

[Subscribe](#)[Past Issues](#)[Translate](#)[View this email in your browser](#)

Health Store News | February 2024

Health Store News



Welcome to Health Store News



It's certainly been a busy start to 2024. In early January we staged the first in a new series of Health Store Mastermind Forums. Around 30 retailers took part in the first of the informal 'drop in' Zoom sessions, which host, Cheryl Thallon, hopes will create a 'safe space' for

retailers to talk frankly about the day-to-day issues that really matter to them. At the end of the month Dave Christie hosted the latest in his series of Health Store UK Workshops, which delivered a whole range of tips and advice on how to power up your shop window displays.

This month we also sent our very best wishes for a happy and fulfilling retirement to Catherine and Callum Eddie, owners of Grampian Health Store, who announced in late January that they were bowing out after running their store for 25 years (see write up and tributes below). We've also included a round-up of food and nutrition mega-trends, which will be catching your customers' attention in 2024. Finally, we are delighted to welcome two new

members to the association – Natural Choice and Demeter Health. All in all, an action-packed edition of Health Store News!

Len Glenville, Chair

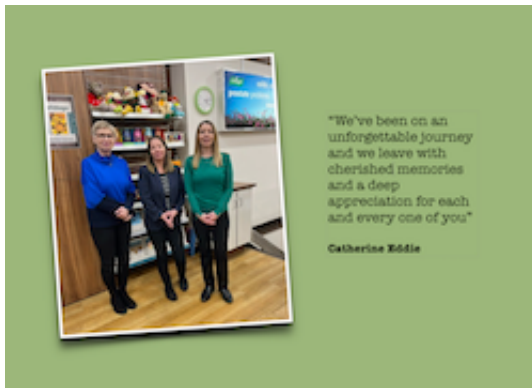
Melanie Beard, Deputy Chair



Countdown to the 2024 Manchester NHT Summit begins

The countdown has begun for the 2024 Manchester edition of the Natural Health Trade Summit, which takes place on Sunday 17 March. Dedicated to independent health food retailers, the NHT Summit is organised in association with Health Stores UK, and is designed to be a one-stop-shop for health food owners and staff, featuring an exhibition, education programme and networking events. [READ MORE](#)

Grampian Health owners 'pass on the torch' after quarter century



Catherine and Callum Eddie, the owners of Grampian Health Store, have announced they are retiring and “passing on the torch” to new owners, sisters Sarah-Jayne Farman and Stephanie Hundtofte. Catherine said she and Callum had been on “an unforgettable journey” with Grampian Health and “leave with

cherished memories and a deep appreciation for each and every one of you”. [READ MORE](#)



Health Store Mastermind Forum creates ‘safe space’ for retailers to talk shop

The first in a new series of Health Store Mastermind Forums took place earlier this month, generating a lively, interactive discussion on a range of topical retailing issues. Around 30 retailers took part in the first of the informal ‘drop in’ Zoom sessions, co-hosted by Health Stores UK and Cheryl Thallon, owner of Viridian Nutrition and Daventry-based Sheaf Street Health Store. [READ MORE](#)

Hack my health: 2024 food and beverage megatrends revealed



"We've seen how consumers are looking for nutritional 'hacks' in areas like cognitive performance and emotional wellbeing, while also yearning for a return to products with 'real food' or 'natural' credentials"

James Street
Prisoners

New research has identified nine emerging food, beverage and nutrition “mega-trends” to watch out for in 2024-2025. The study involved researchers analysing patterns across retail and food service, combined with a social media listening exercise. This allowed the team

to build a framework of nine macro-trends that it predicts will shape the food industry in 2024 and beyond. [READ MORE](#)

How harder working windows can capture new customers



In a lively, interactive Health Stores UK Workshop last month, Dave Christie of Take on Goliath and the retailers who joined the discussion, came up with a whole range of tips and suggestions for harder working windows – and examples of proven successes. We've summarised

them in this 2-minute read. [READ MORE](#)

We welcome two new members with an exciting future



This month we welcome two new members to the association. Natural Choice is a traditional health food shop and has been established in historic Knaresborough for 30 years. Demeter Health is a thriving wholefoods store in the heart of Sandbach. Both have recently been acquired by allergy and sensitivity testing specialist Healthy Stuff, which says it has exciting plans for both stores. [READ MORE](#)

Membership Benefit of the month

As part of Health Stores UK membership you get full access to Bira Legal services, which includes advice from qualified experts on employment law, HR and health & safety; commercial legal advice; tax and HMRC advice; and business legal compliance advice. Join us for just £21 per month at www.healthstores.uk. [READ MORE](#)

In case you missed it

Prioritise resilience and adaptability, Bira urges indies

With difficult trading conditions likely to continue well into 2024, the British Independent Retailers Association (Bira) is urging owners of independent retail businesses to “prioritise resilience and adaptability” over the coming months. [READ MORE](#)

Retailers hear how they can harness the power of social media

Independent health food retailers gained valuable insights into how they can harness the power of social media, during a lively online workshop co-hosted by small business mentor Dave Christie and Health Stores UK. [READ MORE](#)

Our partners



Copyright © 2023 Health Stores UK

Our mailing address is:

PO Box 14177
Tranent EH34 5WX

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).