALLOONS GO UP AS THE GOLD CAPE MARKS TED'S 90TH



Regular customer Ted Hughes celebrated his 90th birthday at The Gold Cape (Mold) with his wife Ann.

The couple visit the pub each morning for breakfast and have done so consistently for 20 years.

Staff gave Ted a birthday rosette, amid coloured balloons, as he ate his usual breakfast of baked beans, scrambled egg and toast.

Pub manager Louise Williams said: "We know Ted and Ann very well and wanted to do something for Ted to mark his special birthday."

Pictured is shift leader Liam Longworth serving Ted and Ann.

SALE GANG SADDLES UP FOR A DAY AT THE RACES

Staff and customers from The J. P. Joule (Sale) enjoyed a trip to Haydock Park racecourse for a day at the races.

Shift manager Eric Fulham hosted a party of 40, paying £55 each to cover the cost of the coach, entry to the racecourse, breakfast and a drink of their choice.

Eric, pictured far left, said: "The day was a great success.

"It was the first time that we had organised such an event – and it proved very popular.

"A lot of customers enjoy watching the horseracing at the pub, so it seemed the perfect choice for a day out."



BIG-HEARTED BELLA DONATES HAIR TO HELP OTHER CHILDREN



Pictured (left to right) are Keri Latus (Bella's aunt/Jillian's sister), Bella and shift leader Jillian Bond (Bella's mum), with Captain Cod

Nine-year-old Bella Bond raised more than £2,000 for charity – by having her three-foot-long ponytail chopped off at The Thomas Drummond (Fleetwood).

Big-hearted Bella, who asks for money for her own birthdays, so that she can help local charities, was moved to donate her hair when she heard of the plight of children suffering from cancer.

Her mother, Jillian Bond, who is a shift leader at the pub and worked hard with her daughter to organise the fundraiser, said: "When she said what she wanted to do, we asked local businesses to donate vouchers and gift cards for a raffle.

"We also got support from Fleetwood Town FC and Shakespeare School, where Bella goes."

As well as the donation of hair to the Little Princess Trust, which makes wigs for children, funds raised were split between that charity and Young Lives vs Cancer.

Fleetwood Town FC mascot Captain Cod visited the pub to draw the raffle, which included a match ball signed by all of the players.

THE PICTURE HOUSE • COLWYN BAY

SAM IN STARRING ROLE AT THE PICTURE HOUSE



Pub manager Sam Stafford has marked 20 years with Wetherspoon. She is pictured outside her pub, The Picture House (Colwyn Bay), receiving a certificate and gifts from general manager Will Fotheringham, area manager Alan Kay and general manager Steve Edge (left to right).

Sam admitted: "It doesn't feel like 20 years."

Sam began her career with the company as a 19-year-old student, working just every other Wednesday evening as a bar associate at The Palladium (Llandudno).

She was two years into completing her three-year management and hospitality degree, at Llandrillo College, when she took on a full-time role at the pub. Sam progressed well and worked her way up to shift-manager level there.

In 2012, Sam stepped up to pub-manager level when she took on her first role at The Sussex (Rhyl), where she stayed for three years, returning in 2015 to The Palladium.

Sam recalled: "It was good to return to The Palladium, a busy pub.

"I enjoyed it."

In 2017, Sam went on maternity leave to have her little girl, Layla.

She returned in 2018 as pub manager of The Picture House before having her son, Lucas, in 2021.

She said: "I have been at The Picture House for seven years now – there's a good team here.

"Wetherspoon is a brilliant company. The job works well for me, with a young family.

"I might consider other roles as time goes by and the kids grow up – never say never. But, for now, I'm happy.

"With plans for a beer garden at The Picture House in the future, which will be a first for the pub, there are exciting times ahead."



The Picture Playhouse (Bexhill-on-Sea) Enjoying a VE Day tea party are shift manager Katherine McKenna and bar associate Ryland Loosley (front left), with customers Janet Rosa Bullen and Eric Bradford

SILENCE REIGNS ON VE DAY 80

Wetherspoon's pubs commemorated the 80th anniversary of VE (Victory in Europe) Day.

A two-minute silence was observed in the pubs, with customers able to watch the day's events on the pubs' TVs.

Wetherspoon's operations director, Martin Geoghegan, said: "The 80th anniversary of VE Day is an important milestone.

"Staff and customers showed their respect by observing two minutes' silence.

"They were also happy that they could watch the commemorations in their local Wetherspoon pubs."



The Packhorse Inn (Sleaford) Customers remembering those lost in conflict are (left to right) Jane Bradley, Neil Bradley, Major Clive Candlin (president of the Royal British Legion, Sleaford) and Susan Manners



The Gold Cape (Mold) Staff members observing two minutes' silence (left to right) are kitchen associates Hayden Roberts and Zachariah Diamond, bar associate Chloe Benn-Edwards, pub manager Louise Williams, kitchen shift leader Dan Lovelock and bar associate Miles Naldrett-Heywood



The Parchment Makers (Havant) Team leader Michelle Balagay, duty manager Craig Hiscock and team leader Shelley Cairns (left to right) dressed for the occasion



The Benjamin Huntsman (Sheffield) Floor associate Shirley Gill, shift leaders Rachel Grant and Charlotte Stevens (left to right) flying the flag

THE MOON UNDER WATER • WIGAN

LINDSEY OVER THE MOON TO STILL BE A SPOONIE AFTER TWO DECADES



Shift manager Lindsey Winstanley is pictured receiving her 20 years' service certificate and a bottle of Champagne from area manager Mike Morrissey (left) and The Moon Under Water (Wigan) pub manager Dave Higham.

Born and bred in Wigan, Lindsey joined the company as a bar associate at The Bocket Arms (Wigan), progressing to team leader during almost two years there.

She moved to The Sir Thomas Gerard (Ashton-in-Makerfield), where she stayed for five years, working her way up to shift-manager level.

A brief spell at The Friar Penketh (Warrington), as holding pub manager, was followed by a nine-month return to The Bocket Arms before a move in 2012 to The Moon Under Water.

Lindsey recalled: "I had been travelling and working on Disney cruise liners.

"When I came back home, I got the job at The Bocket Arms, although I hadn't previously realised it was a Wetherspoon pub.

"Once I was in the fold, that was me settled. The job is great, and the company really looks after you."

Lindsey has three children – two daughters, aged 20 and 10, and a nine-year-old son.

Lindsey explained: "I had the perception that a career in the pub industry would be incompatible with having a family.

"However, Wetherspoon has been excellent in that regard, with flexible shifts which really help to accommodate family life.

"I have been fulfilled throughout my career, and I stand by everything Wetherspoon does. I've always said that I'm a Spoonie at heart."

MAGNIFICENT SEVEN CREATE GOURMET BURGER HEAVEN

Five additions to range mean every day can be gourmet burger day

Wetherspoon offers a huge array of burgers for everyone to enjoy. Whether its beef, chicken or plant-based patties, the selection of burgers and gourmet burgers on offer is now bigger than ever.

All beef burgers served at Wetherspoon are made using 100 per cent British beef, freshly cooked to order and traceable from farm to fork.

The buttermilk chicken in Wetherspoon's burgers is made using 100 per cent chicken breast which has been marinated in buttermilk, making the chicken juicy, tender and full of flavour.

All burgers and gourmet burgers include a drink, as part of the meal's price, with a large selection of alcoholic and non-alcoholic drinks to choose from.

The burger range, served with chips or a side salad (on request), with red onion, gherkin, ketchup and American-style mustard, includes American (6oz beef patty) and American cheese (6oz beef patty, with American-style cheese).

Also served with chips or side salad, with iceberg lettuce, tomato and red onion, are the choices of the classic burger (6oz patty), fried buttermilk chicken (breaded whole chicken breast fillet), the plant burger (plant-based patty, with garlic & herb sauce) and halloumi-style cheese and sweet chilli (with fried halloumi-style cheese and sweet chilli sauce).

Crunchy chicken (two southern-fried chicken strips, iceberg lettuce and mayonnaise) and NEW Korean fried chicken (two fried chicken strips, iceberg lettuce and gherkin, with Korean-style sauce) are also both served with chips or side salad.

Wetherspoon's range of seven gourmet burgers is served with six beer-battered onion rings and chips or side salad (on request), with iceberg lettuce, tomato and red onion.

NEW TUESDAY CLUB

Available every Tuesday, offering a beer and burger – and also the gourmet burger range – at a reduced price.

See page 10 for club deals.



**THE  BIG
SMOKE**

 BUFF

Wetherspoon's magnificent seven gourmet burgers are:

NEW The Big Smoke

Pulled BBQ beef brisket, American-style cheese, maple-cured bacon

Choose: Beef (6oz beef patty) or fried buttermilk chicken

NEW Buffalo

Fried buttermilk chicken, blue cheese sauce, Naga chilli sauce, American-style cheese, topped with a spicy chicken wing

NEW BBQ stack

Plant-based patty, stacked with six onion rings and covered with BBQ sauce

NEW Cheese meltdown

American-style cheese, smothered with Emmental & Cheddar cheese sauce

Choose: Beef (6oz beef patty) or fried buttermilk chicken

The ultimate burger

6oz beef patty, maple-cured bacon, Cheddar cheese, signature burger sauce, gherkin

Tennessee

Maple-cured bacon, Jack Daniel's® Tennessee Honey glaze

Choose: Beef (6oz beef patty) or fried buttermilk chicken

NEW The Empire State

Two 6oz beef patties, American-style cheese, maple-cured bacon, red onion, gherkin, ketchup, American-style mustard

Additional toppings, from the available burger ingredients, can be added to any burger choice, for a small additional cost.

Any of the burger patties are also available to 'double up', for those customers with a bigger appetite.



BUFFALO

**CHEESE
MELTDOWN**

THE WILLIAM STEAD • DARLINGTON

FOOTBALL ACADEMICIAN BECKY PLAYS LONG GAME IN NORTHEAST

Keen footballer Becky Teale has celebrated 20 years with Wetherspoon.

Becky started work as a pot-washer at The Five Quarter (Peterlee) and is now an area manager for Wetherspoon in northeast England.

Her sister Vicky was working there at the time and suggested that Becky should apply.

But while working at the pub, she had her sights set on other things.

Becky showed real early promise as a footballer, winning a place at East Durham and Houghall Football Academy – at the time the best in the country.

She attended the academy while working at The Five Quarter – where Vicky was a shift manager.

Becky said: “I’m going to blow my own trumpet a bit – I am good at football and I’m sure I’d have progressed further, had there been the opportunities 20 years ago for young women which there are now.”

Instead, Becky rose through the ranks at Wetherspoon, first moving back to her home city of Bradford to work at The Turls Green.

She worked her way up to kitchen manager within a short space of time.

“It was at this point that I decided that I really wanted to push my career with Wetherspoon, so I applied for a shift manager’s job there and, after eight months, when I was 23, got my first pub,” said Becky.

She served as pub manager at The Sir Norman Rae (Shipley) (no longer a Wetherspoon pub) for 14 months and then moved on to The Lord Wilson (Huddersfield) for two and a half years.

The pub Becky most enjoyed running, though, was The Winter Gardens (Harrogate), where she worked for eight years. “I loved it there,” she said.

“It’s a gorgeous pub, busy and with lots of potential to grow.”

But when the chance for further advancement came, in the form of promotion to area manager, she felt that she had to go for it.

After a few months covering her local area manager, a permanent vacancy came up in northeast England – and she applied.

That was two and a half years ago and was a busy, but blissful, time in her life, as it was then that she married wife Holly.

The couple now has a baby daughter, Darcie.

Becky still plays Sunday league football and intends to go on doing so.

“I’ve found a happy place in my home life, career and my hobby, football, so I just want to keep it all going,” she said.

The William Stead’s pub manager, Jonathan Carney, is pictured presenting Becky with her long-service award.



