



UK NEWS



Welcome to UK News 27th July 2023
your weekly update from around Cemex UK

View UK News on: www.cemexuknews.co.uk

You can also follow us on our social media channels



HEALTH & SAFETY

Urgent Health & Safety Reminder on behalf of Regional President – Sergio Menéndez



A message from Sergio Menéndez, *Regional President, Cemex EMEA*

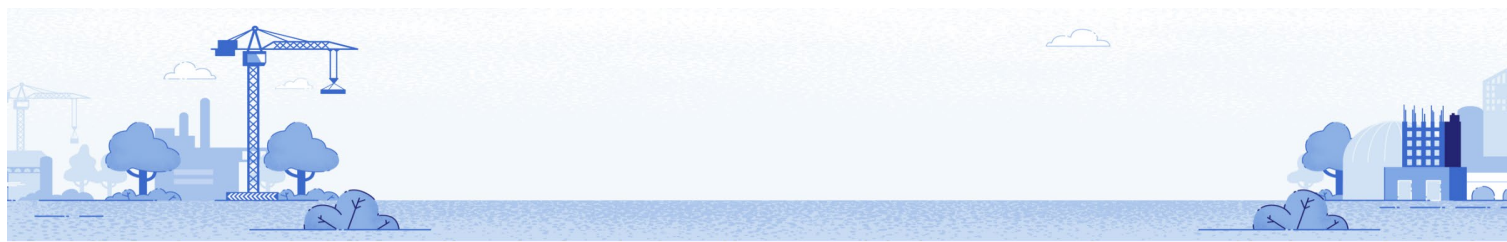
As each of you know, Health and Safety is our top priority because nothing is more important than making sure our employees, contractors and others who interact with us are kept safe at all times. I'm deeply saddened, however, that four people lost their lives in separate incidents this year in connection with our EMEA operations – a 37-year-old

employee, a 39-year-old contractor, and two third parties, 46 and 38 years old. I invite you to observe a one-minute silence with your teams as a mark of respect and to reflect on the sad loss for the families, friends and colleagues of those involved.

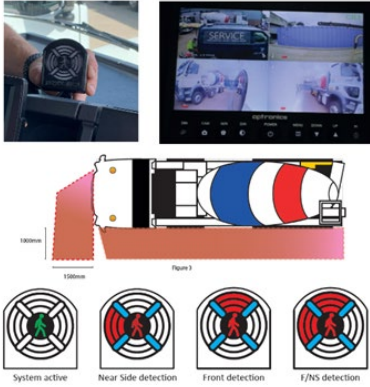
Personally, I'm deeply distressed by this, especially because two incidents involved working on moving machinery. These types of incidents are unacceptable, and we must do everything we can to prevent such tragedies ever happening again. As some of you may be aware, site isolation audits are currently being carried out in every site and I urge all relevant teams to make sure this is done in a thorough and timely manner. In addition, we are going to launch a dedicated regional-wide isolation campaign, but in the meantime please take the opportunity to make sure isolation procedures are robust in your site.

I would like to remind everyone of the need to always stop and think before performing a task using the 'Take 5' process and to always remember that your family is waiting for you every day. I also want to make it clear that there is no business or production need that is worth an injury of any kind. Please speak up if you see someone at risk of injury – let's all look after ourselves and each other.

Please take a moment to remind yourselves of our Safety Essentials – you can find them at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads



New Human Detection Safety System for Readymix Trucks



During the past few years Charlie Stanford, Cemex National Fleet Liaison Manager, UK Materials, has been working closely with Spillard Safety Systems to develop a human detection safety system. This is due to be implemented in 15 new Readymix trucks across the Midlands, the Northwest and Yorkshire from August.

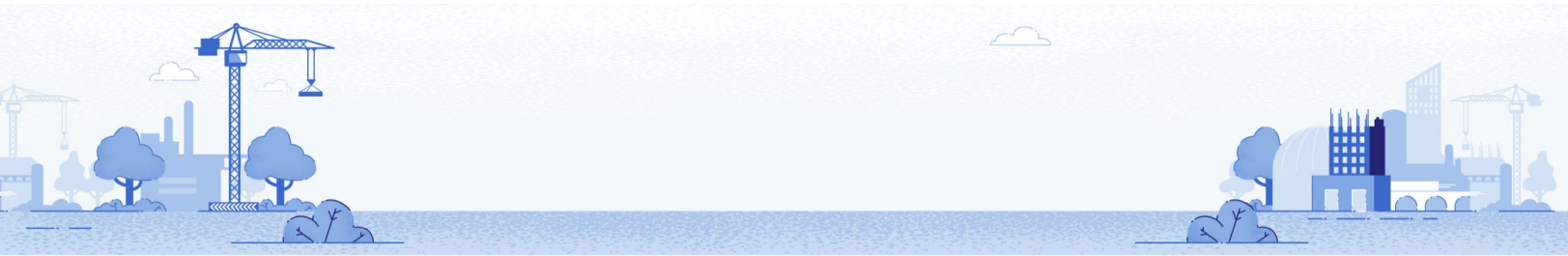
The new safety system uses specially developed algorithms that are built into the cameras. This then enables the camera to see the human form if it enters the detection zone. Once detection occurs the system then sets the audio and visual alerts off in the cab to alert the operator of the vehicle. Of course, we are still relying on driver input to apply the

vehicles brakes, however, we now have a system that will only alert when there is a human in the “danger zone” of the vehicle rather than an alert being made when there is any type of object, human or not. When detection is made, the in-cab display flashes to depict which zone has been activated along with an audible spoken warning to alert the driver that a person is in the danger zone of the vehicle.

The system was trialled in eight Readymix trucks during the last six months to tease out any teething issues with the system before the decision was made to update the UK Readymix vehicle safety equipment specification. A big thanks go to the IHCs involved in the trial, who were pivotal in feeding back improvement ideas.

The first new truck featuring the updated safety system is planned for delivery in August with more to follow over the coming months.

