



Welcome to UK News 6<sup>th</sup> May 2021  
your weekly update from around CEMEX UK

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## BEING THE BEST FOR FAMILIES

### Aston and Cardiff's Health & Safety Improvements....



We all know that Health & Safety has no memory and never stands still. As part of putting Health & Safety as our top priority our operations are continually making improvements – big and small – at sites to ensure we keep everybody safe.



We want to share some of these improvements with you through UK News so they can encourage you to improve your sites too.

There are so many great stories that we will share them with you over the next few weeks. Here are the first ones from Materials sites:

#### Aston Plant's New Batch Cabin

The new cabin at Aston Readymix plant has improved the safety on site through:

- New layout improving the ergonomics for the site staff.
- Extra door to allow for safe exit in-case of an emergency – the original batch cabin only had one door.
- Improved visibility over the whole site including the driveway and estate road from the main road.
- More daylight with double glazed windows on all walls so no dark.
- External walkway to allow easy, safe cleaning of all windows.
- Tannoy fitted with new eight camera system to be able to step in if staff see an unsafe act or just to guide visitors if they look lost or out of place as where to go, or get other members of staff to go across to guide them to where they need or want to be.

#### Cardiff's New Aggregate Hopper

The old hopper on site was very worn and causing a safety concern, they had a new hopper designed with Hardox 10mm liner plates, upgraded electric vibrator and a manual adjustable aggregate flow gate.



The new upgrades will prolong the hopper's life and make it much more efficient with less spillage, making it safer for the team to use on site.

## Walk this May



Many of us got our walking feet on during COVID lockdowns and what better way to keep it up than participate in National Walking month - #WalkThisMay. The weather is improving (honest!), and the days are longer which means we have more time to get out and enjoy the great outdoors. Walking is so beneficial for your heart health and happiness – a brisk walk for 30 minutes every day is said to reduce your risk of a stroke by 27%!! You only need a stout pair of shoes to get going so what are you waiting for?

In case you need extra information on how good walking is:

- Walking helps you lose weight – if you walk at around 2mph for 30 minutes then you burn around 75 calories, and if you increase this to 4mph you will burn around 150 calories. 20 minutes of walking a day will burn an incredible 7lbs of body fat a year!
- Walking can help lower your risk of dementia – an older person who walks six or more miles a week is less likely to have problems such as dementia. This is because walking has been proven to prevent brain shrinkage.
- Walking gives you energy – a walk boosts your circulation and oxygen supply around your body which will keep you more alert and awake. So, go for a walk if you feel lethargic!
- It's a full body workout – walking activates many muscles in your body: calves, glutes, hamstrings, quads and abdominals...
- It increases your vitamin D intake – getting out in the sunshine for a walk is a great way to top up your vitamin D after a long winter!! Vitamin D is good for your bone health as well as your immune system.
- Walking makes you happy! A brisk walk can be as beneficial as taking an antidepressant, it can be a great helping hand if you are suffering from depression, anxiety or feeling stressed.
- It can be sociable too – if you don't want to walk alone most places have rambling or walking groups which you can join and make new friends as well.

There is a plethora of information online about routes and groups but these two are great for a start: <https://www.walkingbritain.co.uk> or <https://www.ramblers.org.uk>

## Keeping Confidential Information Safe



With many of us working remotely at the moment, it is important that we remember our responsibility to manage **Confidential Information** correctly:

- Be **mindful of surroundings**, be aware of **who hears** your conversations and **who sees** your computer/documents at home or your remote workstation.
- You can share, store, upload, transfer information and/or backup information only at the official cloud service (**OneDrive, SharePoint and Teams**). It is forbidden to store CEMEX information on any non-official cloud service.
- Store printed information in a secure place.
- Protect CEMEX's sensitive information by using only CEMEX authorised equipment (do not share information to friends' laptops or cellphones) and avoid using public networks.
- Do not share confidential information in social media or unauthorised digital channels.