LEILA AND WALNUT TREE CELEBRATE JOINT BIRTHDAY

Bar associate Leila Krasniqi celebrated her birthday on the same day on which the pub where she works, The Walnut Tree (Leytonstone), marked its 28th birthday. The pub marked both milestones with cake and balloons. The pub opened in May 1997 – Leila, its longest-serving staff member, has worked there for 17 years.

She said: “It was nice of customers to say happy birthday to me, when, really, it was the pub’s birthday – but I enjoyed it. It was a lovely day for everyone.”

Leila is pictured (centre) with shift leader Klaudijus Jakaitis (left) and kitchen team leader Gerard Collins.

Another long-serving staff member is kitchen team leader Josh Andrews, who started working at the pub in February 2016.



FOOTBALL FOLLOWERS PITCH UP AT HUNDREDS OF PUBS



Football fans Bryan Piper (pictured) and Howard Muten have visited hundreds of Wetherspoon’s pubs in England, Scotland and Wales – with many visits tying in with watching their beloved AFC Wimbledon away from home.

Bryan has visited more than 800 of the company’s pubs, and Howard 878, so far.

Former railway worker Bryan said: “We started with a visit to J.J. Moon’s (Tooting) 10 years ago, although Howard knew the pub from when it first opened.

“We aim to go to several pubs in any area we visit. For example, when we travelled to Cumbria, we visited The Henry Bessemer (Workington), The Bransty Arch (Whitehaven), The Chief Justice of

the Common Pleas (Keswick), The Dog Beck (Penrith) and The Miles Thompson (Kendal) on the same day.

“It was fantastic to visit all of the pubs. The buildings in which the pubs are housed are fantastic, and we thoroughly enjoy visiting them. Staff on our visits are always so friendly, and that adds to the enjoyment.

“We both drink real ale, and, to be honest, Wetherspoon’s pubs offer the best value and quality.

“When we are watching AFC Wimbledon at home, we go to The Wibbas Down Inn (Wimbledon) for breakfast or brunch and do the same, by catching an early train, when we are travelling to see the team play away.”

ROCKET LANDS HUGE DARTS TITLE AFTER PERFECT FLIGHTS



The 2025 winner, **The Rocket (Putney)**

The Rocket (Putney) was crowned the 2025 winner of Wetherspoon's annual staff fundraising darts tournament in aid of Young Lives vs Cancer.

The eagerly contested event, with regional and area heats across the UK, saw a record number of teams participate, with more than 450 teams from Wetherspoon pubs helping to raise funds.

Between January and March, a fantastic £156,307 was generated for young people facing cancer, thanks to staff members fundraising and competing in the tournament.

The tournament was set up in 2012 to raise money for Wetherspoon's charity partner Young Lives vs Cancer.

The money raised will be added to the £25 million which Wetherspoon has raised for the charity since the partnership's launch in 2002.

This year's tournament kicked off in January, with 465 teams from pubs across the UK taking part in the first round.

Fifty-seven teams progressed to the regional tournaments across 12 venues, including Grover & Allen (Sudbury), The John Jacques (Portsmouth) and The Last Post (Paisley).

In March, the top 11 teams travelled to Trent Bridge Inn (Nottingham) to take part in the tournament's national final.

After several knock-out rounds, the final concluded with a tense match between eventual winner The Rocket (Putney) and the 2024 champion The Picture Playhouse (Bexhill-on-Sea).

The Rocket's pub manager, Nikolay Petrov, said: "We are so proud, not only to have won the annual darts competition for the very first time, but also to have contributed a significant sum of money towards helping young people with cancer."



The 2025 runner-up, **The Picture Playhouse (Bexhill-on-Sea)**

"We had some tough competition throughout, and the final saw us play The Picture Playhouse, which has previously won the tournament, so the atmosphere was tense."

"The Rocket would like to thank every team which took part in the event, and the organisers for all of their hard work."

"It was a great pleasure to be a part of the tournament, and we're all so proud to have won."

Sophie Hartley, partnership fundraiser at Young Lives vs Cancer, said: "It's amazing to see teams from across the UK get together to support Young Lives vs Cancer."

"From challenging themselves to play some excellent rounds of darts to hosting hamper raffles in support of their fundraising, Wetherspoon Team Young Lives has once again gone above and beyond in helping to support children and young people facing cancer."

"The money raised from their incredible efforts means that Young Lives vs Cancer will be able to help even more young people with cancer to get the right support when they need it most."

"Thank you to every team member who took part – and huge congratulations to The Rocket (Putney)."

Wetherspoon's general manager, Richard Marriner, said: "I'd like to thank all of the staff who took part and the host pubs for organising the area heats in January."

"Wetherspoon's employees have once again raised a phenomenal amount for this fantastic charity, with a record number of teams taking part."

"The standard of darts played this year was exceptionally high and made for a tense, nail-biting end to a great tournament."

"I'm delighted that we were able to donate £156,307 to our charity partner to help young people facing cancer."

Young Lives vs Cancer supports children and young people with cancer, and their families, as they navigate the emotional and practical challenges of having cancer. From the moment of diagnosis, their specialist social workers provide day-to-day support for each child, young person and family member, from information and guidance to financial support.



All of the teams in the national final, **Trent Bridge Inn (Nottingham)**

Participating teams in some of the area heats across the UK and Ireland



The Society Room (Glasgow)



Keavan's Port (Dublin)



The Bishop Blaize (Stretford)



The Bridge House (Belfast)



The Last Post (Paisley)



The William Stead (Darlington)



The Wyndham Arms (Bridgend)

THE BRIDGE HOUSE • BELFAST

LYNDSAY HAPPY WHERE SHE IS AFTER 20 YEARS AT THE BRIDGE



Wetherspoon's area manager John Hudson and pub manager Alice Treasure present Lyndsay with a bottle of Champagne to mark 20 years' service with the company

The Bridge House (Belfast) has played a huge part in the life of shift manager Lyndsay McGibbon.

Not only has she worked there for 20 years, but also she met her husband Tommy there. They met in 2009 and were married in 2016.

It was her cousin Claire McVeigh (who still works at The Bridge House) who suggested that 16-year-old Lyndsay should apply to work there.

Lyndsay worked in the kitchen for two years and then became a bar associate. Her sister, Molly, also used to work at the pub.

Although she took advantage of opportunities to progress as they came up, Lyndsay does not describe herself as the ambitious type.

"I have absolutely no interest in becoming a pub manager," she says.

She rose through the ranks, however, first as team leader, then shift leader and, since 2017, as shift manager.

"I like the job because you get to know people.

"Staying in the same pub means that I've got to know the regulars, and sometimes their children and grandchildren, really well," said Lyndsay.

Inspirational figures in her life have included Phil Annett, her pub manager for many years, who, in 2023, celebrated his own milestone 30 years' service.

"Phil knew the company inside out and taught me a lot," said Lyndsay.

Outside of work, Lyndsay likes walking in the countryside with her lurcher dog and going on holiday with husband, Tommy.

"We love to travel, seeing new places," said Lyndsay.

GAME INVENTOR CRACKS QUACKY QUANDARY AT THE PACKET STATION



Colin Leamon invented a card game called Quacky while enjoying a pint at The Packet Station (Falmouth).

Colin is head of Redruth-based marricgames.com, and although he's invented numerous games over the years, he reckons this is one of his best.

"It's got the X factor," Colin told us.

The game is played with special cards divided into colours and letters.

The idea is to make the word 'QUACKY' or, with younger families, 'QUACK'; it's quicker, with players saying "quack, quack, quack" as they lay out their winning hand.

The game lasts five to 10 minutes and is for two to six players. It is aimed at players aged six plus.

Colin explained: "It was a throw-away idea; I've honestly been surprised by the reception.

"Everyone of every age loves it.

"It's simple, great fun and a little bit silly."

He added: "I like Wetherspoon because it has some good pubs around here, and the prices are really good.

"I go to The Packet Station and also to The John Francis Basset in Camborne."

SOPHIA SERVES BREWS FIT FOR A QUEEN AT WOODSEATS PALACE

Shift manager and self-taught drinks expert and beer champion Sophia Salvati held a beer-tasting event at The Woodseats Palace (Sheffield).

Using her in-depth knowledge, Sophia lined up a set of beers to tempt and challenge participants.

Among the drinks on offer were Stanbrook Kiwiana, a New Zealand pale ale, Hook Norton Grand Union, a golden ale, Boudicca Spiral Stout and Terrapin Hey Pal, an American brown ale.

Some of the beers were featured in Wetherspoon's beer festival, held in March.

Sophia said: "Five of the festival's beers were brewed by female brewers, with several brewed especially for the festival.

"There was a lot to tell customers as we tasted the various ales."

Pictured are beer champions Iona Robertson (left) and Sophia Salvati.



THE SIR HENRY SEGRAVE • SOUTHPORT

POLISHED PERFORMANCE FROM MARTYNA



Martyna Taranczewska started her Wetherspoon career in 2018, having originally been a cleaner (2013–18) at The Willow Grove (Southport) (no longer a Wetherspoon pub).

Now, she is a shift manager at The Sir Henry Segrave (Southport), having transferred there following the closure, in 2023, of The Willow Grove.

Originally, Martyna was working for a cleaning company, but asked for bar shifts and then, in just a few years, having joined Wetherspoon full time, worked her way up to shift manager.

Pub manager Dan Mercer said: “Martyna had been a cleaner at the pub for a year and then asked whether she could work behind the bar. “I was happy to offer that to her, and she progressed really quickly to her current position.

“She is driven, committed and worked really hard towards that goal.

“It has been great to see and shows that you can progress rapidly with Wetherspoon, if you have the desire to do so.”

Martyna added: “I’ve received a lot of support from my pub manager, Dan Mercer, and the rest of the management team.

“They all believed in me and have supported me along the way.

“Wetherspoon was my first-ever job – and I knew from the beginning that this is what I wanted to do and I’m happy where I am now.

“In June, I celebrated seven years with the company.

“I am a mum of three boys and work full time, with the job offering me the perfect work-life balance.”

STOKE NEWINGTON

ROCHESTER CASTLE STILL BOUNCY AFTER 42 YEARS



Staff members and regulars at The Rochester Castle (Stoke Newington) are pictured with cake and balloons celebrating 42 years since the north London pub first opened its doors to Wetherspoon's customers.

Pictured (front) are shift manager Nathan Flynn (holding cake), shift leader Sue Currie (holding balloons), bar associates June Warwick and Evie Phillips (front, right to left); back (left to right) are shift leader Max Eldridge and kitchen manager Michal Marmol, with shift manager Tracey Graham (just in front of them), together with customers.

The Rochester Castle, Wetherspoon's oldest pub, first opened on 1 May 1983, on the same day as founder and chairman Tim Martin sold his first pub (named Wetherspoons) in Muswell Hill, also in north London, which he had originally bought in 1979.

Formerly known as The Tanners Hall, The Rochester Castle was one of seven Wetherspoon pubs at the time.

The pub was originally built in 1801, by Richard Payne, from Rochester – hence its name.

It replaced an earlier pub on the site, called The Green Dragon, known to have been in existence in 1702.

Historic England lists the current building as a three-storey, plus attic, premises (grade II), 1892–93 by architect Messrs Crickmay and Sons.

Its history notes reveal: 'This is a characteristic and exuberantly decorated pub from the height of the 'gin palace' phase of pub-building. Stylistically, it looked to the early 17th century for inspiration.

'It has undergone considerable alteration, yet remains a fine example of the type, with unusual, tiled decoration.

'The architect, Messrs Crickmay and Sons, was a specialist in the field.

'Permission to erect the pub, on behalf of a Mr Heaven, was sought from the London County Council in November 1892.'

The British History website records that a social club met at The Rochester Castle in 1839; during 1840–66, it was the meeting place of the True Brothers of Stoke Newington and Hackney Improved Birmingham Benefit Society.

During 1852–68, the Ancient Order of Foresters used it as its base and, in 1861, so did the Combined Friends of Stoke Newington Improved Working Man's Friend Benefit Society.

Paul Johnson, who has managed the pub since June 2023, said: "The Rochester Castle has now been a much-loved community pub for more than four decades, attracting local residents, workers and visitors alike."