Charlie Stanford said: “This system has been years in development and I’m excited that this will finally be rolled out starting next month. All drivers of HGVs have an extremely demanding job constantly assessing road risk and scanning the environments they are in for potential hazards. A system that can aid the drivers in identifying a VRU that they perhaps may have not seen yet alert their attention is a huge step forward from the previous system. That system was first installed in 2004 although the system went through a number of version changes the fundamental mechanics of the system, sending out ultrasonic waves that bounced back from any object to the sensor did not change. I want to personally thank all our IHCs who participated in our trial, helping to make this new system as effective as possible. This new safety system will hopefully reduce incidents involving vulnerable road users, by only alerting drivers to the presence of humans in close proximity to their trucks rather than any object.”



Dust Suppression Upgrade at Stoke



The team at Cemex's Springetts Asphalt plant in Stoke on Trent have recently made some Health and Safety improvements at the plant. The dust suppression system has been upgraded with new spray heads, a bigger water tank and a larger pump.

Cemex has an obligation to minimise dust on our sites and prevent it being released across our site boundaries or dragged out onto roads.

To improve water conservation there are future plans to capture rainwater from off the top of the plant and the cold feed bin roof and divert it into the new tank using guttering.

Security ID Pass – Wear It In, Not Out!



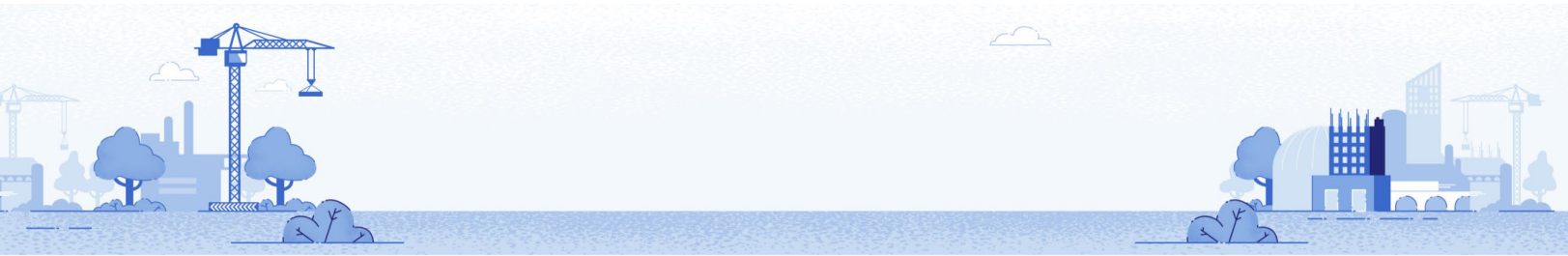
The Security team would like to remind colleagues who are based in offices or at the Rugby Cement plant to please ensure you always wear your security ID pass while in the office. But please remember to take it off when you leave the building as wearing your pass in public may facilitate fraud and unlawful access should it be lost.

Some points to remember:

- If you forget your pass, please sign in at reception.
- Challenge tailgaters or anyone you do not know or is otherwise not wearing an approved ID pass.
- If you are asked to show your ID pass on Cemex premises, please do so and thank the individual for Stepping In.

If you have any questions around this please contact our Security Team.

We have shared a poster at the end of this document and on UK News download page: www.cemexuknews.co.uk/downloads. Please share on office notice boards.





CUSTOMER CENTRICITY

Cemex Hosts Marine Minerals Academy



Last week The Crown Estate carried out a visit for attendees of their Marine Minerals Academy Marine Management Course on board UK Marine's Cemex Go Innovation ship and Cemex's Leamouth Wharf.

The Crown Estate manages the seabed and half the foreshore around England, Wales, and Northern Ireland. They play an active role on the UK seabed in offshore energy, Marine Aggregates, and cables and pipelines.

The delegates were given a tour of the wharf to understand how marine aggregates are landed and processed, and on the ship for how dredging operations are conducted and seabed material won and discharged. They found the visit very useful and insightful and were very complimentary on how professional the Cemex team are, the high standards we maintain and the capability of the Cemex Go Innovation.

Many thanks to Chris Grosscurth, UK Marine Commercial & Logistics Manager, for organising the visit. Thanks also to Capt. Dave Pearson and the CGI crew, Andy King, Mark Hampton, Terry Gent and the Leamouth Wharf team.

Kurt Cowdery, Cemex UK Marine, commented: "Cemex is an industry leader, so it is important that we provide training and educational opportunities for our strategic partners. We were delighted to host the Academy delegates again this year. It was a very successful day – thanks and well done to everyone involved."



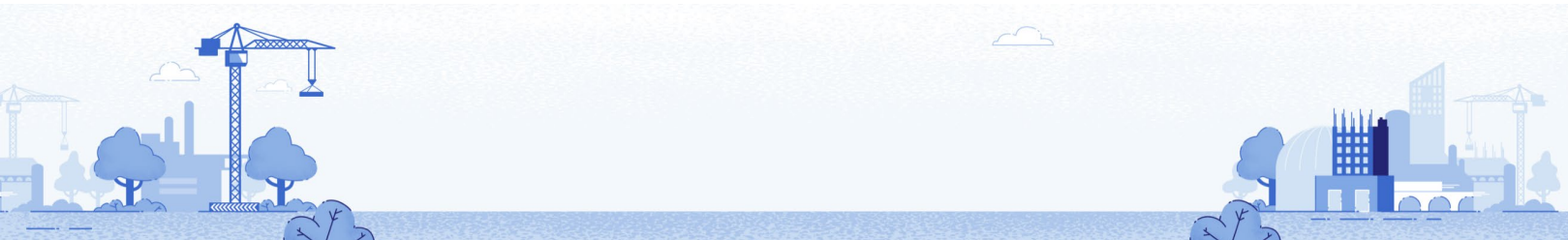
FUTURE IN ACTION

Extends Vertua® Product Portfolio with More Sustainable Asphalt Solutions



Cemex has extended its Vertua® portfolio of sustainable products to include a comprehensive range of asphalt solutions.

Cemex's VIALOW, VIAFLOW®, and VIACOURT® asphalt, plus newer products that use a lower carbon bitumen, now form a new series of high-performance asphalt solutions which have been stringently classified to join the Vertua® product family, as part of Cemex's Vertua® brand expansion programme.