If in doubt, or if you want to submit a complaint remember, that you have [ETHOSline](http://wb.cemex.com) by your side –



## Mental Health Awareness Week



Mental Health Awareness Week takes place on 10<sup>th</sup> – 16<sup>th</sup> May 2021 and this year's theme is nature.

Mental Health Awareness Week is an annual event when there is an opportunity for the whole of the UK to focus on achieving good mental health. The Mental Health Foundation started the event 21 years ago.

Each year the Foundation continues to set the theme, organise and host the Week. The event has grown to become one of the biggest awareness weeks across the UK and globally.

Mental Health Awareness Week is open to everyone. It is all about starting conversations about mental health and the things in our daily lives that can affect it. This year we want as many people as possible – individuals, communities and governments – to think about connecting with nature and how nature can improve our mental health.

However, the Week is also a chance to talk about any aspect of mental health that people want to – regardless of the theme.

The Week is an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice. This year we want people to notice nature and try to make a habit of connecting to the nature every day. Stop to listen to the birdsong, smell the freshly cut grass, take care

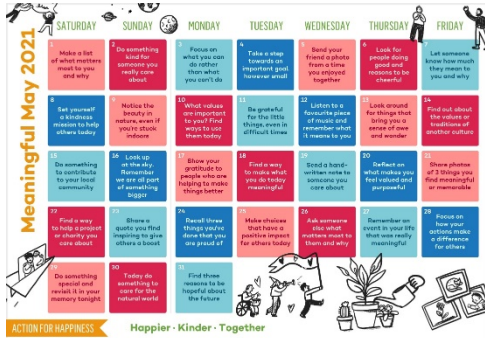


of a house plant, notice any trees, flowers or animals nearby. Take a moment to appreciate these connections.

We also want people to share images/videos/or just sound recordings of the nature on your doorstep (and how this made you feel) on social media using #ConnectWithNature and #MentalHealthAwarenessWeek

The theme was chosen because being in nature is known to be an effective way of tackling mental health problems and of protecting our wellbeing.

## Meaningful May



A new month a new Action for Happiness calendar!

This month's theme is all about reflecting on what gives our life meaning. Being a part of something bigger than ourselves and focusing on things that we value is key to our wellbeing. So, let's take time to reflect on what we care about this month and keep these things at the front of our minds as our societies begin to open up again.

Download the calendar from: [www.actionforhappiness.org](http://www.actionforhappiness.org) or from the download section of UK News website

[www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads). A pdf copy can also be found at the end of this document.

## BEING THE BEST FOR CUSTOMERS

### Thank You Rowan Russell



Well done and thank you to Sales Executive, Rowan Russell in the Greater Sheffield area, who got some outstanding feedback from customer, Build 4U Property, on LinkedIn.

It's always great to get some customer recognition for a job well done!



### Another Happy Customer.....



A customer from Group De Cloedt in the Netherlands took a great shot of the Sand Fulmar at NHM Ostend delivering a nice stony cargo.

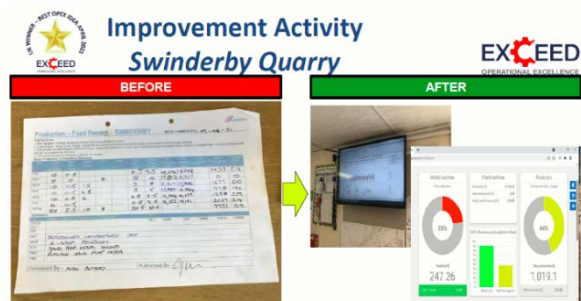
Thanks to the crew for yet another successful delivery....





## BEING THE BEST FOR SHAREHOLDERS

### This Month's Winning EXCEED Ideas



Another big 'Thank You' goes out to all of our teams for continuing to develop and implement their ideas that will help make CEMEX a safer place to work, with better quality and greater efficiency/effectiveness.