FOOTBALL FANS ORGANISE 50TH BASH FOR CLUB SECRETARY LEE



A large group of non-league football fans arrived at J.J. Moon's (Ruislip) to honour Whitenap FC Club Secretary Lee Whitelock on his 50th birthday.

Lee's Southampton-based friends sent him a note, telling him to be at Romsey bus station to embark on a mystery coach trip to include a visit to Wealdstone FC and later the nearby Wetherspoon pub.

During a six-goal thriller against Eastleigh FC, the group was officially welcomed over the Tannoy and met club officials.

Sadly, club superfan Gordon Hill, also known as 'the Wealdstone Warrior', was unavailable that day but sent his best wishes.

Then, the 26-strong group, all of whom have played for Whitenap over the years, adjourned to J.J. Moon's for post-match refreshments.

Lee was presented with birthday cards, including one from Unilever, maker of his favourite spread, Marmite, and one from Wetherspoon's founder and chairman Tim Martin.

Some of his friends wore versions of Lee's trademark black leather jacket for the day.

Pub manager Sam Garvey said: "It was a good craic. The customers were great."

"It was a pleasure to host them, and they did a lovely thing for their friend Lee."

The event was organised by Plymouth Argyle supporter Jon Lavers, who said: "You can always rely on Wetherspoon – they can cater for large groups, and the staff on the day were brilliant with us."

He added: "We wanted to do something for Lee. He puts the nets up, cleans the kits and organises tours for us – so this time, we wanted to do something for him."

Lee is pictured far left with Jon (wearing the hat) and the Whitenap FC group.

HEDGEFORD HEROES HELP TO CELEBRATE 10TH BIRTHDAY

In April, The Hedgeford Lodge (Hednesford) celebrated a decade since first opening its doors as a Wetherspoon pub.

Pictured marking the occasion, with cake and balloons, are (left to right) team leader Hannah Davies, shift leader Natalie Clay, pub manager Vicky Phillips and shift manager Josh Carter.

Vicky, who has worked for the company since October 2013, took over in March 2022 as pub manager at The Hedgeford Lodge.

Both Hannah and Natalie have worked at the pub since April 2015, when it first opened.

Kitchen associate Audrey Farrell and bar team leader Georgia Nicholls (not pictured) also both joined the company 10 years ago as members of The Hedgeford Lodge opening team.

Vicky said: "Over the past decade, the pub has become an integral part of the local Hednesford community – and we thank all of the regular customers for their continued support."



IRISH DANCERS WOW THE WINTER GARDENS



Young Irish dancers stole the show as they wowed customers at The Winter Gardens (Harrogate) on St Patrick's Day.

The group, from locally based St Aelred's Irish Dance Group, performed a series of routines as customers looked on.

Pub manager Will Thornton came across the group through chatting to a customer whose daughter is a member.

He said: "The dancers were fantastic. Customers and staff alike thoroughly enjoyed their performance, which was a great way to mark St Patrick's Day in the pub."

In addition to the dancing, award-winning Cube Barbers of Bingley returned to The Winter Gardens to offer cut-price haircuts, with proceeds to the tune of £150 going to Young Lives vs Cancer.

KING'S CARD MAKES GEORGE AND SHEILA FEEL LIKE ROYALTY

George and Sheila Barker tucked into fish and chips as they celebrated their 60th wedding anniversary at The Wheatsheaf (Cheadle).

They visit the pub several times a week, enjoying chatting with fellow customers and staff.

On the day of their anniversary, they dropped by to visit friends and have a meal – and to show off a special card from King Charles III and Queen Camilla.

Pub manager Steve Boddie said: "It was really nice to see them on their special day. They were very proud to show off the card they had received to mark the occasion."



THE MOON UNDER WATER • WIGAN

TEEN TEAGAN GETS A SHIFT ON



Shift manager Teagan Fishwick joined the company as a 16-year-old floor associate.

Born and raised in Wigan, Teagan, 19, joined the team in 2022 at The Moon Under Water (Wigan), following in the footsteps of her older sister Shania Fishwick, 25, who is also a shift manager at the pub.

Teagan explained: "I fell pregnant at a young age, so needed to get a job to support my newborn baby son.

"I worked through the apprenticeship programme with Wetherspoon because I was able to learn and earn at the same time.

"It was a great option and better than trying to juggle work with college."

Teagan progressed quickly and was supported by her sister and mum.

Her son Noah, now a three-year-old, attends nursery two days a week and, when Teagan is at work, is cared for by her mum.

Teagan said: "Wetherspoon is a great place to work.

"They help in a lot of ways, not just at work.

"I have a very good job, and the wage is really good for my age."

She added: "I was very shy when I first started, yet the job has also helped with my self-confidence, speaking to various people.

"I have definitely become more assertive."

Teagan concluded: "My management style is fun, and I always try to do things with a smile, but whatever needs to be done still always gets done."

The Shoulder of Mutton (Ashby-de-la-Zouch)

Well done folks!
£584
...raised for our
chosen charity.



Cross-trained associate Neve Williams was already planning to have her head shaved – but, after a chat with a customer, decided to turn it into a fundraiser for the pub's chosen charity.

Neve's head was shaved at The Shoulder of Mutton (Ashby-de-la-Zouch) by local barber Ella Lester, cousin of shift leader Emily Redfern.

Neve (pictured with Ella) said: "A customer said that I could raise a lot of money for charity by having it done here, so I brought my haircut forward a few months.

"Also, a few people I know have been diagnosed with cancer recently, so I wanted to show them some support."

The head shaved raised £584.

The Red Lion & Pineapple (Acton)

Well done folks!
£311
...raised for our
chosen charity.



A disco night at The Red Lion & Pineapple (Acton) raised £311.

Staff and some customers dressed in 70s outfits and posed for photographs.

Bar associate Vincent Preston, a social media influencer and keen photographer, enhanced photos using special filters to create an 'authentic' 1970s look.

Shift manager Ciara Slattery said: "We got some great pictures, and it was a really successful event overall.

"We wanted to do something different to liven up Acton's social scene – which has been in decline over recent years."

Young Lives vs Cancer's philanthropy and partnerships co-ordinator Emilie Scholes wrote a letter to Ciara. It read: 'Thank you so much.

'The money you raised could allow a family to stay in one of our Homes from Home for five nights.

'Homes from Home accommodate families so that they can stay near to the hospital where their loved-ones are being treated.'

Pictured (left to right) are bar associate Charlotte Harwood, shift manager Tom Bloom, pub manager Alessandro Piano, bar associate Vincent Preston, team leader Ali Ghanbari Houshyar and bar associate Mrunel Patil.

The Edmund Tyney (Leatherhead)

Well done folks!
£1,400
...raised for our
chosen charity.



Three team members at The Edmund Tyney (Leatherhead) competed in sporting events to raise money for their chosen charity.

Pub manager Kara Nash (centre) completed the Paris Marathon in four hours 49 minutes, while kitchen associates Leo Woollett (right) and Luke McGuigan (left) competed in charity boxing events in Leatherhead.

The trio raised £1,400 among them.

Kara said: "It is so nice to see everyone getting involved and doing new things to raise as much money as possible for Young Lives vs Cancer.

"The training which the boys and I put in for our events was not easy, yet to know that we managed to raise as much money as we did made it that much sweeter.

The whole pub got behind us, and the support received from our team and customers was amazing."

The Woodseats Palace (Sheffield)

Well done folks!
£95
...raised for our
chosen charity.



A gin-tasting event at The Woodseats Palace (Sheffield) raised £95.

Customers paid to try six gins accompanied by snacks and nibbles. There was also a quiz, with a bottle of gin as a prize.

The favourite among those tasted was Shivering Mountain, a Peak District gin made at the Hope Valley Distillery.

The event was one in a series organised by bar team leader Leanne Day and shift manager Sophia Salvati, who gave a talk about gin to participants.

Pub manager Rick Brown said: "Sophia is a self-taught expert in gin, and she selected the gins, mostly from the drinks menu.

"But we were happy that the Peak District gin went down so well, as it's local to us."

Pictured (left to right) are mum and daughter Victoria and Sophia Salvati, with Leanne Day.

The Unicorn Hotel (Ripon)


Well done folks!
£1,469
...raised for our
chosen charity.

Duty manager Dawn Tull swam around 16 miles over one month, raising more than £1,469.

Dawn, who works at The Unicorn Hotel (Ripon), wanted to test herself and decided to make some money for charity at the same time.

"I saw a 5km challenge, but this didn't seem enough so I made it 25km – and, in the end, I did 26km," said Dawn.

She started the month swimming three times a week, but then the buzz took hold and it became four days a week.

"And, now, I don't want to stop," said Dawn, who started swimming as a child and has met Olympic silver medallist Sharron Davies on several occasions.

Dawn said: "I actually swam against her and beat her twice. Sharron was swimming for Plymouth, while I swam for Cornwall."

Dawn concluded: "It was great for me to get back into something I used to love doing so much as a youngster."

The Great Spoon of Ilford (Ilford)


Well done folks!
£300
...raised for our
chosen charity.

During Easter, children took part in an egg hunt, face-painting and arts and crafts at The Great Spoon of Ilford (Ilford).

Around 20 children took part in colouring collection bags, before filling them with eggs on the hunt.

Parents paid £8 per child for the activity, with £300 raised.

Each of the children received colouring equipment, egg-collecting bags, colouring pens, stickers and Teddies.

Shift manager Angela Wood organised the event with fellow shift manager Sarah Levy.

Angela said: "The children had a lot of fun – and we were pleased with the amount raised for charity."

Pictured (left to right) are Sarah Levy, Eve Morgan, Vilte, Kiajus and Adele Poznanskiaite and Angela Wood.

The Tanners Hall, (Darlington), The Thomas Sheraton (Stockton-on-Tees), The Plimsoll Line (Redcar), The Ralph Fitz Randal (Richmond), The William Stead (Darlington), The Stanley Jefferson (Bishop Auckland), The Grand Electric Hall (Spennymoor), The Angel Hotel (Whitby), The Horse Shoe Inn (Crook), The Swatters Carr (Middlesbrough) and The Ironstone Miner (Guisborough)


Well done folks!
£11,793
...raised for our
chosen charity.

Nineteen staff from 11 pubs across northeast England took part in a skydive, raising almost £12,000.

The dive started 10,000 feet above County Durham's Shotton Airfield.

Each participant was asked to raise £500 through sponsorship, but, together, they broke through the target to raise a total of £11,793.

Initial excitement was dampened by delay, as high winds meant a four-hour wait until the first flight could take off.

The last jumpers had to wait until 7.30pm for their turn, having arrived at 10am.

Area manager Becky Teale, who organised the event, said: "It was to everyone's credit that they dealt with the highs and lows of anticipation and delay and completed their jump.

"We are delighted with the amount raised and very grateful to everyone who contributed."

Pubs whose staff joined in were The Tanners Hall, (Darlington), The Thomas Sheraton (Stockton-on-Tees), The Plimsoll Line (Redcar), The Ralph Fitz Randal (Richmond), The William Stead (Darlington), The Stanley Jefferson (Bishop Auckland), The Grand Electric Hall (Spennymoor), The Angel Hotel (Whitby), The Horse Shoe Inn (Crook), The Swatters Carr (Middlesbrough) and The Ironstone Miner (Guisborough).

The Woodseats Palace (Sheffield)


Well done folks!
£103
...raised for our
chosen charity.

A determined dozen set out for the Peak District to take on a charity walk, raising £103.

The group, from The Woodseats Palace (Sheffield), experienced all weathers in just four hours during the 11-mile walk through the Hope Valley.

Shift manager Sophia Salvati said: "We had hail, rain, sunshine and snow!"

She added: "It was really good to be outside and enjoy the chance to take part in an event like this with colleagues."