All Cemex products which carry the Vertua brand must meet strict criteria for at least one of five sustainable attributes ranging from lower carbon emissions, increasing energy efficiency, water conservation, through to incorporating recycled materials and design optimisation. These attributes have been identified in line with Cemex's dedicated Future in Action climate action strategy.

Scott Jones, Director of Asphalt and Paving Solutions for Cemex EMEA, comments: "Our comprehensive range of Vertua asphalt solutions allow customers to measure the sustainable impact of their projects because the attributes are now verifiable. This can be reflected both in the product manufacturing process and in the useful life of the project. Vertua's single-minded ambition is to extend its value to all products in Cemex's portfolio, leveraging cutting-edge technology and pioneering innovation to help clients meet their construction needs sustainably."

The complete Vertua product portfolio forms a central part of Cemex's broader Future in Action strategy to be a net zero CO₂ company by 2050, providing customers and partners with efficient solutions to meet environmental goals and lead the way for responsible construction.

You can read the full press release [here](#).

Foodbank Needs Your Help Once Again

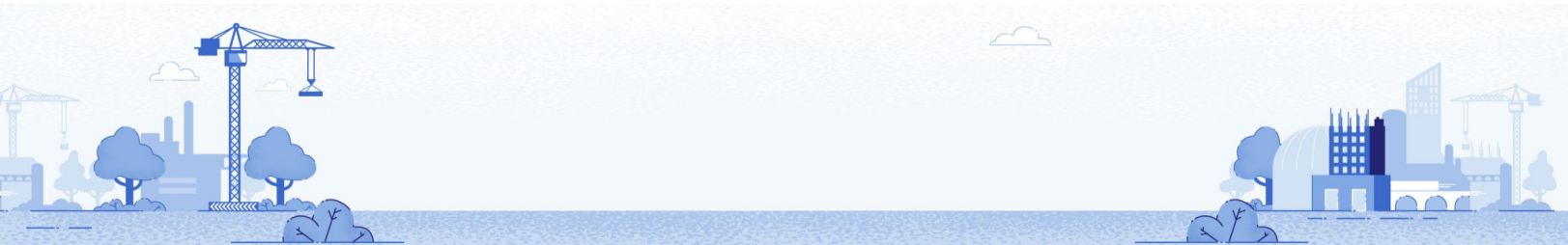


Coventry Foodbank is a project of Feed the Hungry UK which provides food parcels and other items for international and national projects.

The foodbank has just launched an appeal as they are unable to distribute food to their 14 foodbanks across Coventry. These foodbanks usually feed up to 600 people monthly. Across Coventry, more and more people are feeling the pressure from the increasing cost of living.

If you are local and would like to help, we are welcoming you to take on the challenge and prepare food parcels. The following 42 items are needed for an emergency family parcel includes:

- Large Tea or Coffee
- Large box of Cereal
- Large bag of Rice
- Tins of Veg, Soup, Tuna, Meats, Tomatoes and Fruit
- Noodles
- Cooking sauce
- UHT milk
- Packets of Biscuits
- Condiments
- Snacks
- Squash
- Jam
- **NO BEANS AND PASTA**



Our Head Office in Coventry has a box in reception for anyone who would like to drop off any of the items on the list above. You are welcome to get together as teams and prepare some food parcels or you can take on the challenge individually. A poster can be found at the end of this document and in the download section of the UK News website: www.cemexuknews.co.uk/downloads

Volunteering opportunities are also available if you would like to pack food parcels at the foodbank. Any small contribution will go a long way in feeding families around Coventry. Thank you.

Rugby Cement Plant Opens Doors to Public



Our Rugby Cement plant is once again opening its doors to the public for the hugely popular Heritage Open Days in September. Spaces are now available for 14th and 15th September.

Tickets are free and limited so if you have family or friends who has always wanted to see behind the scenes, or see the view from the top of the tower, click [here](#).



PROFITABILITY

New Silt Processing Plant at Angerstein

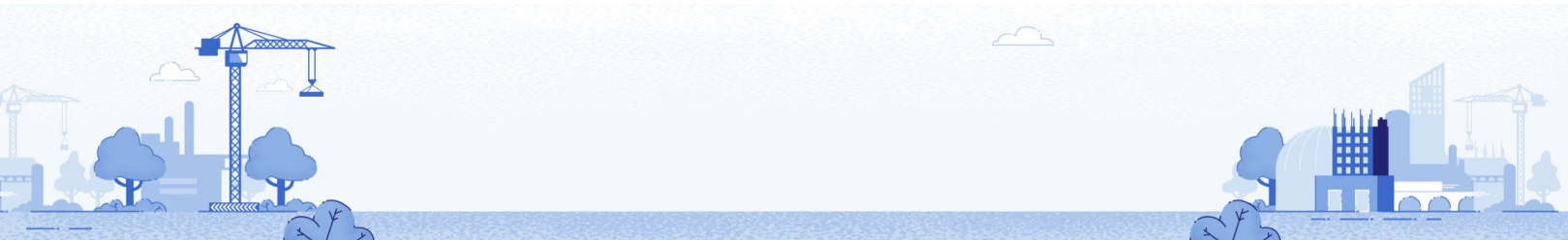


Angerstein Wharf on the river Thames in London has recently undergone new investment to install a new silt processing plant to improve product quality and customer satisfaction.

Previously, the wharf was limited to high stone content and low silt deposits. The investment has enabled the plant to process a wider variety of rich marine mineral reserves, allowing our UK Marine business to fully capitalise on the large array of dredging resource areas around the east coast and English Channel. This in turn will lower travelling times, balance their resourcing capabilities and reduce dead rent on dredging licences, all of which reduces costs to Cemex.



Another huge benefit from the investment is the improved quality of sand we can now produce at the wharf, enabling Cemex to supply the local Readymix plants as primary source, reducing logistic time and costs, and therefore CO₂. This has had a positive impact on our customers who also gain a cement and cost saving over our competitor's materials. The waste pressed product produced is now very dry and the wharf team can load it onto Cemex trucks for disposal straight away. Options are being considered for re-using the waste product in the future.



CheckProof Jargon Buster



CheckProof is a digital maintenance checklist tool and is gradually being rolled out across UK operations.

