

# CEMEX UK NEWS



Welcome to UK News 29th February 2024  
your weekly update from around Cemex UK

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## HEALTH & SAFETY

### Latest Safety Alert

The latest UK Safety Alert relates to a recent injury where a driver used an improvised method of work to try and clear some frozen material from the body of a tipper truck, suffering a hand injury as a result.

You can find the Safety Alert at the end of this document and on the UK News download page [here](#).



Please discuss the Alert with your teams, highlighting the key learning points, including:

- The importance of following safe systems of work.
- Avoid adopting improvised methods of work, ensure tasks are planned and thought through first to minimise risk.
- Always STOP & THINK if situations don't go to plan, TAKE 5 to reassess the situation and refer to your Manager / Supervisor where advice is required.
- Look after yourself and each other.
- STEP IN / Take 5 Together if you see someone who may be at risk of injury.

The Alert should also be displayed on relevant notice boards.

**Health and Safety information and resources can be found at the following location**

<https://cemex.sharepoint.com/sites/UKHealthandSafety/SitePages/Safety-Alerts.aspx?web=1>

### Celebrating 15 years LTI free



Congratulations to UK Supply Chain Building Products who are celebrating 15 years LTI free.

Thank you to the team for your commitment and focus on Health & Safety as our number one priority.

LTI and TRI milestones demonstrate that ZERO is possible, especially in challenging environments and working processes. With the right level of focus and attention to health & safety, our Zero4Life objective can be met and sustained.



## FUTURE IN ACTION

### Midlands team Lend at Hand in Stratford

During January a large cross-functional team from across the Midlands Readymix business, got involved in a large Lend a Hand project.

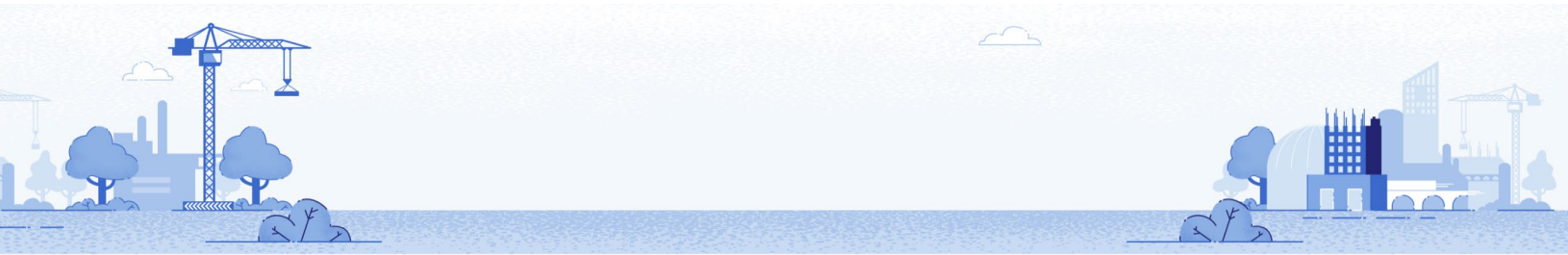
Christian Vale, Midlands & South West Senior Operations Manager organised the Lend a Hand, together with the Forest of Hearts organisation. The project involved supplying and building concrete pathways at the Stratford-Upon-Avon Hospital Gardens, where the team did a wonderful job despite the terrible wet weather conditions. The paths will provide an accessible route for staff, patients and visitors to use the garden when we finally get some good weather!

The project was a great team effort, involving colleagues from many departments including Operations, Shipping, Technical and West Midlands based IHCs. UK Materials MD, Lex Russell also joined to the team to help the project. External companies were involved in laying the concrete paths, including Anytime Concrete, C & G Groundworks and R . Adams and Sons.

Shaun Hughes, Midlands Relief Readymix Plant Manager, helped to deliver the project, completing the risk assessments and paperwork with the hospital.

Carole Longdon from Forest of Heart was very grateful to the whole team for their hard work – she wrote to Christian to thank the team “I wanted to pass on our sincere thanks to you and the teams that have laid the new concrete paths at Stratford Hospital. They did a wonderful job despite terrible weather conditions. Sean Hughes was an absolute star in leading various teams of helpers and was professional, courteous and diligent at all times. We really enjoyed working with him and the people that supported him and our project. We really value the amount of time, effort and materials that Cemex have provided for the project and thank you for making it all happen. Once again, thanks so much for your very generous support.”

Commenting on the project Christian said “It was great to get support for Carol to deliver on such a project to help give the nurses an area to escape the pressure of working in a hospital and the patients once the garden is finished, a sanctuary away. Every hour was a donation and all the materials supplied were donated. Well done and thank you to the whole team!”





## Large-scale partnership to decarbonise cement production globally

Cemex and [Orcan Energy](#) have announced a large-scale partnership to decarbonize cement production through waste heat recovery. Building on the initial waste heat recovery collaboration at the cement plant in Rüdersdorf, Germany, the partners will now start to exploit Orcan Energy's flexible and modular technology for Cemex globally. The goal of this multi-site portfolio approach is to convert large waste heat volumes into clean energy, profitably reducing carbon emissions for Cemex overall.