Pictured are (back row, left to right) bar associates Dylan Justice and Thomas Voyse, shift leader Rob Bell and bar team leader Sam Allison; (middle row, left to right) shift manager Jack Grayson, shift leader Victoria Forbes and former colleague Kieran Candon; (front low, left to right) kitchen team leader Rachel Fell and shift managers Hayley Martin, Sophia Salvati and Marnie Coxon.

SPOON RUNNERS' HUGE FEATS BRING IN £24,485 FOR YLVC

A group of seven fundraisers from Wetherspoon's pubs across England, Scotland and Wales, together with a Wetherspoon regional manager, took part in the TCS London Marathon 2025, in aid of Young Lives vs Cancer.

Regional manager Duncan McSporran, Chris Went (The Coliseum, Abergavenny), Gregor Cairns (The Auld Brig, Irvine), Michael Perry (The Layton Rakes, Blackpool), Sam Cross and Sean Oades (The Union Rooms, Plymouth), Michelle Parker (The Mannamead, Plymouth) and Judi Harrington (The Vigilance, Brixham), together with Young Lives vs Cancer's partnership co-ordinator Emilie Scholes, all completed the gruelling 26.2-mile (42km) course.

As well as achieving an amazing challenge and fundraising for charity, they are now all World Record-holders, since they were among the largest number of finishers in a marathon.

The Wetherspoon group collectively fundraised £24,485 for Young Lives vs Cancer, which had representatives at cheer points along the route on the day, outside The Gate Clock (Greenwich) and The Liberty Bounds (Tower Hill).

Young Lives vs Cancer's partnership fundraiser, Sophie Hartley, said: "We cannot thank Wetherspoon 2025 London Marathon runners enough for their amazing efforts, taking on the challenge of a lifetime for Young Lives vs Cancer.

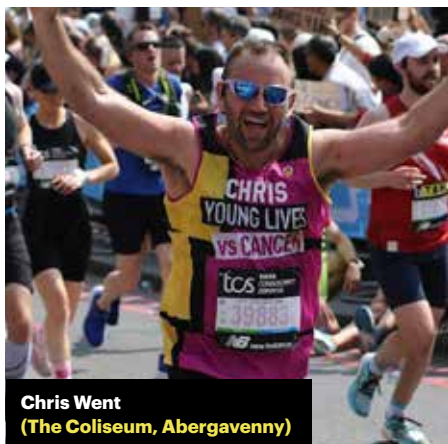
"For every blister, fundraiser and training mile they took on, we are in awe of their dedication and determination.

"Every day, 12 more children and young people in the UK will hear the devastating news that they have cancer.

"Our charity relies entirely on donations to fund our vital work, and we were so proud to cheer Chris, Duncan, Gregor, Michael, Sam, Sean, Michelle and Judi, as well as our own Emilie, all the way to the finish line."



Sam Cross and Sean Oades (left to right)
(The Union Rooms, Plymouth)



Chris Went
(The Coliseum, Abergavenny)



Duncan McSporran



Gregor Cairns
(The Auld Brig, Irvine)



Judi Harrington
(The Vigilance, Brixham)



Michael Perry
(The Layton Rakes, Blackpool)

ARTISTIC SURPRISE IN STORE FOR PATRONS OF THE WALNUT TREE



A painting of a former department store known as The Harrods of Leytonstone now hangs inside The Walnut Tree (Leytonstone).

The work features Bearman's Department Store which was opened in 1898 by owner Frank Bearman. It closed in 1982 and is now an Aldi supermarket.

It was bequeathed to Leyton and Leytonstone Historical Society by former Bearman's employee Anthony Elliott.

The picture has now been loaned to the pub to display, so that the public can enjoy it.

Pub manager Sharon Horscroft said: "We are very grateful to the society for trusting us with this picture.

"We are proud to display it in the pub.

"The Walnut Tree is a very popular and busy pub in the town, so is a great location for the picture, as many customers will see it."

Leyton & Leytonstone Historical Society's secretary, Maureen Measure, said: "Details of the artist who originally painted the work are sketchy, but a signature reads L Barbar and is followed by the number 52.

"We are pleased that it has inspired so much interest and that Wetherspoon has agreed to house it."

Pictured (left to right) are shift manager Julia Bott, area manager Rob Churly and daughter Erin, history society secretary Maureen Measure with her colleagues Robert Gay and David Boote.

SHHH... DAN SERVES QUIET PINTS TO ALE FANS

Shift manager Dan Branwhite hosted a Quiet Pint event for Campaign for Real Ale (CAMRA) members at The Edmund Tylney (Leatherhead).

Kingston & Leatherhead branch members choose a local pub each month for their event.

Dan (pictured) roped off a special area for the 15-20 guests and decorated it for their meet-up.

He said: "We were very pleased that CAMRA members chose our pub for the event.

"They were in a jolly mood, and it was a very enjoyable evening."



Shift manager and cellar champion Dan Branwhite

THE HORSESHOE • WOMBWELL

YEARS FLY BY FOR HORSESHOE TRIO NICOLA, JOANNE AND KELLY



Bar associate Joanne Gibbons (right) and kitchen associate Nicola Lunn (left) are pictured at The Horseshoe (Wombwell), where they both work.

In August 2025, Nicola will be marking 25 years' service for the company, having started her Wetherspoon career in 2000 at The Church House (Wath-upon-Dearne), before moving to The Horseshoe.

A kitchen associate for her entire career, Nicola said:

"I arrived at The Horseshoe in 2005 and have stayed ever since.

"I have also stayed as a kitchen associate, which suits me well.

"I enjoy the job, like the role and my work friends. It's all about the people really."

Nicola recalled: "There have been a lot of changes in the past 25 years.

"We didn't serve breakfast when I first joined, but that started a couple of years later and has now become a huge part of the business."

Kitchen manager Fiona Sullivan heads up the team of five, including Nicola, and the pub is managed by Dani Semmens.

Nicola concluded: "We're a small but good kitchen team – we're alright.

"I think my 25 years are an amazing achievement and am proud of myself."

Joanne has worked at The Horseshoe for 21 years, always as a bar associate, although now only for a Wednesday morning shift.

She revealed: "My main job is as a secretary for the family scaffolding company, which we started about 10 years ago.

"As it has got busier, my Wetherspoon hours have reduced, but I really don't want to stop working at the pub.

"I started when my kids were little, working while they were at school, and the job has always been really flexible.

"I love my job, get on well with my colleagues and like the regulars.

"The Horseshoe is a proper community pub, and the job is really sociable."

Bar associate Kelly Townend (not pictured) has also worked at The Horseshoe for 20 years.

HIKER DEREK GIVES 'SPOONS A THUMBS-UP



Some of you may have seen Derek Adams on your travels – he's an octogenarian hitch-hiker who thumbs lifts up and down the country as he tours Wetherspoon's pubs, on his quest to walk the entire British coastline.

Derek, 82, lives in Aylesbury, not far from the town's Wetherspoon pub, The White Hart, and has visited 76 Wetherspoon pubs since he started his walking tour of Britain in 2022.

In that time, he has walked 3,690 miles in various stages – much of it in beautiful countryside.

Derek hitches a lift at the end of each day to his accommodation and the following morning back to where he ended his walk on the previous day.

Derek said: "At the end of a day's walking, around 6pm, I like to go and sit in a Wetherspoon pub because I know I'll be safe and warm and there'll be people to talk to."

"The staff are always very friendly and happy to hear about my travels, which I am keen to share."

Among his favourite pubs visited are The William Rufus (Carlisle), The Paddle Steamer (Largs) and The Corryvreckan (Oban).

Derek raises money through his walking and, so far, has totted up £9,000 split among The Royal National Lifeboat Institution, The British Heart Foundation and Cancer Research.

He is aiming to double the amount on the next leg of his tour.

His charity work earns him shout-outs from radio stations, so that motorists hear about his work and are more likely to stop for him.

His fluorescent jacket with 'Derek Treks Britain' on it helps as well.

He added: "I've had lifts from English, Welsh, French, German and Austrian people."

● If you'd like to help towards his fundraising total, please visit: [Justgiving.com/team/DEREKtreksBRITAIN](https://www.justgiving.com/team/DEREKtreksBRITAIN)

NIGHT OF PROSECCO AND PIE BRINGS IN SUM THAT'S SKY-HIGH

A pizza and Prosecco night at The Cross Keys (Beverley) raised £500 during Cerebral Palsy Awareness Month, run by Hull and East Riding Cerebral Palsy Society.

Customers paid £20 per ticket to take part in the fun event, which included bingo and a raffle.

They enjoyed pizza and three glasses of Prosecco for their donation.

The event was also attended by charity volunteers from Hull and East Riding Cerebral Palsy Awareness Society.

Shift manager Emma Thorley, whose daughter Sienna has cerebral palsy, said: "We wanted to do something different which would reward customers for getting involved and be a lot of fun to take part in."

"We are grateful to all of those who came to help to raise funds and awareness."

Pictured (left to right) are volunteer Glyn Williams, shift manager Emma Thorley, team leader Kai Bain and volunteers Sarah Markham and Christine Williams.



DARK ARTS ON DISPLAY AS CUSTOMERS TRY TO POUR PERFECT PINT OF GUINNESS

Customers competed to pour the perfect pint of Guinness as they celebrated St Patrick's Day at The Furze Wren (Bexleyheath).

Drinkers were allowed rare access behind the bar to participate, with entries featuring pints topped off with shamrocks.

Later, there was an Ireland-themed quiz, with half of the money collected from the £1 entrance fees going to Young Lives vs Cancer.

Duty manager Chris Myers said: "It was a fun evening, and everyone really enjoyed it. To be honest, we enjoyed watching the customers pull the pints for a change."

Pictured (left to right) are bar associate Georgie Gale, team leader Faye Horry and bar associates Emily Garman, Shannon Broderick and Reece Buttwell.



OLDER ASSOCIATES ENJOY THE EMBRACE OF THE LINFORD ARMS



Age is irrelevant for two staff members at The Linford Arms (Cannock). Bar associate Carol Pearson, 69, and kitchen associate Bill Ramsey, 70, started working at the pub in 2016.

Neither of the two had worked in pubs before taking on their roles.

Carol said: "I met pub manager Andrew Johnston on a Campaign for Real Ale brewery trip. We started talking about work, and he offered me a job."

"I had previously worked as a volunteer 'responsible adult' for the police service. I love working at the pub and have no desire to retire."

Bill said: "I previously worked at a hotel, but it closed down."

"I didn't wish to retire, so I applied for a job at the pub and was delighted when I got it."

"I love it here. We have a great team, and the work keeps me busy, which is how I like to be."

Pub manager Kate Hooley added: "Carol and Bill are very popular with colleagues and customers. It is a pleasure to have them on board."

"We enjoy having people of all ages working at the pub, and I look forward to working with Carol and Bill for many more years to come."

DARTS ARISTOCRATS DOMINATE IN GLASGOW'S SOCIETY ROOM



The Society Room (Glasgow) was once again the venue for the area heats of the annual staff charity darts competition.

A total of 30 teams, from pubs across the city, packed into the Glasgow pub.

The 150 players competed for a place in the 2025 national finals (see pages 84–85 for a full report on the tournament's final).

As well as participation fees, there was a charity raffle, supported by several businesses (Air Thrill and Electric Thrill, East Kilbride; Caorunn Gin; Innis & Gunn Brewery; Nippon Kitchen, Glasgow; Stewart Brewing), which helped to raise almost £900 for Young Lives vs Cancer.

The Society Room's shift manager and event organiser Nathan McGowan said: "For the second year running, the event achieved the record for the number of teams playing at one pub.

"The total raised was £891, which was an increase of £168 on last year's total.

"I hope that we can achieve even more again next year.

"Thank you to all who attended. I hope everyone had a great night.

"And well done to the winner of the area heats' main division – one of three teams from The Sir John Moore (Glasgow).

"A shout-out also goes to the second-place team, The Kirky Puffer (Kirkintilloch), and to the second-division cup winners – one of six competing teams from The Counting House (Glasgow).

"All of the pubs should be proud of their teams.

"It was great to see everyone come together and enjoy themselves."