As implementation has been growing in the UK and more businesses are starting to come online, the Operational Excellence team have put together a quick Jargon Buster

guide to help you:

- better understand the terminology used within CheckProof
- help you navigate the App, getting you to the information you're looking for quicker!

You can find this guide at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads. Feel free to download and share the attached guide with your colleagues.

If you require assistance in using CheckProof, please contact a member of the EXCEED Operational Excellence Team.



EMPLOYEES

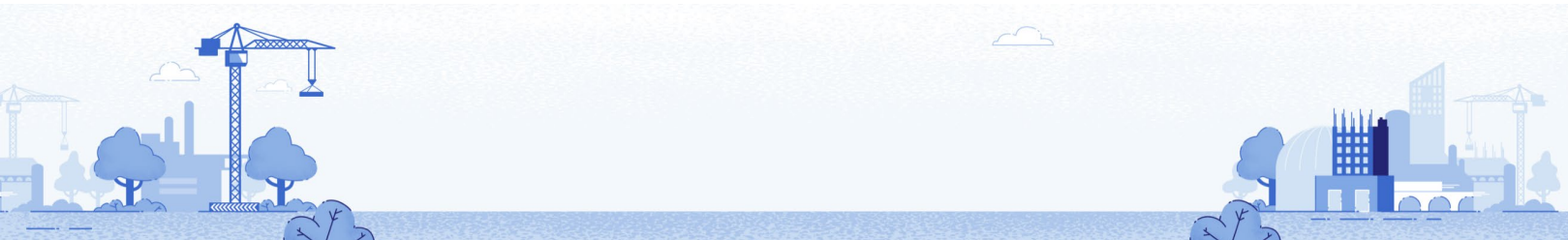
Our Values – Deep Dive: Fostering Innovation



Innovation is at the heart of our company's DNA. At Cemex, we believe that by constantly challenging the status quo and seeking new ways to improve our products, services, and processes, we can stay ahead of the competition and create a better future for our customers and our employees.

Fostering innovation means:

- **Searching for new ways to disrupt and improve the future of our business and industry.** Constantly be looking for ways to challenge the way things are done and to come up with new and innovative solutions to problems.
- **Promoting curiosity, research, continuous learning, and adoption of new technologies, trends, and business models.** We believe that innovation is driven by knowledge and understanding. Be curious and constantly learn new things. Research and adopt new technologies and business models that can help us to stay ahead of the competition.
- **Pursuing an entrepreneurial mindset by testing new solutions, embracing risk, learning from failures, and iterating fast.** We believe that innovation is not without its risks. However, we also believe that the rewards of innovation far outweigh the risks. Take risks, learn from failure, and iterate quickly on your ideas.



- **Collaborating and partnering with internal and external ecosystems to harness experience, expertise, and inventiveness.** We believe that innovation is a team sport. Collaborate with other colleagues, both inside and outside of the company, to share ideas and bring new perspectives to the table.

There are a number of things that you can do to foster innovation in your own work:

- Be curious and ask questions. Don't be afraid to challenge the status quo and to ask questions about the way things are done.
- Be open to new ideas and perspectives. Be willing to listen to new ideas, even if they are different from your own.
- Be willing to take risks. Innovation often requires taking risks. Don't be afraid to fail and learn from your mistakes.
- Be collaborative. Work with your colleagues to share ideas and to bring new perspectives to the table.

Innovation is essential for our company's success. By encouraging the behaviours listed above, we can create a culture of innovation that will help us to stay ahead of the competition and to create a better future for our customers and our employees.

Our values are essential to our culture. They help establish our priorities, govern our behaviour, and shape how we are perceived by our key stakeholders and the world in general. They are the principles that guide our decisions at Cemex. As part of the company's ongoing evolution, we're updating our core values to better reflect our identity, culture, and priorities. This update will guide us as we continue working to become an even more sustainable, innovative, and customer-oriented company. As we keep shaping a stronger Cemex, we must consistently behave with the utmost integrity, honouring the path Cemex has forged throughout its history.

New 'Menopause for Men' Seminar

Care first

Cemex offers all employees a free, confidential employee assistance programme (EAP) called Lifestyle Support, operated by Care first.

Lifestyle Support offers a series of Seminars free to access for all Cemex employees.

Below you can find details of the seminars running between 7th and 18th August.

'Menopause for Men'

3rd August 2023

TIME: 12pm-12.30pm

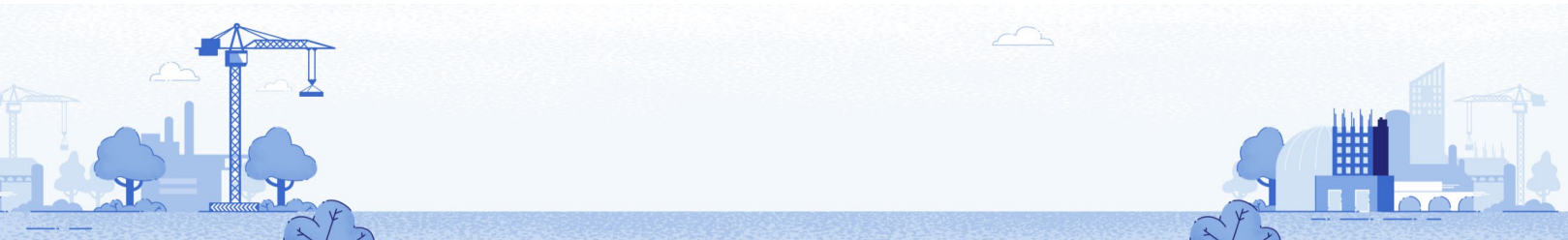
Link: <https://attendee.gotowebinar.com/register/4614441823696238176>

A session to help those not directly affected by Menopause

Click [here](#) to download more information about this seminar.

What to expect when you call Care first

Monday 7th August @ 12pm



Click [here](#) to download more information about this seminar.

Link: <https://attendee.gotowebinar.com/register/2886954028614167135>

This webinar provides an overview of what you can expect when making a call to the counselling help line.

How Care first can support you

Wednesday 9th August @ 12pm

Click [here](#) to download more information about this seminar.

Link: <https://attendee.gotowebinar.com/register/1362163397842323541>

A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.

