



Welcome to UK News 19th November 2020
your weekly update from around CEMEX UK

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BEING THE BEST FOR FAMILIES

No Need for Speed



This week is national Road Safety Week, focusing on No Need for Speed.

Please take this opportunity with your teams to reflect on the speed you use when travelling, and agree why managing speed correctly is an important part of safe and healthy journeys.

To help with your discussions, we have prepared a presentation and poster – please print the poster and display on site. They can be downloaded from the UK News website: <http://cemexuknews.co.uk/downloads>

Additionally, we are running a small competition for all employees – with prizes!

In the download section of the UK News website: <http://cemexuknews.co.uk/downloads> is a short quiz – simply answer the questions and reply with your answers to: gb-communicationsandpublicaffairs@cemex.com You may need to do some research for some of them!

Correct answers will be put in a virtual hat and then three winners drawn at random, with the following prizes:

1st prize: £50 Amazon voucher

2nd prize: £25 Amazon voucher

3rd prize: £15 Amazon voucher

Closing date is 27th November 2020 – see Terms & Conditions (in the download section of the UK News website: <http://cemexuknews.co.uk/downloads>).

Finally, please take this opportunity to talk about the impact speed can have on our journeys with your family. We have included a colouring sheet and an activity sheet for children in the download section of the UK News website: <http://cemexuknews.co.uk/downloads> – we would love to see their finished masterpieces!

Thank you for your support with this important campaign. Stay safe – UK Road Safety Group



Coping with Lockdown 2



The spectre of the whole winter in lockdown isn't one most people relish. It can be hard on our mental wellbeing as we have extra worries and are unable to do many of the things we enjoy or see the people we want to. It is important that we all take the time to look after ourselves and each other.

Here is a useful guide of things we can proactively do to help keep our minds healthy. It takes a bit of effort but is worth it. Please use the poster at the end of this document in your place of work or even on your fridge if you are working remotely.

Things to think about are:

Lighting – try out a SAD light or Lumie body clock light to wake you up naturally and provide more light in the winter

Limit news – limit the time you spend listening to news or on social media checking the news

Take time for yourself – plan time in your week where you can engage in relaxing activities and some self-care – maybe a relaxing bath, some yoga, a jigsaw reading a good book, listening to music, or tinkering in the garage....

Stay connected – try and call or Zoom friends even though it's hard that you can't see them in person

Coping strategies: identify some things that help ease any anxiety, worry or stress

Plan your week: have a few things in your diary which you look forward to or give you a sense of achievement

Positive habits: write down a list of 5-10 positive mental health habits you can engage with on a regular basis

Help others – help around the house, do shopping for a neighbour, call someone you know is lonely. It gives you sense of achievement and helps you feel positive too

Stay active – take a break from sitting at your desk and walk around, stand up to make phone calls. Go for a walk outside even if it's stormy!! It's great at boosting your mood

Ask for help: if you are struggling reach out to family, friends, your doctor or mental health charity. They are there to support you.



Zero Harm Last Week



Great news again for last week – we had no LTIs or TRIs in the UK or Europe.

Keep up the hard work focusing on keeping yourselves and each other safe. Zero is possible, but each day is new and needs renewed focus. Congratulations.

Concrete Products 2 Years LTI Free



Congratulations to the UK Concrete Products team on achieving 2 years LTI free.

Great effort by all and thank you for your commitment and focus on our number one priority. Please keep up the good work.

7 Years LTI Free.....



Congratulations to Dave Dench and the team for achieving 7 years LTI/TRI free in Area 10 (West London and South East). This is a fantastic achievement which has been achievable through your consistent and continued safety leadership allied with the collaboration with the Materials teams.

Please continue to make sure we ensure safety remains our focus and number one priority each and every day.

Diabetes Awareness Week 3

Have you considered keeping a Diabetic Emergency Response Kit on site?



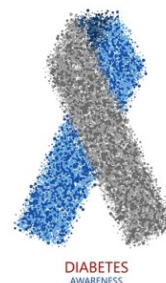
November is Diabetes Awareness month. We have some information on how to deal with Hypos (when blood glucose level gets too low) – what they are, how to recognise one and what to do if someone is having one.

There is a presentation with a short video for you to watch. Go to: <http://cemexuknews.co.uk/downloads>

in the UK News website to view and download the presentation. Or email:

gbcommunicationsandpublicaffairs@cemex.com if you cannot access it and would like to. It only takes a few minutes to watch. One suggestion at the end is to have a diabetic emergency response kit on site. This might be something you and your team think is a good idea if you don't already have one.