STAR PERFORMER ANNA CALLS TIME AT THE SEVEN STARS

Floor associate Anna Thompson has retired after 29 years' service with Wetherspoon.

A well-known and much-loved character at The Seven Stars (Manchester), she had been welcoming customers to the pub almost since the opening day in 2001.

Anna is pictured marking her retirement with a bouquet of flowers, alongside Wetherspoon's general managers Will Fotheringham (right) and Ged Murphy.

Anna started in the kitchen at Wetherspoons (Manchester Piccadilly), then had a spell at The Bishop Blaize (Stretford) before moving to The Seven Stars not long after it first opened.

She recalled: "The Moon Under Water (Manchester) had opened a couple of months before Piccadilly and I asked John, my husband: 'What is Wetherspoon?'"

"I had been a restaurant supervisor at the old Piccadilly Hotel (now the Mercure), yet was made redundant and so was looking for a job.

"I remember Ged Murphy working at that time at Manchester's Wetherspoons – and he is now general manager."

Manchester-born Anna has four children, two boys and two girls, together with eight grandchildren.

Will Fotheringham said: "In thanking Anna for her amazing long service and dedication, we all wish her a very happy retirement.

"She will be missed by the team and regular customers."



NATASHA AND IZZY PURSUE TRIVIA ON THEIR PUB VISITS

Natasha Barcinska (left) and Izzy Care (right) have ticked 40 pubs off their list as they pursue their ambition of visiting every UK Wetherspoon pub.

The couple, from London, have visited outlets in Liverpool, Portsmouth, Stratford-upon-Avon, Banbury, London, the Isle of Wight, Canterbury and Ilfracombe (among other places) in the past year.

They first started their date nights, every Thursday, at The Barrel Vault (St Pancras International station), where they discovered a mutual interest in travelling and Wetherspoon's pubs.

In each pub, they take a picture and collect a fun fact, like the story of how Wetherspoon's founder and chairman, Tim Martin, went to The Sir Samuel Romilly (Barry) to save its carpet from being replaced.

They also learned all about astronomer Edmund Halley at The Stargazer (Greenwich) and the former theatre life of The Prince of Wales (Cardiff).

The pictures are always posted on their Instagram: @sxcspoonscouple

Natasha said: "We love how many of the sites have been rescued and how much history there is in each of the pubs.

"Izzy and I are loving our journey, finding out about each pub, experiencing the ambience and also visiting lots of different cities which we have never been to.

"We want to continue our journey, as it gets us to places we've never been."



SON'S CARPET COMMENT LEADS DAD KEVIN TO SEEK A PATTERN



A family debate spawned a new hobby for father Kevin Boyd after his 12-year-old son, Connor, mentioned something over breakfast. Connor said that he'd read that all of Wetherspoon's pubs have a different carpet.

Kevin said: "I thought – surely, that can't be true.

"So, I decided to visit all of the Wetherspoon pubs I could (152 as at 25 June 2025) to see whether this was the case.

"And it turned out that Connor was right."

Since then, Kevin has combined another hobby – photography – with his new-found interest in Wetherspoon's carpets and has now taken pictures of the carpets at pubs across England and Wales, as well as one in Northern Ireland.

Kevin and partner Linda Sheppard (pictured) are loyal Wetherspoon customers, often travelling from their home in Devizes, Wiltshire, to visit pubs together, with Connor.

Kevin added: "We like the value-for-money food and drinks and the pubs' design.

"We also respect the investment which the company has put in to restore old buildings to their former glory."

WOLVES FAN LUKE OVER THE MOON, AFTER VISIT OF 'BIG MAN'

Wolverhampton Wanderers football fan and Wetherspoon shift manager Luke Tomkinson was working, when his team enjoyed a Premier League win over Spurs, towards the end of the season.

Luke, who works at The Moon Under Water (Wolverhampton), was enjoying the celebratory after-match atmosphere at the pub, with customers and fellow fans, when 'the big man' joined the victory party.

Luke said: "When a door staff member told me 'The big man is coming', my first thought was that it was Tim Martin.

"He said 'no, no, the Wolves manager is coming in!'"

Much to the delight of everyone, especially Luke, Vitor Pereira joined fans at The Moon Under Water for a few celebration pints following the 4-2 home win.

Luke (pictured right, with Wolves manager Vitor Pereira) admitted: "He had been in previously, after Wolves' game against Ipswich, but I missed him, so it was great that I finally got to meet him.

"I went to shake his hand and he grabbed me in an embrace and I thought: 'That's not what I was expecting.'

"It was a special moment for me."

The incident also grabbed the media attention, with Luke subsequently being interviewed for BBC Radio, LIVE talkSPORT and for the local Express & Star newspaper.



ANDY AND GOLDEN OLDIES IN THE PINK AT THE RED WELL



Seventy-one-year-old pub cleaner Andy Chambers organises a regular reunion of old schoolfriends at The Red Well (Wellingborough).

Andy, a retired warehouse manager, has worked at the pub since November 2021.

He arranges the get-togethers every five or six weeks, with his wife, Lois, bringing in homemade cakes.

The event reunites the class of 1969 from Westfield Secondary School, in Wellingborough.

The class members now call themselves The Golden Oldies.

Most of those attending are regulars, but, as word spreads, newcomers are welcomed back to the fold.

The latest newbie is teacher Brian Manton, 88, who brought some old photos to share with his former pupils.

Andy said: "It's a really good feeling when we meet, and the pub is the perfect place to do it, as I work here."

Pub manager Ben Gardner said: "It's heart-warming to see The Golden Oldies laughing and reminiscing in the pub and, of course, it's something we're happy to host here."

The Golden Oldies are pictured at The Red Well, with (far left) cleaner and organiser Andy Chambers.

TEAM BRINGS BIRTHDAY BUZZ TO GOLDENGROVE



Staff at Goldengrove (Stratford) took time out to share cake and conversation with customers as the pub celebrated its 32nd birthday.

Birthday-themed music was played, with the pub decorated with red and silver colours.

Team leader Tamara Bankale organised the decorations, while bar associate Naomi Almeida Luis Machado made the cake, which was shared with customers.

The pub is named after the lyrics of Spring and Fall, a poem by Victorian poet Gerard Manley Hopkins, who was born in 1844 in Stratford.

Tamara said: "It is important to mark birthdays at the pub.

"Everyone had a lot of fun – it was a great celebration of a special occasion."

Pictured (left to right) are shift manager Sarah O'Neill, team leader Tamara Bankale, bar associate Naomi Almeida Luis Machado and team leader Liona Lule.

LIVERPOOL PILGRIMS LOCATE FABLED SOURCE OF JAIPUR



To celebrate the fact that their favourite beer has been added to the regular choice of guest ales, customers at The Childwall Fiveways Hotel (Childwall, Liverpool) embarked on a real-ale 'pilgrimage'.

Thornbridge Jaipur (5.9% ABV) IPA is now a nationally listed guest ale at Wetherspoon, much to the delight of real-ale fans at the Liverpool pub.

Shift managers Danny Yilmaz and Joe Prior travelled with a 30-strong group to the Derbyshire-based Thornbridge Brewery to celebrate.

Danny said: "We organised a trip to Thornbridge Brewery, with all of the real-ale-drinkers who come to the pub, to celebrate Jaipur being added to the drinks menu, as a must-stock ale."

"It's very much loved by everyone at the pub."

Danny added: "We travelled by coach from The Childwall Fiveways Hotel, stopping off at Buxton Tap House and touring the brewery.

"We saw how Jaipur is made and learned about the history of Thornbridge."

Danny (pictured front centre, wearing a light blue T-shirt and grey shorts) and Joe (crouching, wearing sunglasses) are pictured with the pub's customers outside of Thornbridge Brewery.



Pictured (left to right) are the five international brewers Luana Meola, Belinda Gould, Steph Cope, Jess Hurd and Tessa Gabiniewicz

FIVE INTERNATIONAL FEMALE BREWERS FIND FAVOUR WITH FANTASTIC FESTIVAL ALES

A range of up to 30 real ales, including five from international brewers, was available at Wetherspoon's pubs during the company's 12-day beer festival.

The overseas brewers, who were all female, were from Australia, Canada, Italy, New Zealand and the USA, with the beers on sale at the festival not previously having been available at the pubs.

Customers also enjoyed several beers brewed for the first time, exclusively for the festival, with vegan beers also available in the collection.

As well as a range of malt and hop varieties from around the world, there were beers with cherries and cocoa beans in their ingredients.

The international beers were Wallaby (Penny Red Brewery, Australia), Estuary Session Ale (Land & Sea Brewery, Canada), Chocolate Porta (Birra Perugia Brewery, Italy), Antiopdean (Brew

Moon Brewery, New Zealand) and Hey Pal (Terrapin Brewery, USA).

The festival line-up also included Batemans Loopy Loo, Black Sheep Blossom, Elgood's Mocha Porter, Greene King Cherry Nice, Hook Norton Grand Union, Rooster's Alpha Female, St Austell Queen of Hearts and Vale Chase the Sun.

Wetherspoon's festival organiser, Jen Swindells, said: "The festival was a great celebration of real ale.

"It allowed us to showcase a selection of superb beers at great prices, featuring those not previously available in the pubs – including some from brewers as far afield as Australia and New Zealand, as well as those closer to home."

Three third-of-a-pint tasters were also available for the price of a regular pint, with tasting notes on all of the beers available in the pub as part of the festival magazine (with a digital version on the Wetherspoon app and website).



The Queen Hotel (Aldershot) Shift manager Izabela Wcislo (left) and bar associate Rosie Bellamy with the pub's festival stillage display



The Elihu Yale (Wrexham) Customer Sally Jones toasts the festival



The Wicket Gate (Chester-le-Street) Customers Christine and Bryan Weldon try a festival pint as bar associate Toni Hancox looks on from behind the bar



The West Kirk (Ayr) Shift leader Roisin McKenzie serves customer Alan Fleming a festival ale



The Capital Asset (Perth) Bar associate Steven Park pours a pint of Chocolate Porter (Birra Perugia, Italy) for customer Les McCowan



The Bole Bridge (Tamworth) Shift manager Jamie Daws serves a festival pint to customer and local resident Russell Jones



The Corn Exchange (Bury St Edmunds) Enjoying a festival pint together (left to right) are customers Edward Saunders, Ian Larman, Gareth Larman and LT Waldron



Globe Hotel (King's Lynn) Customers Tien Do (left) and Pete Callaby enjoy a festival pint in the spring sunshine



The Malcolm Uphill (Caerphilly) All smiles from customers Martin Jones, Josephine Jones and Godfrey Davies (left to right)



The Prior John (Bridlington) Bar team leader Jenson Waddington (left) and regular customer Steve Brown check out the festival line-up

CHILDREN'S AUTHOR FINDS ODD CREATURES IN THE MARE POOL



Cockney ravens, the Loch Ness Monster and a queen bee feature in books written by children's author Safari Thomas.

Safari writes most of her books at The Mare Pool (Mere Green).

Her first book, inspired by a trip to the Scottish Highlands, *The Lamb Gang Save the Loch Ness Monster*, is about a group of friends who save Nessie.

Much of it was written at the pub, where Safari met shift manager Callum Lovell.

He said: "Safari comes in for a coffee and to write. Most of the time, we leave her in peace, but, when she's done, she likes a chat."

Safari's second book manuscript, *The Lamb Gang Save the Queen*, yet to be published, has also been written largely at The Mare Pool

and is about a queen bee who escapes the Cockney ravens at the Tower of London.

Both books feature strong environmental themes and are popular with five- to eight-year-olds.

Safari spreads the word about her Very Important Planet (VIP) Club which children can join to find out more about the environment and get a club badge.

She said: "The Mare Pool is a lovely place to write – it's a great place to people watch and find inspiration for my books.

"It's only 10 minutes' walk away from home. I go there about three times a week just for coffee, breakfast or lunch – and sometimes purely to socialise."

CHELSEA'S CHOP IS THE KINDEST CUT

Bar associate Chelsea Gallagher had her hair cut for the Little Princess Trust at The Avion (Aldridge).