Never Give Up

Friday 11th August @ 12pm

Click [here](#) to download more information about this seminar.

Link: <https://attendee.gotowebinar.com/register/656263738670614366>

This webinar is about motivating and inspiring ourselves and others to never give up, while understanding how we can support those that might find it difficult.

Practical Information and Advice through Care first

Monday 14th August @ 12pm

Link: <https://attendee.gotowebinar.com/register/8868687610496995421>

The webinar provides detail about who our Information Specialists are and their role as part of your EAP service.

How Care first can support you

Wednesday 16th August @ 12pm

Link: <https://attendee.gotowebinar.com/register/2853801554166913375>

A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.

Tips for a Good Night's Sleep

Friday 18th August @ 12pm

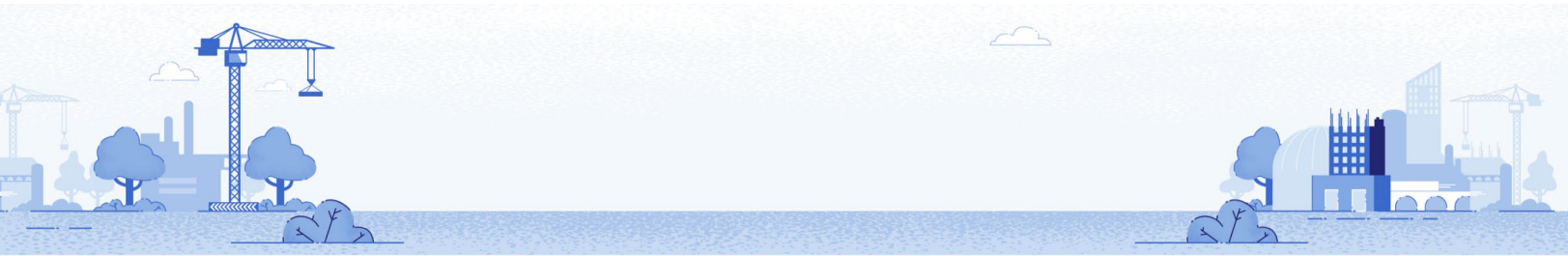
Link: <https://attendee.gotowebinar.com/register/6506580392267038299>

A webinar detailing how a good night's sleep can improve your overall wellbeing, whilst offering tips for how you could improve your sleep.

You can find full details about these seminars [here](#).

Lifestyle Support is easy to access, available 24/7 and can provide help and support with a wide range of issues or concerns such as family matters, debt, relationships, bereavement, depression and anxiety. It is run by a separate provider and not part of Cemex – we don't receive any employee specific information from them.

You can contact the Employee Assistance Line (Lifestyle Support) for confidential advice and support – call 0808 168 2143 or visit www.lifestyle-support.co.uk (Username: cemex Password: cemex).



Claudia's Deck Cadet Experience



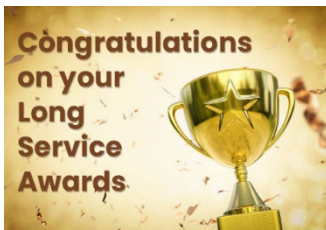
Claudia Adams is a Deck Cadet on board our Cemex Go Innovation. Claudia has shared a blog post with us:

I am a 21-year-old Deck Cadet in my fourth phase, sponsored by the Maritime Educational Foundation and managed by Safe Ship Training Group. With these companies I have been able to experience a variety of sea time on different vessels and have been able to experience many different industries within the Merchant Navy. Thus far in my cadetship I have worked on Seajacks Kraken (self-propelled Jack up vessel), Princess Cruises, Apex (escort tug) and I'm currently working on the Cemex Go Innovation (trail suction hopper dredger).

Having the opportunity to experience the coastal aggregate industry has been very interesting and so far I have really enjoyed my time onboard. I will be working on here for four months until I go back to college to finish my studies, and I have been here for almost a month. The experience is very different to my previous vessels, and I have been very impressed by the safety culture onboard. As the vessel is a new build all the systems are very modern, and I have really enjoyed using the integrated navigation system. Being able to familiarise myself with the ECDIS will also allow me to gain some experience with the system before I return to college to complete the NAEST course.

The crew has been very welcoming and are very happy to help me work through my Training Record Book. I have been able to do a lot of watchkeeping, steering the ship, leading drills, and practice handing over watches all under supervision. Because I am being given a degree of responsibility onboard, it is helping me build my confidence, and I believe it is going to prepare me to become a proficient officer once I qualify.

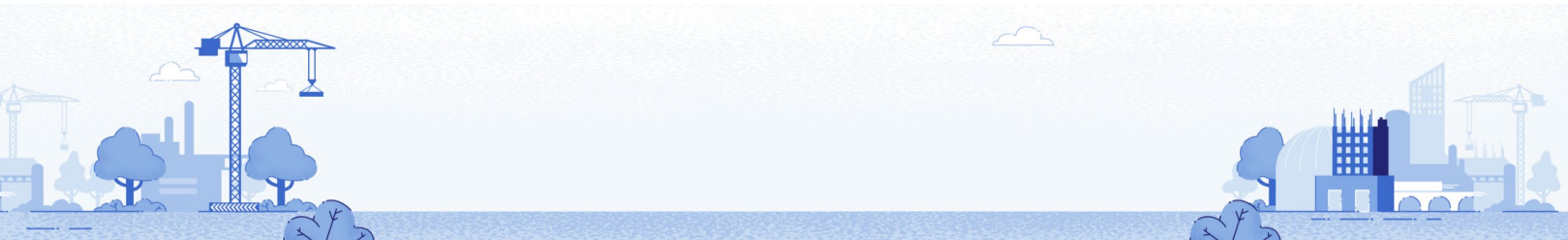
Long Service



We would like to send huge congratulations and thank you to the following colleagues for reaching long service milestones in July 2023.