Cemex and Orcan Energy AG (the leading cleantech company turning waste heat into clean electricity), will analyze the scale-up of the heat-to-power solutions pioneered by Orcan Energy in parallel at several Cemex plants, to capitalize on the benefits resulting from a portfolio of installations. The representative findings will be collected to draw a holistic picture for an upcoming global waste heat recovery program. The portfolio approach with detailed multi-site data collection allows the partners to efficiently and quickly, deploy Orcan Energy's modular applications, at scale, in the second phase of the collaboration.

Sergio Menéndez, President of Cemex Europe, Middle East, Africa & Asia, said: "We already have an initial collaboration with Orcan. Based on the modularity of their solution, Orcan offers the flexibility of both installation and contracts. Thanks to this crucial flexibility, we can adapt to any upcoming changes in our plants. The approach enables us to reduce carbon emissions right now without limiting ourselves in implementing any future technologies such as Carbon Capture, Utilisation, and Storage. This partnership will help us achieve our sustainability targets and contribute to our aim to use all available heat."

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

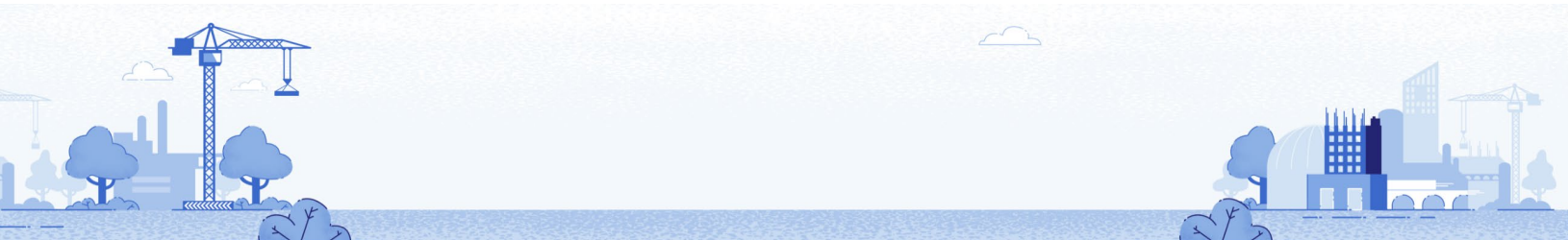


## PROFITABILITY

### New Green Belt Innovators

Last week, the first Operational Excellence Academy was held at Cemex Head Office in Coventry.

The Green Belt Problem Solving workshop involved employees from both Aggregates and Readymix. The group, who have already completed their 'Yellow Belt' foundation training, have now been trained at 'Green Belt' level. Their two day training showed them how to solve deep-rooted problems using a problem solving methodology known as 'DMAIC'. This stands for Define, Measure, Analyse, Improve, Control and are the five key stages that every successful problem solving project needs.



The attendees will now be working on a variety of projects on site involving conveyor spillages, metal detection issues, Readymix mixer downtime and contaminated materials.

Congratulations to everyone who completed the training workshop and thanks to Mark Beagrie, Matt Baines and Lorena Pintoiu from the Operational Excellence team, who created and facilitated the training package.



## EMPLOYEES

### My Possible Self App

Included within our Employee Assistance Programme Care First, is the **My Possible Self (MPS) App**. MPS is the **free to download**, mental health app using clinically certified content from Priory Healthcare to help reduce anxiety, stress and low mood. The app also has tools, information and support you need to make positive changes, plus direct links to our Employee Assistance Programme.

This fantastic, unique health management app is free for Cemex employees, helping you to enhance your wellbeing, lead a healthier lifestyle and improve your personal wellbeing score by identifying which aspects of your lifestyle need some focus.

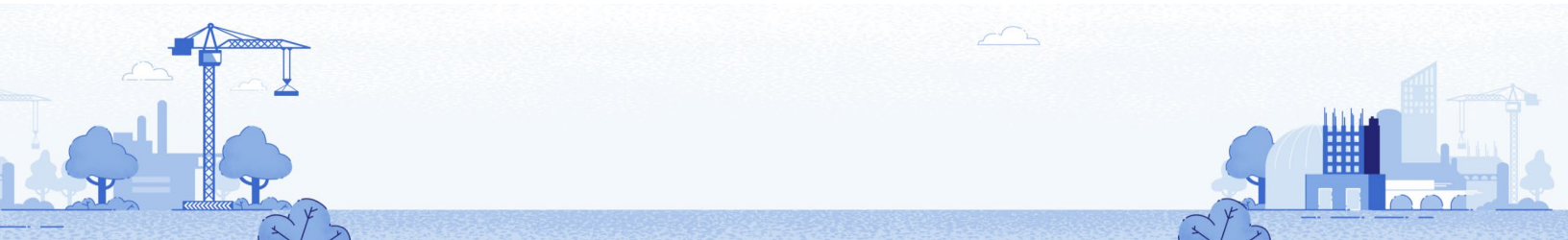
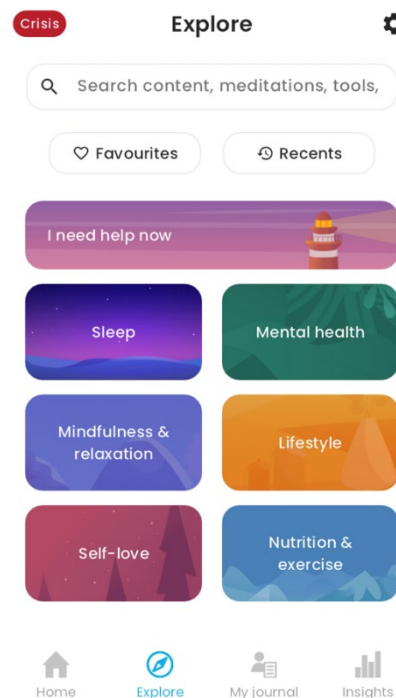
Please take a moment to watch the My Possible Self video to find out all about it – click [here](#) to watch.