Her aunt, shift manager Lauren La'Moon, was on hand as local hairdresser Ziedan Khadir chopped Chelsea's locks.

Chelsea said: "I'd been wanting to have my hair cut for a long time, but my auntie Lauren said it would be a good idea to donate it and raise money for charity."

The Little Princess Trust makes wigs out of donated hair for children who lose their hair because of chemotherapy.

Chelsea added: "Hair is about confidence.

"It really makes a difference to cancer sufferers.

"I was initially self-conscious when I went to work for the first time after the haircut."

Her efforts raised £1,100 in total, all for the Little Princess Trust.

Chelsea is pictured clutching her lopped-off locks, with aunt Lauren and hairdresser Ziedan Khadir.





The Flying Boat (Dartford) Bar associate Isaac Bamidele serves a glass of Pimm's to customer Barbara Bonney

ENGLISH DRINKS ENJOYED ON ST GEORGE'S DAY

Customers were able to enjoy a range of drinks to celebrate St George's Day.

Elgood's Patron Saint was available, as well as Worthington's Creamflow, Carling, Tanqueray London Dry Gin, Classic Pimm's and Camden Hells lager.

Wetherspoon's operations director, Martin Geoghegan, said: "St George's Day is very popular in the pubs – and customers were happy to celebrate with a great choice of products brewed and produced in England."



The Art Picture House (Bury) Customers Andy Power and Angela Bullough



The Glassmaker (Nailsea) Team leader Jodie Sue Watkins with customer Ivor Phelan



The Last Post (Beeston) Bar associate Ben McLauchlan serves a pint of Patron Saint ale



The Picture Playhouse (Bexhill-on-Sea) Shift manager Katherine McKenna (centre) with customers Robert Taylor, Tony Cruikshank, Kathryn and Graeme Fraser (left to right)

Round-up



The Picture House (Colwyn Bay) Customers Heidi Bowers and Benjamin Tidswell are served by team leader Zoe Rogers (left)

WETHERSPOON SINGS AN EVEN WELSHER TUNE ON SAINT'S DAY

Customers at Wetherspoon's pubs in Wales were able to toast St David's Day with a selection of Welsh craft beers, ales and spirits.

All of the Welsh pubs served drinks offering great value for money. The drinks on offer were Purple Moose Calon Lân Ale (4.0% ABV), Au Vodka (four flavours available, including blue raspberry and strawberry burst), Penderyn whisky and Brecon special reserve gin.

The Welsh craft beer cans (440ml), all on offer were Purple Moose High Hops tropical IPA (5.4% ABV), Tenby Son of a Beach tropical pale (4.2% ABV) and Glamorgan Dead Canary west coast IPA (5.0% ABV).

Wetherspoon's marketing executive, James Vaughan, said: "We were proud to serve a range of craft beers, ales and spirits produced in Wales."

"It was great to showcase these excellent products, offering customers the opportunity to support Welsh brewers and producers."



The Sussex (Rhyl) Customers Rachel Kent and Richard Potter are served by shift leader Jordan Park (left)



The John Wallace Linton (Newport) Customers Sally Ann Hupham and Chris Welch toast St David



The Palladium (Llandudno) Shift manager Caitlin Leece (left) serves customers Carol McCreedy and Alan Gosling



The Picture House (Ebbw Vale) Bar associate Rhys Snell (left) serves a Welsh gin to customers Robert Charles and Barbara Short



All smiles from pub manager Gary Hollis (second right) and team members for the 30th birthday celebrations at The Herbert Wells (Woking).

Also pictured (left to right) are kitchen manager Jason Daborn, with a celebration cake, bar associate Lilly Hallam, deputy manager Christian Millward and shift manager Alan Jones.

The Herbert Wells, which was decorated in bunting, banners and balloons, hosted an ale festival and birthday events, including a 90s-themed quiz night, throughout the first week of June, to mark the occasion.

The ale festival showcased up to 30 real ales from local breweries, including Hogs Back Brewery, Loddon Brewery, Surrey Hills Brewery, The Tillingbourne Brewery, Titanic Brewery, Triple fff Brewery and Twickenham Brewery, as well as other local brewers.

Loddon Brewery also produced a birthday ale, especially for the occasion.

Bish Bosh (4.4% ABV) is a golden ale, with a zesty lime flavour and smooth finish.

It was so named via a staff vote, after Gary Hollis's catchphrase.

The Herbert Wells first opened as a Wetherspoon pub on 4 June 1995, on the site of the former Woolworths store.

It is named after the famous science-fiction author HG Wells, who wrote *The War of the Worlds* while living in Woking for a three-year spell (from 1885).

He also wrote *The Invisible Man*, along with 49 other novels and dozens of short stories.

Gary, who has been manager at the pub for 29 years, said: "We were thrilled to celebrate our special birthday – a significant milestone – with regular customers and look forward to many more in the years to come."

SOUTH SHIELDS

MANAGER PHIL AND FRIENDS CYCLE COAST TO COAST FOR ETHAN'S ARC

Pub manager Phil Riddle and six friends completed a coast-to-coast cycling challenge to raise funds for Ethan's Arc.

The charity was established after Phil's friend Mark Adams lost his nine-year-old son Ethan to a rare form of cancer.

The group – which included Mark and his brother Richie Adams – set off from Whitehaven and took three days to reach Littlehaven Beach, in South Shields.

Phil, who runs The Wouldhave (South Shields), said: "I was physically exhausted.

"I didn't have time to train properly and we cycled for six hours a day.

"But it was worth it to raise money for such a good cause."

The event was held as part of a major fundraising initiative which included five pub quizzes at The Wouldhave.

A total of £1,956 was raised, with further donations still possible here:

justgiving.com/fundraising/ethansarc



Pictured (left to right) are friends Richie Adams, Mick Robinson, Paul Charlton, Rob Booth, Steve Lorrison, Mark Adams and pub manager Phil Riddle

St Patrick's Day ROUND-UP



The Castle Hotel (Ruthin) Customers Saptha Kannachankandy (left) and Angel Hearsey

GUINNESS-DRINKERS IN THE BLACK ON ST PATRICK'S DAY

Wetherspoon's pubs across England, Wales and Northern Ireland reduced the price of a pint of Guinness to mark the annual celebration of St Patrick's Day.

Customers could enjoy a pint of Guinness (4.1% ABV) to toast the patron saint of Ireland.

St Patrick's Day also coincided with the pubs' Monday Club promotion, in which the prices of a wide range of drinks are lowered each Monday.

These include Ruddles and Worthington's, guest ales and Doom Bar, Carling and a range of spirits.

Baby Guinness shots (containing 50ml spirit), made with Kahlúa coffee liqueur, topped with Baileys, were also available.



The Kirky Puffer (Kirkintilloch) A pint and a baby Guinness for customers Aimee MacDonald and Ally Ralston



Keavan's Port Hotel (Dublin) All smiles from the O'Connor family, Max, Gareth and Harry (left to right)



The Castle Hotel (Ruthin) Bar associate Mark Dilozenzo



The Figure of Eight (Birmingham) Customer Ronnie Reid, shift manager Kaleem Keane, team leader Thai Stephens, shift leader Mitchell Moody and customer Patrick Neylon (left to right)

TAFARN Y PORTH • CAERNARFON

CAERNARFON-BORN SION FLUENT IN WELSH AND WETHERSPOON



Born and bred in the Welsh town of Caernarfon, Sion Williams, 44, has been pub manager at Wetherspoon's Tafarn Y Porth there for the past 17 years.

Sion is pictured (second left) outside his pub, receiving his 20 years' service certificate from general manager Will Fotheringham, area manager Alan Kay and general manager Steve Edge (left to right).

Sion had already worked in a bar in his hometown of Caernarfon, as well as for Bass brewery, before joining Wetherspoon as a shift manager.

He initially worked at The Picture House (Colwyn Bay) for a three-month stint, then spent a further three months at The Palladium (Llandudno).

Following this, he moved to The Black Bull Inn (Bangor) for 18 months, working his way up the four shift-manager levels there.

Sion recalled: "After 18 months in Bangor, I took on my first role as pub manager, in my hometown of Caernarfon, and I've been here ever since – 17 years."

He added: "Welsh is my first language, and Caernarfon is probably one of the most Welsh-speaking places in the country, which makes the pub all the more unique for Wetherspoon."

"Tafarn Y Porth attracts plenty of visitors, who come to Caernarfon to visit the castle and other tourist attractions in and around the town in north Wales, but it is also very much a family-orientated, community-based pub."

Sion revealed: "We have three generations of the same family on the team at the pub, and some of my team members are the children of friends I was in class with at school."

Sion concluded: "There have been many changes in the company during the past 20 years, and the job has always been interesting."

WIGAN

JOINT EFFORT BRINGS VITAL MACHINE TO WIGAN PUB



A defibrillator machine has been installed, in a joint effort with the local council, outside The Bocket Arms (Wigan).

Cllr Lawrence Hunt made representations about the project after chatting to former hotel team leader Karen Garner.

He said: "There was an incident locally in which a man needed emergency treatment, which we chatted about. Karen suggested that there should be a defibrillator outside the pub."

Cllr Hunt obtained £1,200 for the project from Wigan's Brighter Borough Fund and through friends at Swinley Residents' Group.

Wetherspoon paid for the machine's installation and will take care of its maintenance.

Cllr Hunt added: "It's an excellent example of community and Wetherspoon working together for the common good."

Pub and hotel manager Laura Quinn (pictured with Cllr Hunt) took over the project after Karen left the pub.

Laura said: "Karen was very passionate about this, and I'm glad it has now come to fruition. This is another way we can keep our guests safe and protected – although we do hope that it never has to be used."

BEVERLEY

PUMPED-UP CYCLISTS IN A SPIN AT THE CROSS KEYS

A charity fundraising event at The Cross Keys (Beverley) benefited two charities.

Staff and local charity representatives took part in a stationary bike challenge, cycling non-stop for six hours and clocking up more than 150 miles.

Organised by shift manager Jessica Stead, the event collected almost £200 for local charity Life for a Kid (LFAK) and Comic Relief.

A red-themed hamper, full of goodies for Red Nose Day, as well as a bus-stop-style raffle for money, hosted by LFAK ambassadors, helped to raise the cash for the charities.

Dean Sharp and Maxine Mostyn, both LFAK ambassadors, are pictured during the event.



LIVERPOOL

VETERANS HONOUR BRAVE BAR SQUAD

A group of army veterans presented a plaque to staff at The Richard John Blackler (Liverpool).

Around 15–20 members of The King's Regiment Old Comrades Drinking Club have been meeting at the pub once a month for the past two years.

The former soldiers all served in the Liverpool-based regiment and are 67–84 years old.

Chairman Doug Shipman said: "The staff are so wonderful and kind, and we wanted to do something to thank them for looking after us old codgers."

The group is always served by the same four staff, who work the shift on the day of their monthly visit – bar team leader Sophie Denning and bar associates Annmarie Holebrook, Leanne Price and Pauline Howard.

Sophie said: "They are a great bunch, and we do try to make sure that they have a really good time on their monthly visits to us."

"It was a lovely gesture and a really nice surprise when they presented us with a plaque."

Pictured (left to right) are Leanne Price, Sophie Denning and Pauline Howard.



OBAN

OBAN STAFF SAVE MAN FROM THE DRINK AFTER FALL INTO BAY



Pictured (left to right) are shift managers Taylor Graham, Darren Ballantyne and Rachael Reid

Two of Wetherspoon's staff saved a customer's life after he got into difficulties at the docks by The Corryvreckan (Oban).

Shift manager Rachael Reid heard faint cries for help as she left the pub after her Saturday shift, shortly after midnight.

She went to investigate and saw a hand gripping onto the rail of a boat.

Someone had fallen into the water and was in danger of drowning, so Rachael raised the alarm.

Shift manager Taylor Graham said: "The man had fallen between two boats and was stuck. I tried to get him out, but I couldn't do it alone."