We appreciate all your contributions and hard work over the years:

- Kevin Dodsworth, Engineering and Maintenance Manager, Hampshire, celebrated 40 years
- Colin Beechey, Relief Plant Manager, Lancashire, celebrated 25 years
- Jose Alberto Montiel Ramos, Technical Engineer, Warwickshire, celebrated 15 years
- Adam Leverett, Head of Operational Excellence WEM, West Midlands, celebrated 15 years



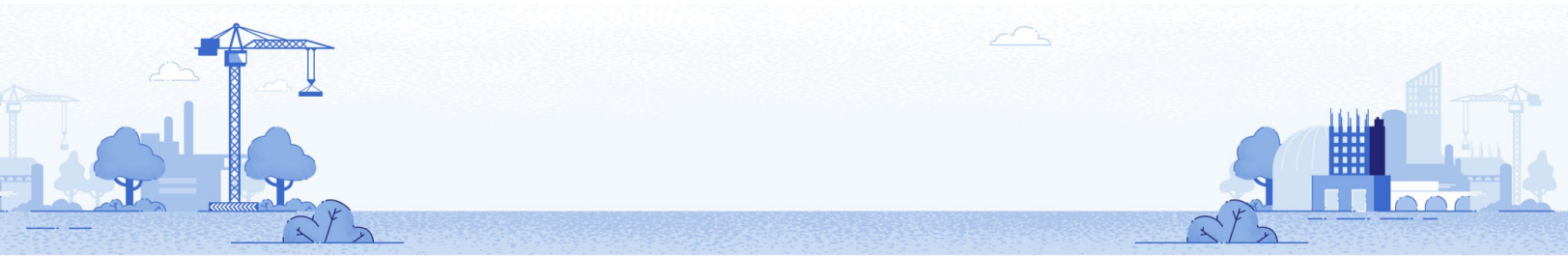
Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
164-07-2023	National Sales Manager	Urbanisation Solutions – Building Products	UK	03/08/2023
165-07-2023	Process Controller	Cement Operations	Rugby Cement Plant	04/08/2023
166-07-2023	Plant Manager	Materials - Readymix	York	04/08/2023

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.



Take a moment to reflect on those who have passed away in connection with our operations this year and the sad loss for the families, friends and colleagues of those involved.



37 years old Employee

Loading shovel operator was found fatally injured inside hopper used for loading trucks



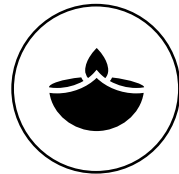
46 years old Third Party

A construction worker on a customer site was involved in a collision with a RMX truck



39 years old Contractor

Contractor was inside a readymix plant mixer when it became activated



38 years old Third Party

Road traffic collision between RMX truck and third-party car



Safety Essentials

Always follow the Cemex Safety Essentials
- and encourage others to as well



CEMEX



Look After Yourself And Each Other



Driving



Housekeeping



Safe Systems



Get A Grip



Isolation Procedures



Personal Protective Equipment



Working At Height



Manual Handling



Confined Spaces



Tools / Equipment



Incident / Hazard Alert

Are you wearing your ID pass?



**Forgotten your ID
Pass?**

Please sign in at
reception

Challenge Tailgaters
or anyone you do not
know, or is otherwise
not wearing an
approved ID pass.

**Remember! Wear it in, don't
wear it out.**

Wearing your pass in public
may facilitate fraud and
unlawful access

If you are asked to show
your ID pass on Cemex
premises, please do so
and thank the individual
for stepping in.

**OUR SECURITY IS IN
YOUR HANDS**
**If in doubt, contact
your security team.**

PLEASE HELP SUPPORT OUR LOCAL COVENTRY FOODBANK



Help us fill up **family parcels** for the foodbank by bringing in the following items:



- Large Tea or Coffee
- Large box of cereal
- Large bag of rice
- 4 tins of veg
- 4 tins of soup
- 4 Tuna
- 4 Noodles
- 2 cooking sauce
- 2 UHT milk
- 2 packets of biscuits
- 2 tins of tomatoes
- 2 condiments
- 2 canned meat
- 2 tin fruit
- 2 Snacks
- Squash
- Jam

STRICTLY NO BEANS AND PASTA

THANK YOU

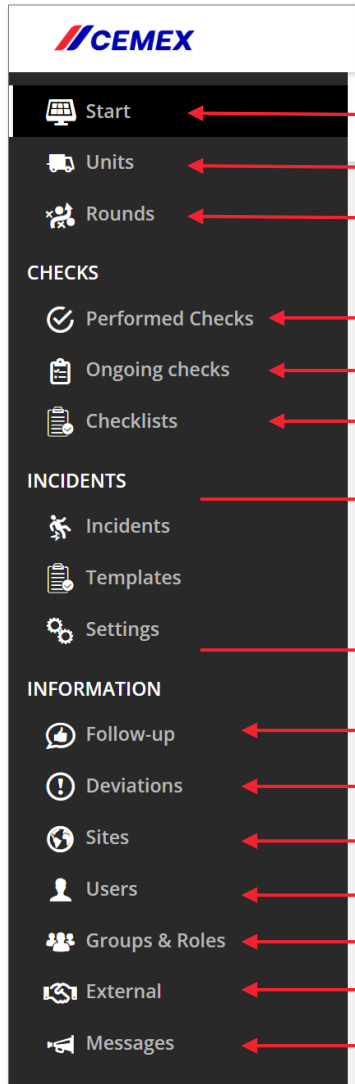
Foodbank aims to provide people with three days worth of emergency food, along with other support beyond food to help them solve their crisis.

Coventry foodbank is proud to be part of the The Trussell Trust's UK foodbank network.

CheckProof Desktop – Jargon Buster

CHECKPROOF

EXCEED
OPERATIONAL EXCELLENCE



Home Button View – Select to navigate to the ‘Home Page’.

Units – Usually large pieces of individual equipment with lots of specific tasks and checks (e.g. Mixers, Loading Shovels, etc).

Rounds – Audits or Checks completed over multiple (usually small) pieces of equipment (e.g. Fire Extinguishers, Boundary Inspections, etc).

Performed Checks – List of Completed Checks.

Ongoing Checks – Either Paused or Incomplete checks that have not been ‘Submitted’ (fully completed) – You need to complete these!

Checklists – Shows all current Checklists available.

Incidents – Not currently used by Cemex. Intelix is our Global H&S managing & reporting resource.

Follow-up – Shows ‘Overdue’ and ‘Upcoming’ Checks.