The ideas for this month's competition covered the following:

- **Swinderby quarry** – Using TMS Client and TMS Web to 'live 'stream' site production and machine usage and use this to monitor performance, train team members and identify improvements.
- **Ryall quarry** – Replaced old and heavy primary screen guarding with more light weight but equally robust materials which also has the ability for safer and more effective removal, and to make visual checks without removing it.
- **Yorkshire Readymix Area** – Using 'Google Forms' to embed subjects like Toolbox Talks, Safety Alerts, COVID Alerts for remote learning. The form sends a response and collates all the answers and evidence of completion.

Every entry had at least three votes which goes to show the quality of all of the ideas this month.

However, our congratulations go out to Swinderby quarry who took the Top Award!

## BEING THE BEST FOR COMMUNITIES

### Biodiversity Spotlight on West Heath



This is the second of our series of Site Spotlights, where we take a look at the great biodiversity work being done at CEMEX locations across the country. This time we are visiting West Heath quarry in West Harting, Petersfield.

As we saw at Denge previously, the COVID pandemic has impacted the amount of biodiversity work that could be done over the last year, but the team have still made good progress.

In particular, two areas were restored during 2020. This includes a large section of land close to the eastern site boundary and also a section near the weighbridge, just north west of the lake. Both areas will regenerate naturally – the smaller area near the weighbridge has had brash from heather cutting spread on it to encourage



lowland dry heath growth. Some work along the southern boundary was also carried out, to cut heather and remove gorse bushes to prevent succession to scrub.

Both of these areas are expected to become lowland dry heath and or lowland acid grassland habitats. In total, the area of land restored comes to 2.2 hectares. Additionally, contractors treated invasive weeds on site, which was successful; only minimal amounts of Ragwort are now present.

Over the last year, the team at West Heath have spotted 177 species, with animals including Roe deer and badgers, birds such as Sand Martins, Skylark and Linnet, as well as rarer Nightjar and Woodcock birds. Egyptian geese (pictured), Mute swan, Greylag and Canada geese are also frequent visitors.



For the year ahead, priorities include monitoring for reptiles alongside ecologists; last year Adders, Grass Snakes, Slow Worms and Common Lizards were spotted, and future sights could impact restoration plans. There is a reptile refuge in the middle of the site and restoration will see more of this created.

Last year, there were some issues with Sand Martins nesting in stockpiles and so plans are in place to create new nesting faces for the birds during 2021.

Closer attention will also be paid to the 0.5 hectares of mire which are along the southern and western shores of the lake and periodically under water. This area is used by birds for feeding.

Together with the RSPB, the team at West Heath are working hard to provide a wide range of different habitats for wildlife. We look forward to seeing how the site develops this year!

If you'd like to find out more about the BAP (Biodiversity Action Plan) at West Heath, or have any other questions about BAPs, please contact Jenny Oldroyd or Sean Cassidy.

## BEING THE BEST FOR EMPLOYEES

### 15 Years Service for Nicola Hannant!



Many congratulations to Nicola Hannant who reaches her 15 year milestone this month.

Nicola initially joined the AR team in Stockton before relocating down to work as a Credit Manager based from the Rugby office.

All her colleagues and the customers she works with are really grateful for the help and support she offers and want to congratulate her on celebrating 15 years with CEMEX.

Thank you for all your hard work over the years Nicola.



## CEMEX Cycle To Work NOW Open



Are you considering a healthier, more sustainable way of travelling? If so, then CEMEX Cycle to Work scheme may be just what you are looking for! We are delighted to announce that there will be an opportunity for you to sign up for the Tax-Free Bike Scheme, which will be run in conjunction with our partner Sodexo Motivation Solutions Ltd and Cycle2Work. The scheme is open for a limited time – from 19<sup>th</sup> April – 14<sup>th</sup> May 2020 so it is well worth taking advantage of it now.