Taylor shouted to shift leader Josh Thomson for help.

Between them, they were able to rescue the man, who had been in The Corryvreckan earlier, from the icy water.

They then managed to change his wet clothes and keep him warm until the emergency services arrived.

Taylor added: "He was taken by an RNLI lifeboat to hospital and checked over, as he said he'd hit his head and had been in the water a while."

"He has since thanked us and told us that, without our help, he would have died. He has made a complete recovery, and we've seen him about since."

MILESTONE BIRTHDAYS

MUCH CAKE AND MANY CANDLES

Throughout March, April and May 2025, 26 Wetherspoon pubs celebrated a particularly significant birthday.

All 26 pubs, which first opened during the spring of 2000, marked their 25-year anniversary, clocking up a combined 650 years' service in their respective communities.

Celebrating 25 years in March were The William Dampier (Yeovil), The Standing Order (Stevenage), Y Dic Penderyn (Merthyr Tydfil), The Kingswood Colliers (Bristol), The City Arms (Coventry), The Navigator (Liverpool), The Quayside (Newcastle upon Tyne) and The Drabbet Smock (Haverhill).

Marking 25 years in April were The Rohan Kanhai (Ashington), The Royal Tiger (Wednesfield), The Briar Rose (Birmingham), The West Kirk (Ayr), The Bright Water Inn (Shirley), The Metropolitan Bar (Marylebone, London), The William Shenstone (Halesowen), Wetherspoons (Leeds City station) and The Wye Bridge House (Buxton).

Clocking up 25 years each in May were The York Palace (Llanelli), The Prior John (Bridlington), The Great Harry (Woolwich),

The Blue Boar (Billericay), Spouter's Corner (Wood Green), The Sir Julian Huxley (Selsdon), The Kentish Drovers (Peckham, London), The Charlie Hall (Erdington) and The Bishop Blaize (Stretford).

Also, during the same period, marking birthdays of more than 25 years were The Sovereign of the Seas (Petts Wood), The Moon on the Square (Feltham) and The Moon Under Water (Wolverhampton), each celebrating 30 years since opening.

Older still were J.J. Moon's (Tooting, London) at 34 years and The Elms (Leigh-on-Sea) marking 31 years, both pubs celebrating in March.

In April, The Moon Under Water (Norbury) clocked up 32 years, while The Moon on the Hill (Harrow) marked 34 years since opening. The company's oldest pub, The Rochester Castle (Stoke Newington), notched up 42 years in May.

The same month saw The Moon and Stars (Romford) mark 31 years since opening.

Congratulations to all of the Wetherspoon pubs celebrating significant milestones, of 25 years or more, during the three birthday months highlighted this time.

The Elms (Leigh-on-Sea)

Staff and customers are pictured enjoying the birthday celebrations outside The Elms (Leigh-on-Sea).

Pictured (front, from left) are team leaders Alfie Read, Rob Jackson and Scout Brooks, while holding the numbered balloons are deputy manager Ben Aslett and pub manager Simon Bassford (right).

Simon has worked for the company since November 1997, having taken over in July 2017 as pub manager at The Elms.

Ben has been at the pub since November 2016.

Other long-serving pub staff, with 10 years' service or more, include kitchen manager Reece Castle (since April 2014), shift manager Mark Banks (since January 2014), bar shift leader Aga Strojicka (since January 2007), kitchen team leader Tina Gould (since October 2001), bar team leader Lea Bird (since August 2003) and kitchen associate Caroline Edmonds (since May 2015).

The pub is named after Adam's elm, a magnificent tree which stood for many years between what is now Station Road and Cranleigh Drive.

The elm gave its name to the farm and the nearby area.

The farmland was sold for development in the 1860s, with the farmhouse becoming The Elms Hotel in the 1930s.



The Moon Under Water (Wolverhampton)

Shift manager Freya Kingaby (left) and bar associate Ella Fones are pictured with cake and balloons at The Moon Under Water (Wolverhampton).

The pub, having first opened as a Wetherspoon in May 1995, marked its 30th birthday with birthday cake for all of its regular customers.

Dan Davey has been pub manager at The Moon Under Water since July 2019.

Among his long-serving staff members (all more than 10 years) are shift managers Adam Ellison and Lauren Davey, kitchen manager Alice Taylor, shift leader Amy Webster and team leaders Polly Connor and Gabbie Sumner.

In late Victorian times, a furniture 'emporium' traded on the site of the pub.

It was later divided into smaller shops, one of which was the Co-operative Society's drapery store.

The 'Co-Op' later took over all of the shops, with redeveloped premises opening in 1931.

Its 'new, bigger café' is now The Moon Under Water pub.

The Sovereign of the Seas (Petts Wood)

Pictured marking 30 years at The Sovereign of the Seas (Petts Wood) are (front, left to right) floor associate Ella Stevenson, team leader Ella Woodgate and pub manager Louie Scott.

Back (left to right) are team leader Ewan Gardener, who has worked at the pub since April 2018, shift leader Josh Wood and team leader Jamie Reilly.

Louie took over in April 2024 as pub manager, having worked for Wetherspoon since January 2006.

Among the long-serving staff members at the pub are shift managers Melissa Tomba, who started as an under-18 kitchen associate 11 years ago, and Emily Penrose, who began as a bar associate in 2010.

Kitchen manager Dan Brown has also been with the company for 15 years.

For more than 200 years, the Petts family, connected with the area, was the country's leading shipbuilder.

In 1634, Phineas Pett designed Sovereign of the Seas for Charles I.

The finest ship of her age, she sailed the seas until catching fire in 1697.



The Troll Cart (Great Yarmouth)

Pictured (left to right) marking the 29th birthday at The Troll Cart (Great Yarmouth) are bar associate Cyia Cox, team leader Dean Elliott and housekeeper Sue Mattless.

Todd Inns has been the pub manager at The Troll Cart since March 2015, having worked with Wetherspoon for 17 years.

Among the long-serving staff on the team are shift managers Amy Oldham (since 2001) and Felicity Burroughes (since 2007), bar associate Alex Jones (also since 2007), kitchen team leader Louise Haynes (since 2008), bar team leaders Aaron Pitts (since 2010), Matthew Hutson (since 2012), Rachel Brand and Carly Mason (both since 2014), shift managers Ryan Simnett and Emma Talosi (also both since 2014), kitchen manager David Goddard (since 2013) and kitchen associate Karl Ashman (since 2015).

The pub first opened in April 1996, with a 23-room hotel being added to the site in 2017.

Housed in a recent development, the pub and hotel stand near the site of Theatre Gate – part of the medieval town wall which surrounded Great Yarmouth on three sides.

Thousands of people lived within the old walls, in cramped, narrow lanes known as The Rows, where goods were carried on specially made troll carts.

Many of the rows were destroyed during World War II by bombing. Others were demolished to make way for new developments.

The Liberty Bounds (Tower Hill, London)

The Liberty Bounds, which first opened as a Wetherspoon pub in March 1998, has celebrated its 27th birthday.

Shift manager Chelsea Formosa (left) and shift leader Alana Mentessi are pictured marking the occasion with celebration balloons at the pub located opposite the Tower of London.

Pub manager Mike Chambers has run the pub since 2022.

Long-serving staff members on his team include bar associate Wymark Blackman (12 years) and deputy manager Lenny Keeble, who will have been with the company for 20 years this November coming, eight of those at The Liberty Bounds.

The pub is located just outside the boundary of the area, or liberty, controlled by the City of London.

It stands close to the site of the scaffold where, in the 16th and 17th century, many prisoners from the Tower of London met their fate.

The General Steam Navigation Company, a prominent London-based short-range shipping line, had its head office on this site during 1911–59.



MILESTONE BIRTHDAYS

The Up Steps Inn (Oldham)

Pub manager Sarah Smith, who runs the pub with her husband Nicholas Smith, is pictured (centre) with shift manager Cory Greenwood (left) and kitchen shift leader Sam Smallwood celebrating the pub's 27th birthday.

Nicholas and Sarah took over running The Up Steps Inn (Oldham) in May 2023.

They both started working for Wetherspoon in 2012, with Sarah taking a year out to look after the couple's children.

Among the long-serving team members on the staff are shift manager Emily Ayre (since May 2015), bar team leader Georgina Collins (since February 2014), bar associates Vicky Mosbach (since January 2013) and David Fieldhouse (since July 2015) and cleaner Angela Barnett (since August 2017)

The pub is named after The Up Steps Inn which stood on the same site and was built in the early 19th century, then demolished in the 1930s.

The pub got its unusual name because its entrance was above street level, up a few stone steps.



27
YEARS

25
YEARS



The Rohan Kanhai (Ashington)

With cake and balloons, marking 25 years at The Rohan Kanhai (Ashington), are (left to right) kitchen shift leader Ade Ishola, kitchen manager Tracey Herdman, pub manager Kayla Herdman, duty manager Cheryl Graham, shift leader Sian Gill, duty manager Laura Brown and shift leader Marie Hill.

Ade has worked for the company for 10 years, while Tracey has clocked up 11 years with Wetherspoon.

Pub manager Kayla started working for the company in March 2011 at The Electrical Wizard (Morpeth), and took over at The Rohan Kanhai in March 2015.

Cheryl Graham (six years with Wetherspoon), Sian (six years), Laura (13 years) and Marie (14 years) are among the company's long-serving staff.

The pub is named after the legendary West Indian batsman who played in 79 test matches, scoring 6,227 runs, at an average of 47.53 per innings.

During the 1970s, Rohan Kanhai played three seasons for Ashington Cricket Club.

The West Kirk (Ayr)

Pub manager Shawna Glackin (far right) is pictured marking her pub's 25th birthday, with (left to right) bar associate Jade McNicol, kitchen shift leader Robbie McDowall, bar associate Kieran Graham and kitchen associate Connor McFarlane.

Shawna took over as pub manager at The West Kirk (Ayr) in January 2025, having started with the company in January 2010.

Among the long-serving staff are kitchen manager Chloe Norris (nine years), kitchen associates Jamie Irvine (22 years) and Gemma McGregor (nine years), as well as bar associate Lyn Cuthbertson (21 years).

Also long-serving staff are bar team leader Ryan Thackray (14 years), shift leader Euan Richmond (10 years), bar associate April Ogilvie (eight years), shift manager Natasha Rennie (seven years), bar team leader Ellis Morrison (seven years) and bar team leader Emma Smith (five years).

The West Kirk is housed in the former Free Church, built in 1845.

The building's origin was in the Great Disruption of the Church of Scotland (1843), when almost half of its clergy and laity left to form the Free Church.

Known as the West Kirk, it closed in 1981, but its name lives on in this Wetherspoon pub.



25
YEARS

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WETHERSPOON GIFT CARD

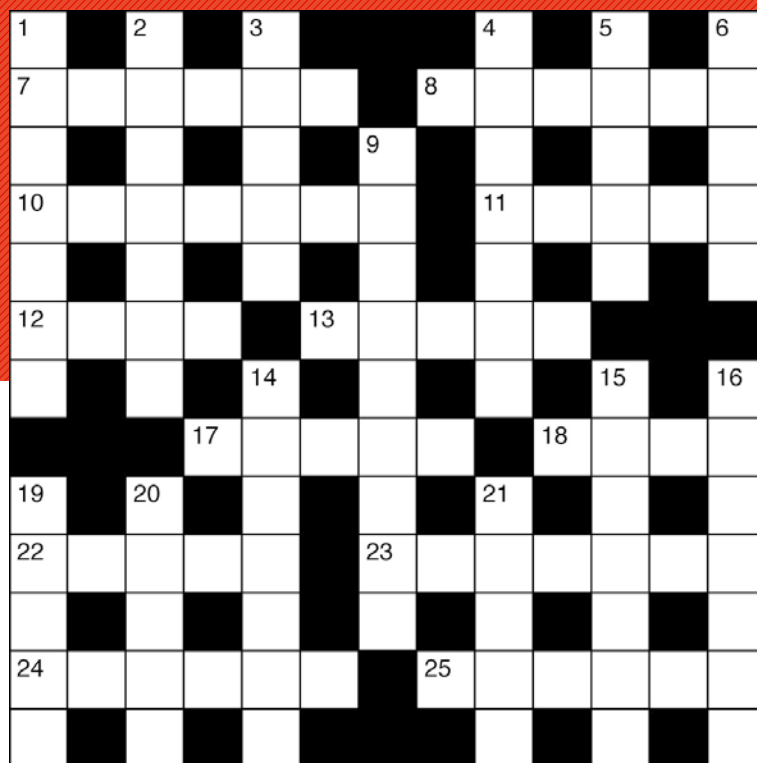
The first five correctly completed crosswords to be pulled out of the hat will win each of those entrants a Wetherspoon gift card worth £30.