Deviations – These are Errors, Faults or Identified Opportunities that will need Actions to close them out. Once closed, they are then known as ‘Rectified Deviations’.

Sites – The current ‘Plant Names’ you have access too.

Users – All users within your Site.

Groups & Roles – Usually Teams of Individuals who already have access to multiple Sites within CheckProof (e.g. H&S, Environmental, Quality, Maintenance teams, etc.).

Externals – Links to External Partners (to be Developed).

Messages – Not currently being used in Cemex.

CheckProof App – Jargon Buster

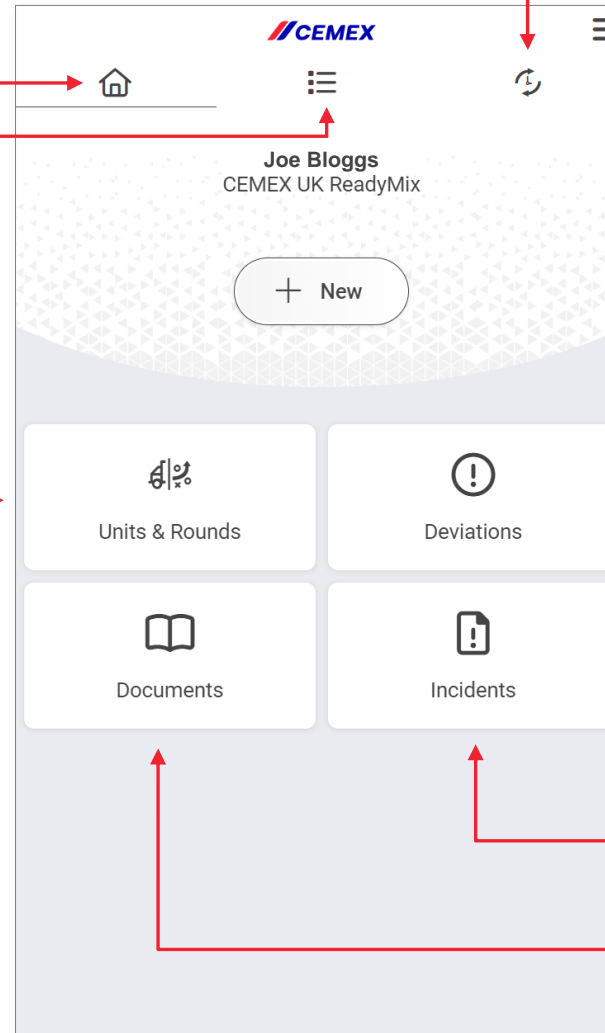
Ongoing Checks Button – Select to navigate to the ‘Ongoing Checks’ page. This will show you checks that have been started but not yet complete at your site.

Home Button – Select to navigate to the ‘Home Page’.

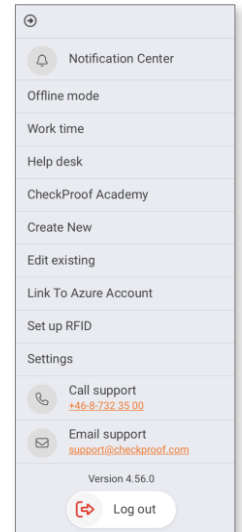
My Tasks Button View – Select to navigate to the ‘My Tasks’ page. This will list the Checks and/or deviations that are assigned to you to complete.

Units – Usually large pieces of individual equipment with lots of specific tasks and checks (e.g. Mixers, Loading Shovels, etc).

Rounds – Audits or Checks completed over multiple (usually small) pieces of equipment (e.g. Fire Extinguishers, Boundary Inspections, etc).



Hamburger Button – Pressing this button will open a small toolbar, you can then access additional settings such as ‘Offline Mode’. You can also log out of CheckProof from here.



Deviations – These are Errors, Faults or Identified Opportunities that will need Actions to close them out. Once closed, they are then known as ‘Rectified Deviations’.

Incidents – Not currently used by Cemex. Intelix is our Global H&S managing & reporting resource.

Documents – Can be used for Equipment Manual , Spare Part Catalogues and other useful documentation.

