



This week marks World Wellbeing Week and Health Assured, our Employee Assistance Programme, have shared with us some strategies and suggested activities that we can consider implementing into our daily routines to help improve our overall happiness and wellbeing: <https://www.healthassured.org/blog/world-wellbeing-week/>

We would like to take this opportunity to remind our employees of our mission statement in relation to wellbeing:

Undoubtedly, our employees are our biggest asset. Promoting their physical and mental health and wellbeing is therefore our priority. We are committed to providing a healthy working environment and improving the quality of the lives of all our employees. We are passionate about encouraging every one of our employees to thrive both in and out of the working environment.

We recognise that our employees' wellbeing is fundamental to individuals and the business. We recognise that there is a strong link between the wellbeing of our employees and enabling positive outcomes both for the individual and for the business such as reduced levels of sickness absence; enhanced performance; productivity and greater employee engagement.

We will continue to work hard to remove the stigma surrounding poor mental health and raise awareness. We recognise that continuing to break down those barriers in our industry is fundamental to achieving a culture of openness.

Our primary aim is to maintain a healthy working environment where every employee feels valued, respected and motivated. This will be achieved through the integration of wellbeing across all our working practices.

Paramjit Barry, Head of Human Resources