Closing date for entries: 13 October 2025

Post to:

Wetherspoon News Magazine Competition
PO Box 2330, Watford, WD18 1NW

5 x £30 PRIZES TO BE WON



Across

7. High-level computer language named after a 17th-century French mathematician (6)
8. Arthur C., science fiction author whose works include 2001: A Space Odyssey (6)
10. Greek ship with three banks of oars on each side (7)
11. Cyrus, U.S. politician who was co-chairman of the Yugoslavia Peace Conference from 1992-3 (5)
12. Forename of composer Stravinsky, whose works include the ballet Agon (4)
13. See 24.
17. Rare spiral-horned antelope of central African forests (5)
18. Artist who became court painter to Charles IV of Spain in 1799 (4)
22. King of Judea 37-4 B.C. (5)
23. Rosaceous tree, *Prunus armeniaca*, cultivated for its yellow edible fruits (7)
24, and 13. Mexican revolutionary leader whose original name was Doroteo Arango (6,5)
25. Jimmy, 39th President of the U.S. (6)

Down

1. Any of a series of Soviet artificial satellites first launched in 1957 (7)
2. Peter, actor/author whose screen roles include Poirot in 1978's *Death on the Nile* (7)
3, and 4. Author of *King Rat* (5,7)
4. See 3.
5. Ulysses S., 18th President of the U.S. (5)
6. Asian climbing plant whose leaves are chewed as a digestive stimulant (5)
9. Ernest, author of the *The Old Man and the Sea* (9)
14, and 21. 1985 novel by Barbara Taylor Bradford (4,3,5)
15. Rapid keyboard composition for organ dating from the baroque period (7)
16. Julie, Oscar nominated actress, for the film *Educating Rita* (7)
19. Seatless leather overalls worn by cowboys (5)
20. Purplish-black partially dried fruit of several varieties of plum tree (5)
21. See 14.

SOLUTIONS (Spring/summer 2025 issue)

Across: 1 Kabul; 4 Brabant; 8 Nabucco; 9 Tuber; 10 Colt; 11 Amy March; 13 Coot; 14 Indo; 16 Jurassic; 17 Emma; 20 Nacre; 21 Tetanus; 22 Allende; 23 Tomba.

Down: 1 Kangchenjunga; 2 Babel; 3 Lace; 4 Broome; 5 Antimony; 6 Alberto; 7 Tyrrhenian Sea; 12 Holstein; 13 Caracal; 15 Little; 18 Minim; 19 Stet.

The spring/summer 2025 issue crossword winners were:

★ ES, Fife ★ SW, Yeovil ★ JH, Codsall ★ CM, Heywood ★ HT, Worksop



Please complete the answers and your details, as shown, and send the completed page to:

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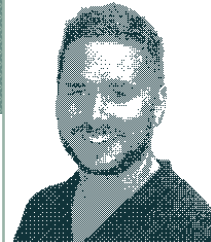
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Terms and conditions: The crossword is open to all UK residents over the age of 18, excluding employees of the promoter, their respective families and agents or anyone directly connected with this competition. Acceptance of the rules is a condition of entry. No purchase necessary. Entries must be received no later than 13/10/25. Proof of dispatch is not proof of receipt. The winners will be the first correctly answered entries drawn. Where multiple prizes are offered, the winners will be the first relevant number of correct entries drawn. The judge's decision is final; no correspondence will be entered into. One entry per household. The winners will be notified by post. No cash alternative available. The promoter reserves the right to cancel or amend this promotion, owing to events arising beyond its control. The promoter is not responsible for any third-party acts or omissions. Once the competition has been drawn all entry slips and information provided therein will be securely destroyed and shall not be retained by J D Wetherspoon plc or its affiliates.

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Cheers



Ash Corbett-Collins is chairman of CAMRA, the Campaign for Real Ale

ALE-DRINKERS: YOUR COUNTRY NEEDS YOU TO KEEP CASK ALIVE

With sales of real ale having taken a hit since the pandemic, a new petition seeks to secure UNESCO listing for cask beer, writes CAMRA's chairman Ash Corbett-Collins

A great pint of cask beer is one of life's simple pleasures.

Cask beer and the great British pub go hand in hand.

Brewers dedicate their time and effort perfecting recipes, while publicans across the country take care when cellaring and serving cask beer, so that punters can enjoy the best-possible pint.

Unfortunately, cask sales have dipped in recent years, down over 25 per cent since before the pandemic.

It's up to those of us who love and cherish a pint of great British cask beer to recognise how special cask is and safeguard its cultural value for future generations.

FUTURE

CAMRA is backing the Craft Beer Channel's campaign: Keep Cask Alive. In its YouTube series, founders Jonny Garrett and Brad Evans explore the UK's exciting cask scene, visiting breweries, pubs, festivals and farms, as well as sharing stories, facts and opportunities about cask to save its future from decline.

I was delighted to take part, meeting Jonny in Birmingham for a pint to talk about CAMRA, our fantastic members and volunteers who are the centre of our grassroots campaigning and how a quick chat next time you're at the pub can persuade your fellow drinkers to try cask.

The episode also sees Jonny visiting Westminster to chat to the chair of the All-Party Parliamentary Beer Group, Tonia Antoniazzi MP.

They talk about the future of cask beer and pubs, along with the introduction of the petition asking the government to support an application to list cask beer with UNESCO under its 'intangible cultural heritage' scheme. You can visit the YouTube channel to watch the Keep Cask Alive series.

So, if you love cask beer and great pubs, you can show your support by signing the petition.

At the time of writing, it has just passed the 25,000-signature mark.

PARLIAMENT

Our goal is to reach 100,000 signatures to get it debated in parliament, which could be one of the most vital, life-changing conversations about cask yet.

That needs to happen by the end of October – so you have some time left to sign.

I know from my role at CAMRA, and from talking to people I meet in pubs, that many are looking for innovative, unique beer flavours, while plenty of others prefer more traditional beer styles passed down through history.

There's demand for more than one cask beer style, from brand-new recipes using unique ingredients through to various heritage beer styles from as early as the 1700s.

The great thing about this UNESCO listing is that it protects both innovation and tradition.

It's a simple demand for quality cask beer in all its brilliant forms and flavours.

A pint of cask served in a British pub is an undeniable part of our culture, and we want UNESCO listing to ensure that it stays that way.

WISDOM

Not only do we want more cask beers to be brewed and sold, but we believe that consumers deserve the right to discover everything this drink has to offer, making sure that the uniqueness and wisdom behind each brew are recognised for generations to come.

We know that brewing good cask beer, as well as keeping and serving it, is a vocation which takes knowledge and skill.

UNESCO status can equip brewers, publicans and consumers with the knowledge required to keep cask as part of our living heritage and to keep this British tradition pulsing through our community pubs, where people find their next favourite pint all the time.

Consumers deserve a decent choice of beer styles at the bar, including drinks made by independent brewers who have played their part in keeping cask alive.

I think it's important that we recognise those UK brewers who, during tough financial times, have remained committed to producing cask beer.

SKILL

Brewing cask takes time, effort and skill; so, on behalf of CAMRA and its 145,000 members, I'd like to express our thanks for bringing us some of the best-quality pints, despite battling astronomic costs and challenges.

Watching pubs and breweries survive during these times isn't enough.

We want to see them thrive in each and every community.

Consumers have already lost enough of their locals and favourite beers.

Let's not let cask beer be added to the morbid list of losses the beer and pub sector and consumers have already suffered.

Please sign the petition to get cask beer UNESCO heritage status.

One signature could help to define a monumental future for cask, brewers, publicans and even you... the consumer.



You can sign it here:
petition.parliament.uk/petitions/716686

CELEBRATION IN THE MAKING



wetherspoon hotels

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The Queen Hotel
01252 361770
- 2 **Andover**
The John Russell Fox
01264 320920
- 3 **Barrow-in-Furness**
The Furness Railway
01229 824758
- 4 **Beccles**
The Kings Head Hotel
01502 718730
- 5 **Bedford**
The Pilgrim's Progress
01234 344566
- 6 **Bewdley**
George Hotel
01299 406970
- 7 **Biggleswade**
The Crown Hotel
01767 310510
- 8 **Birmingham**
The Briar Rose
0121 634 8100
- 9 **Bridport**
The Greyhound
01308 421905
- 10 **Camborne**
The John Francis Bassett
01209 613230
- 11 **Canterbury**
The Thomas Ingoldsby
01227 463339
- 12 **Chester**
The Bull and Stirrup Hotel
01244 394840
- 13 **Chesterfield**
The Portland Hotel
01246 293600
- 14 **Corby**
The Saxon Crown
01536 203672
- 15 **Dereham**
The Romany Rye
01362 654160
- 16 **Doncaster**
The Red Lion
01302 732123
- 17 **Great Malvern**
The Foley Arms Hotel
01684 580350
- 18 **Great Yarmouth**
The Troll Cart
01493 332932
- 19 **Grimsby**
The Yarrowburgh Hotel
01472 361924
- 20 **Harwich**
The Bottle Kiln
01255 245400
- 21 **Henley-on-Thames**
The Catherine Wheel
01491 848484
- 22 **Huntingdon**
Sandford House
01480 432402
- 23 **King's Lynn**
Globe Hotel
01553 668000
- 24 **Kingston Upon Hull**
The Admiral of the Humber
01482 324030
- 25 **Leighton Buzzard**
The Swan Hotel
01525 380170
- 26 **March**
The Hippodrome
01354 602980
- 27 **Minehead**
The Duke of Wellington
01643 701910
- 28 **Newbury**
The Hatchet Inn
01635 277560
- 29 **Newcastle upon Tyne**
The Mile Castle Hotel
0191 211 1160
- 30 **Northolt, London**
The Greenwood Hotel
020 8423 6169
- 31 **Okehampton**
The White Hart Hotel
01837 658533
- 32 **Ripon**
The Unicorn Hotel
01765 643410
- 33 **Rochester**
The Golden Lion
01634 405402
- 34 **Salisbury**
The King's Head Inn
01722 438400
- 35 **Shrewsbury**
The Shrewsbury Hotel
01743 236203
- 36 **Sittingbourne**
The Golden Hope
01795 476791
- 37 **Southend-on-Sea**
The Last Post
01702 337860
- 38 **Tavistock**
The Queen's Head Hotel
01822 612455
- 39 **Tewkesbury**
The Royal Hop Pole
01684 274039
- 40 **Thirsk**
The Three Tuns
01845 524605
- 41 **Warminster**
The Bath Arms
01985 853920
- 42 **Weston-super-Mare**
Cabot Court Hotel
01934 427930
- 43 **Whitby**
The Angel Hotel
01947 824730
- 44 **Wigan**
The Brocket Arms
01942 823800
- 45 **Worcester**
The Crown
01905 617578



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The Old Borough
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Jolly's Hotel
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- 2 **Dunfermline**
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01383 724060
- 3 **Edinburgh**
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0131 314 0680
- 4 **Glenrothes**
The Golden Arrow
01592 751175
- 5 **Inverness**
The Kings Highway
01463 251800

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- 1 **Brecon**
The George Hotel
01874 403231
- 2 **Bridgend**
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01656 673500
- 3 **Monmouth**
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01600 710500
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