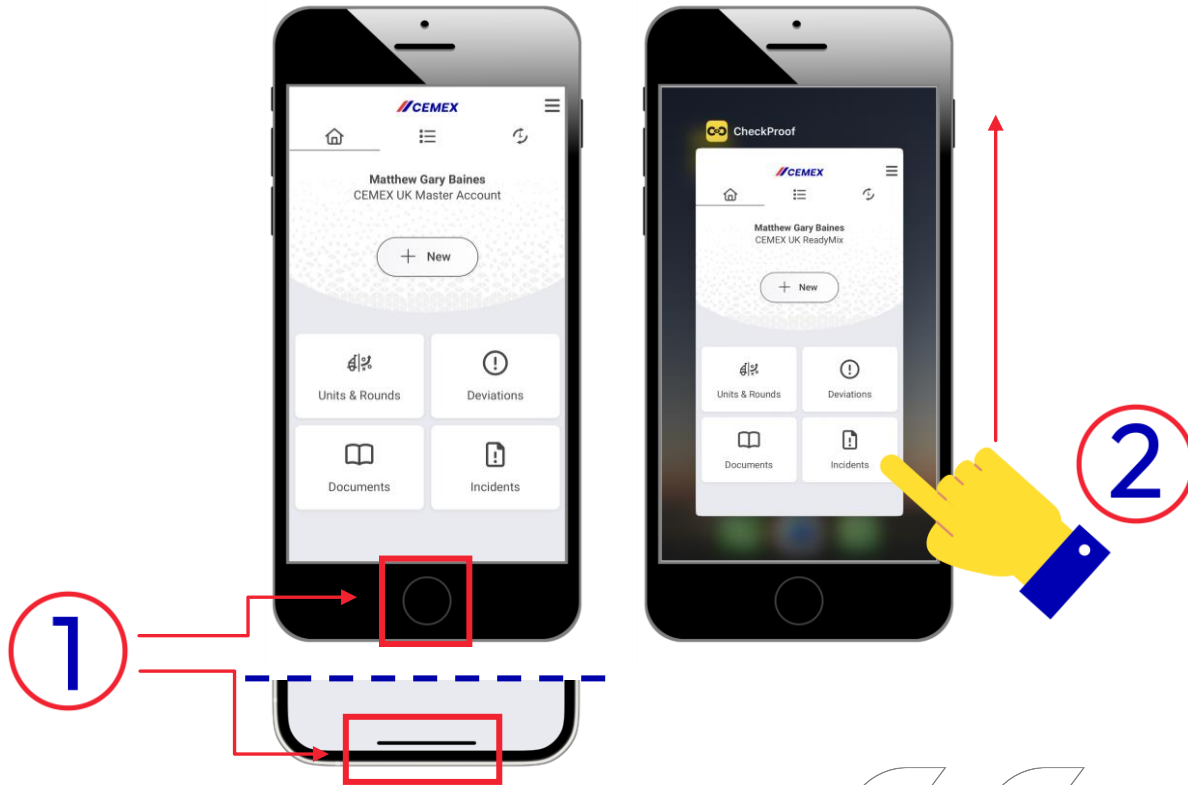
CheckProof App Reset

Occasionally you will need to fully close/reset the CheckProof app. This will allow for new checks and features to update within the app in the background, so you're always getting the most out of CheckProof.

Follow the below steps to fully close the CheckProof app rather than leaving it running in the background.

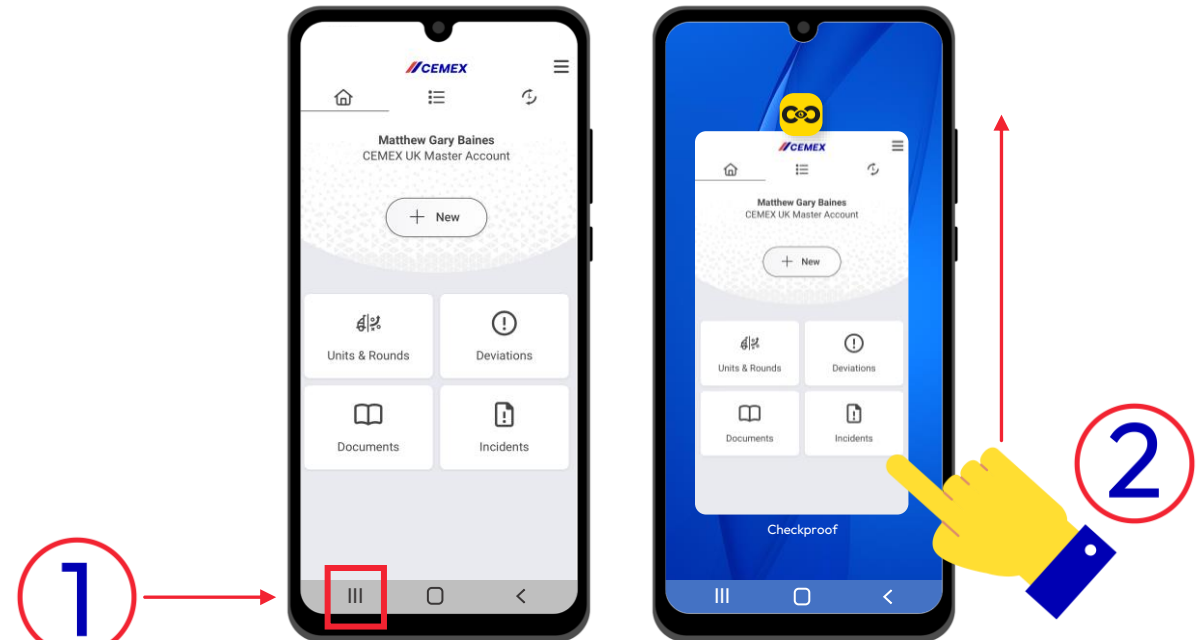
iPhone iOS

- 1 Double press the home button until the multitasking screen appears (or slowly swipe up from the bottom of the screen if you're using a newer iPhone).
- 2 From the image of the CheckProof app, swipe up so it disappears – this will fully close the CheckProof App.






Android

- 1 Press the 'hamburger' icon in the bottom left of the screen. This will open the multitasking screen.
- 2 From the image of the CheckProof app, swipe up so it disappears – this will fully close the CheckProof App.



Weekly Publicity Calendar



Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday August 7 th , 2023	Service Awareness	What To Expect When You Call Care first	<p>‘Your Counselling Call to Care first’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/2886954028614167135 This webinar provides an overview of what you can expect when making a call to the counselling help line.</p>	
Wednesday August 9 th , 2023	Care first Awareness	How Care first Can Support you	<p>‘How Care first can support you’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/1362163397842323541 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.</p>	
Friday August 11 th , 2023	Mental Wellbeing	Never Give Up	<p>‘Never Give Up’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/656263738670614366 This webinar is about motivating and inspiring ourselves and others to never give up, while understanding how we can support those that might find it difficult.</p>	

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software ‘GoToWebinar’ is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation

Weekly Publicity Calendar

Weekday	Daily Theme	Article	Webinar	Mobile Registration
Monday August 14 th , 2023	Service Awareness	Practical Information and Advice through Care first	‘Practical Information and Advice through Care first’ TIME: 12pm-12.30pm Link: https://attendee.gotowebinar.com/register/8868687610496995421 The webinar provides detail about who our Information Specialists are and their role as part of your EAP service.	
Wednesday August 16 th , 2023	Care first Awareness	How Care first Can Support you	‘How Care first can support you’ TIME: 12pm-12.30pm LINK: https://attendee.gotowebinar.com/register/2853801554166913375 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday August 18 th , 2023	Mental and Physical Wellbeing	Tips for a Good Night’s Sleep	‘Tips for a Good Night’s Sleep’ TIME: 12pm – 12.30pm LINK: https://attendee.gotowebinar.com/register/6506580392267038299 A webinar detailing how a good night's sleep can improve your overall wellbeing, whilst offering tips for how you could improve your sleep.	

Please be assured that registrant information is held confidentially and your organisation is not notified of your attendance/non-attendance to these webinars.

Please note that these themes and events may be subject to change

Please be aware software ‘GoToWebinar’ is needed to join/view these webinars and may need to be downloaded – There could be restrictions through your organisation