Please use this to talk to your teams about diabetes – the signs and how to look after yourselves and each other. To find out more go to: www.diabetes.org.uk



Stay COVID Alert



LOOK OUT FOR OTHERS:
Follow the Four Behaviours to
Prevent the Spread of Coronavirus



DAVE HART
Supply Chain Director - UK & France



Hopefully most of you will have seen the regular COVID updates for this week. Please stay alert continue to practise the safe behaviours at work and at home to keep everyone as safe as possible: keep your distance, wear a mask, wash or sanitize your hands and inform your Manager immediately if you have symptoms.

We do have nine active cases amongst employees in the UK, however they are thought to have caught it outside of work and are following the government guidelines for self-isolating.

Please use the safe behaviour posters at your site. They can be downloaded from the UK News website: <http://cemexuknews.co.uk/downloads>

BEING THE BEST FOR CUSTOMERS

Success for Southampton



Many thanks to Alex Hopcroft and the Southampton Readymix plant team for a successful day. They delivered the initial trial loads of a C50 Microsilica, Steel Fibre Concrete mix designed for a substantial crane base.

Just 800m3 to go plus the possibility of a further 2000m3 in the near future.

Well done team!

Thank You from Alok Sharma



Alok Sharma, UK Secretary of State for Business, Energy & Industrial Strategy, has released a letter thanking the construction industry for their ongoing hard work throughout the continuing pandemic, including during the second lockdown in England.

In his letter, Sharma highlights that the construction sector is a key part of the UK economy. He states: "I want to pay tribute to you and express my admiration for all the work you are doing."

"...Since the outset of the pandemic in March, you have performed a vital role. In the past six months we have seen the industry build the Nightingale Hospitals, accelerate the delivery of infrastructure projects, support vital public services and help the country adapt buildings to become COVID-Secure."

"...Thank you again to everyone operating in the UK construction sector. You are making a hugely valued and critical contribution to our country."



The UK RRT would like to echo Sharma's thanks to all those working for the UK business; you are all playing a vital role and your efforts are greatly appreciated.

We know it has been a challenging time for everyone, particularly as lockdown restrictions continue and we approach a festive period that is likely to be very different to normal. However, we recognise and value your dedication to supporting our customers while following the COVID protocols and ensuring the safety of colleagues and communities.

And Another Busy Week for LabExperts



It has been another busy couple of weeks for our LabExperts with our teams out on essential customer sites operating to full COVID-19 controls. Pictured is Kev, one of the team's longest serving members, overseeing coring in Tilbury.

LabExperts can offer a full range of COVID safe site sampling and testing. For more details please follow the link below, email: lab.experts@cemex.com or drop Mike Higgins a message.

Find out more here: <https://www.cemex.co.uk/lab-experts-construction-materials-testing>

BEING THE BEST FOR SHAREHOLDERS

Concrete Futures Webinar



Recently Richard Kershaw, Technical Manager Materials UK, presented on The Concrete Centre - Concrete Futures Webinar which had over 450 attendees.

The presentation included:

- Our Vertua range of low carbon concretes
- Supply of Vertua Classic Zero to HS2 contract
- Proposed changes to design and specification for a more sustainable construction
- Recent trials of Vertua Ultra Zero in a precast application

Well done to Richard for helping to promote the sustainable future of Concrete.



26 is the Magic Number.....



Last month was another record-breaking month for the Attercliffe rail head in Sheffield. The team oversaw 19 services and the delivery of 31,925 tonnes of material.

Looking forwards, Steve Taylor and the local Asphalt team are hopeful for more than 26 wagons on a train to help with deliveries over 2,900 tonnes – not that they are greedy – just ambitious!

BEING THE BEST FOR COMMUNITIES

We Will Remember Them



Thank you to the team at Rugby Cement plant who took part in the two minutes silence for Remembrance Day last week.

Here are some nice photos of their socially distanced tribute.



In Memory of Brent Peppard



We have recently supported Lincoln City's 'Restart a Heart' campaign through the sponsorship of a defibrillator. It is to be located outside the LNER Lincoln City stadium. Provided in partnership with the Lincoln City Foundation it is accessible 24/7 to those in the community.

This is a particularly meaningful donation as it was made in memory of employee, Brent Peppard, who worked for Paving Solutions and was loved by his colleagues.

Thanks to all those in Paving Solutions for helping to make this happen. Even though we hope the defibrillator is never used, the value of having this accessible to the community is immeasurable as it could save a life.

