

# Business

## Kind gestures inspire mum to launch Boost Box project

**Business Reporter**  
ct.news@jpress.co.uk  
01403 751200

When Horsham resident Nadia Campbell's daughter was diagnosed with cancer in 2013 the family were overwhelmed by the love and support they received from friends and family.

"I don't think a day went by when someone didn't call or text, post a fluffy pair of socks through the letterbox, or turn up at the hospital with a tray bake of brownies," said Nadia, founder of The Boost Box Company.

It was these thoughtful gestures, both large and small, that first inspired the idea for a Boost Box - a gifting experience, that not only provides some practical support for those going through cancer treatment but gives a much-needed boost when things got tough.

"Boost boxes are based on simple routines we established to help keep our spirits up and make each day the best it could be.

"We found that having a focus helped temper our anxiety and allowed us a modicum of control over our days, so morning routines gave us a sense of purpose and bedtime routines eased the sorrow of being away from home.

"Manicures and pedicures became a positive distraction, whilst drawing and colouring

proved to be highly effective at shifting our focus when we felt stuck.

"When it all got a bit too much, and a greater emotional escape was needed, cosy socks, scented roller balls and an episode of Modern Family usually helped to comfort and cheer us up.

"We also became increasingly mindful that Bibi was being pumped full of drugs, so set about finding great products she could use that wouldn't add more toxicity to her already overloaded body but would ease some of the symptoms she was experiencing.

"As a result, all our Boost Boxes have been carefully put together with only natural and therapeutic products, free from sulphates, parabens and preservatives so as not to exacerbate any existing conditions or symptoms," explained Nadia.

There are 12 gift boxes in the collection, including The Night Time Box, designed to encourage a positive bed time routine and support a peaceful night's sleep.

The Surgery Box, designed to offer some practical, comforting and nurturing support as part of the healing and recuperation process, and The Muscle Ease Box which has been designed to help support joint pain and muscle ache - common side effects of chemotherapy.

Each Boost Box is packaged



The Activity Box from Boost Box. Inset, Nadia Campbell.

by hand and includes a handwritten, personalised notecard. Prices range from £28 - £65.

Already gaining some recognition from the business community, having picked up two businesses of the week awards from BrightPig and Aqua Design

Group, Nadia is currently working on a bespoke range of gifts, so people can create their very own Boost Box for a friend or loved one.

"In trying to distil the essence of Boost Box we'd like to think that at its core, and in its purist form it's about wanting to make someone's

day just little bit brighter," said Nadia.

For more visit [www.theboostboxcompany.com](http://www.theboostboxcompany.com)

[facebook.com/theboostboxcompany](https://www.facebook.com/theboostboxcompany)

[Instagram.com/theboostboxcompany](https://www.instagram.com/theboostboxcompany)

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## Former marine builds new career



Will Brock

Having worked four years in the British Royal Marines, Will Brock was looking for a new challenge in terms of a career.

Will, 27, discovered the Accelerated Construction Trainee Management apprenticeship with housebuilder Barratt Homes during a Career Transition Programme workshop with the Marines. On applying for the programme, he was delighted to gain a place and began work with the five-star rated housebuilder in August.

Now Will is two months into his Accelerated Construction Trainee Management apprenticeship at Bishop Park in Henfield, where Barratt Homes is currently building a range of three, four and five-bedroom family homes. So far, he is thrilled with his decision to apply for the scheme and enjoys applying his skills and disciplined approach to the construction of new homes.

## Newsagent of the Week - meet the team at Horsham's M&J News

This week the County Times is launching a new series of profiles of newsagents.

These are the businesses which each week provide your County Times, other newspapers, plus a whole host of other services to their communities.

We start with the popular, respected and long-serving outlet, M&J News, on the corner of East Street and Denne Road in Horsham.

The newsagents is run by Jane Geaves who has spent the past 27 years serving customers in the town.

As well as offering a wide selection of newspapers and magazines customers can also pick up the usual

confectionery, drinks and general groceries.

There is also a whole host of stationery available to buy including items such as greeting cards, folders and envelopes.

A unique service the newsagent also offers is a colour photocopying machine. Those looking for a quick and easy way to photocopy pictures and work whilst in town can do so for the cost of just 12p for black and white and 75p for colour.

Jane said: "We do offers and everything all the time on confectionery, drinks and personal groceries."

M&J also offers a newspaper home delivery service and

currently carries out about 20 rounds, consisting of around 600 deliveries.

The store delivers to homes and businesses from Kerves Lane to Stirling Way and Worthing Road with weekly services starting from £2.25. They also offer daily rates.

The store is open from 6am until 6pm from Monday to Saturday and 6am until 12pm on Sunday.

For more information visit the store's Facebook page or pop in to speak to Jane.

We will be contacting more outlets in the weeks ahead, but if you sell the County Times and would like to be included in this feature, email James.Oxenham@jpress.co.uk



Amy Packham (left) with Jane Geaves.