### **What is a tax free bike (Cycle to Work) scheme?**

Cycle to work is a government initiative that was introduced in 2001 to encourage more people to commute to and from work by bike, enabling people to make healthier choices and reducing the UK's carbon footprint.

The initiative also allows you to make huge Tax and National Insurance savings on the cost of a new bike and safety accessories. These savings are achieved via salary sacrifice which is managed by your employer and lets you spread the cost to make payments more convenient!

### **Where can I redeem my Letter of Collection?**

Cycle2Work is supported by a wide range of specialist bike dealers, catering to everyone regardless of their needs, budget, location or journey to work! This includes:

cycle2work

halfords

cycle  
republic

tredz

Independent  
Bike Shops

What's more, you can also benefit from regular discount offers at Halfords, Tredz or Cycle Republic – saving you even more on your perfect bike and accessories!

Staff will be able to apply online by going to [www.cemexlifestyle.co.uk](http://www.cemexlifestyle.co.uk) or by calling **01908 303498**

### **How to apply?**

For further information on how to apply for the scheme please go to the download section of the UK News website [www.cemexuknews.co.uk/downloads](http://www.cemexuknews.co.uk/downloads)

### **Want to Nominate a Colleague?**

**NOMINATE NOW!**

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

Email [gb-hrplanning@cemex.com](mailto:gb-hrplanning@cemex.com) for a nomination form or use the form on the UK News website: [www.cemexuknews.co.uk](http://www.cemexuknews.co.uk)



## Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
100-04-2021	LGV Cat C Driver	Supply Chain Logistics	Dagenham	14/05/2021
101-04-2021	LGV Cat C Driver	Supply Chain Logistics	Angerstein	14/05/2021
104-04-2021	Sales Agent	Materials - Rugbymix	Rugby Office	28/05/2021
104-05-2021	Sales Executive	Readymix Southern	Area 24	11/05/2021
105-05-2021	Key Accounts Manager	Readymix	Any Hub Office	14/05/2021

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](mailto: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.

### Employee Assistance Programme

Free, confidential support and counselling available for all employees

If you're worried about a work, family or personal issue then the Employee Assistance Programme can help, 24/7.

Support with everything from consumer rights to bereavement, depression & anxiety to childcare.

Visit [www.lifestyle-support.co.uk](http://www.lifestyle-support.co.uk) (username: cemex / password: cemex) or call 0808 1682143





# Meaningful May 2021

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Make a list of what matters most to you and why

2 Do something kind for someone you really care about

3 Focus on what you can do rather than what you can't do

4 Take a step towards an important goal, however small

5 Send your friend a photo from a time you enjoyed together

6 Look for people doing good and reasons to be cheerful

7 Let someone know how much they mean to you and why

8 Set yourself a kindness mission to help others today

9 Notice the beauty in nature, even if you're stuck indoors

10 What values are important to you? Find ways to use them today

11 Be grateful for the little things, even in difficult times

12 Listen to a favourite piece of music and remember what it means to you

13 Look around for things that bring you a sense of awe and wonder

14 Find out about the values or traditions of another culture

15 Do something to contribute to your local community

16 Look up at the sky. Remember we are all part of something bigger

17 Show your gratitude to people who are helping to make things better

18 Find a way to make what you do today meaningful

19 Send a hand-written note to someone you care about

20 Reflect on what makes you feel valued and purposeful

21 Share photos of 3 things you find meaningful or memorable

22 Find a way to help a project or charity you care about

23 Share a quote you find inspiring to give others a boost

24 Recall three things you've done that you are proud of

25 Make choices that have a positive impact for others today

26 Ask someone else what matters most to them and why

27 Remember an event in your life that was really meaningful

28 Focus on how your actions make a difference for others

29 Do something special and revisit it in your memory tonight

30 Today do something to care for the natural world

31 Find three reasons to be hopeful about the future



ACTION FOR HAPPINESS

Happier · Kinder · Together