Please read full article below:

<https://www.lincolncityfoundation.com/post/cemex-gift-lifesaver...>



CEMEX UNITE Deadline Extended to 19th November

**DEADLINE
EXTENDED**

Don't forget to vote before **19th November!**

This 5th December, we want to celebrate together the International Volunteer Day to recognise all CEMEX Volunteers for their outstanding contribution, passion and commitment to tackle the world's greatest challenges of the communities we live and operate in to build a better future. #TogetherWeCan



Click [here](#) to vote!

BEING THE BEST FOR EMPLOYEES

A Thank You from the WE'X Team



Thank you to everyone who took the time to fill out their WE'X survey. The response rate was 68% in the UK which is nearly the same as last year (74%) considering it was all on-line this time that is a good response rate.

We anticipate the results will be through at some point early in the new year. They will be circulated as usual through your Line Manager and HR partners.

Want to Nominate a Colleague?



Who do you think deserves a Thanks For Your Effort award?

Nominate any colleague you think has gone above and beyond their day job and demonstrated any of the CEMEX values.

Please email: gb-hrplanning@cemex.com for a nomination form or use the form on the UK News website: www.cemexuknews.co.uk



Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
156-11-2020	Transport Planner	Materials UK South West & Wales	Wick Office	25/11/2020

For further details on other roles and a full listing of other vacancies, together with information on how to apply, please log on to CEMEX Shift > My Services > Internal Vacancies>New IVCs.

We would love to hear from you for the next edition

To send us a story: either click on 'submit a story' on the UK News website
or email gb-communicationsandpublicaffairs@cemex.com

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.



A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER



@BELIEVEPHQ

LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAAO light or lumie bodyclock.

LIMIT NEWS

Limit the amount of time you spend on social media and checking news.

TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care.

STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis.

COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety.

PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement.

POSITIVE HABITS

Write down a list of 5-10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness.

HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions.

CONNECT TO YOUR VALUES

Reconnect with things that are important to you and try to engage with them on a regular basis.

STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood.

ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help.



LOOK OUT FOR OTHERS:

Follow the Four Behaviours to Prevent the Spread of Coronavirus



IT'S EASY AS 1...2...3...4!

DAVE HART

Supply Chain Director – UK & France

1



**IDENTIFY SYMPTOMS
AND INFORM**

2



**PERSONAL
HYGIENE**

3



**PHYSICAL
DISTANCING**

4



**PROTECT YOURSELF
AND OTHERS**



ROAD SAFETY WEEK



16-22 NOVEMBER 2020

REMEMBER

There is NO Need to Speed

- Speed contributes to one in five fatal crashes in the UK
- Someone is injured on a UK road every four minutes
- In GB in 2018, 186 people were killed in crashes involving someone exceeding the speed limit, with a further 1,505 seriously injured and 5,500 slightly injured

Watch the video through the QR code



Thank you for helping to keep our communities safe.

Road Safety Week Quiz Questions



1. How many people were killed on UK Roads in 2019 ?
2. Who was the UK's first fatal car accident victim ?
3. When were speed limits first introduced for highways in the UK ?
4. Are you allowed to speed in an emergency ?

5. What does this sign indicate ?



6. What percentage of pedestrians are likely to survive in a collision with a car or car derived van at below 20 miles per hour ?
7. What percentage of pedestrians are likely to die in a collision with a car or car derived van at 40 miles per hour ?
8. What is the stopping distance at 30 miles per hour in metres ?
9. If you're travelling at 70mph, what would the stopping distance be in average car lengths ?
10. In UK what percentage of people exceed the 30 MPH speed limit ?

Terms and Conditions apply

This competition (the "Competition") is run by CEMEX UK Operations Limited of CEMEX House, Evreux Way, Rugby, Warwickshire, CV21 2DT

The Competition will run from 00:01 on Monday 16th November 2020 until 23:59 on Friday 27th November 2020.

All applicants must be employees of CEMEX. Employees may only enter the competition once.

Winners will be drawn at random from the correct answers.

Individual winners shall be contacted via email to arrange delivery of prizes. Prizes will be sent to winners within 2 weeks of receiving details of the winner's delivery address. Delivery addresses shall be used for the sole purpose of delivery of prizes and shall not be used by CEMEX for any other purpose.

Winning entrants shall receive amazon gift cards as described. No cash alternative is available.

CEMEX reserves the right to disqualify any entry.