Some things you can find in the app:

- Music, sounds and stories to help you sleep
- Sessions, meditations and podcasts for mindfulness and self love
- Breathing techniques, tips, articles, and podcasts about anxiety, stress and depression
- Multiple resources for mental health, men's health, nutrition and exercise
- A journal to add moods, sleep patterns, food and drink consumption
- Moods insights
- Direct links to contacting our Employee Assistance Programme, Care First.

We have put together a guide for downloading the app – you can find this at the end of this document and on the UK News download page [here](#).

We hope you will find the app useful!





## EMEA Regional Health Talk – Save the date!

You are invited to attend the latest WMEA Regional Health Talk. The topic is Mental Health Management – symptoms, challenges, methods of help.

The webinar, on 20<sup>th</sup> March at 10:00am is presented by **Magdalena Jelonkiewicz - Baldys**

The agenda includes:

1. The specifics of challenges related to wellbeing and mental health in times of rush and overwork – trends, data, statistics.
2. What is mental health? Is it a constant state? What characterizes a healthy mind?
3. Crises as an inherent element in human life. Benefits of development through crisis processing.
4. Anxiety, fear, and stress – how do they differ? How to cope with them?
5. Fatigue, chronic fatigue syndrome, and occupational burnout. Health prevention.
6. Symptoms of depression. Prevention.
7. How to cultivate a good life.
8. Q&A

To join the webinar please register using this link: <https://cemex.zoom.us/j/81667624583>

## New EMEA Career Opportunity

The Customer Experience Team have an EMEA careers opportunity for a '**Customer Service Analyst EUR Customer Experience**'.

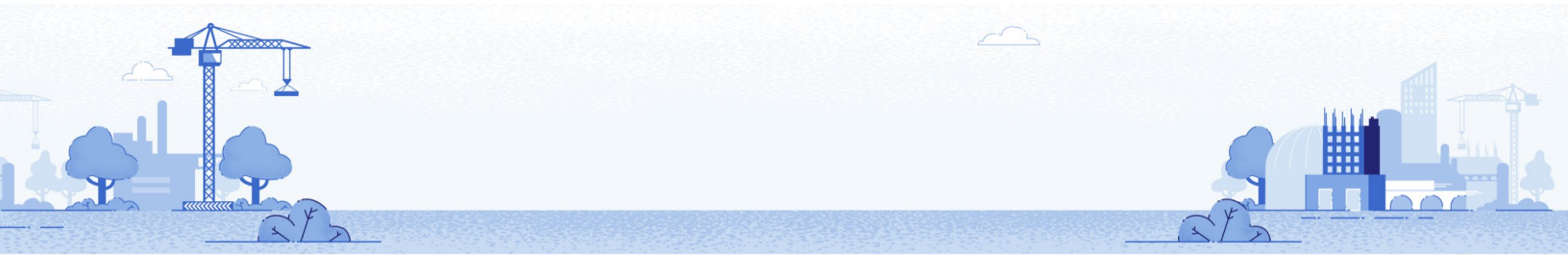
Key role mandates include:

- Responsible for supporting Smart Service Centre Objectives:
- Improving customer satisfaction; enhance operational efficiency
- Optimize operational costs; and deliver total experience
- Customer & employee experience.



You can find further details on the poster at the end of this document and on the UK News download page [here](#).

To apply please contact Catalina Beltran – [auracatalina.beltran@cemex.com](mailto:auracatalina.beltran@cemex.com)



## Your Wellbeing in 2024 – How Can We Support You?

In January we shared our Wellbeing Strategy Group 2024 Wellbeing Plan and although we have this, we are also keen to hear your views about what Wellbeing resources would benefit you to help focus our efforts throughout 2024.

We have created a quick form, and we invite you to take just **two minutes** to let us know the wellbeing topics that are of interest to you, and that you would like to have more information about in 2024. You can access the short survey [here](#) or use the QR code.

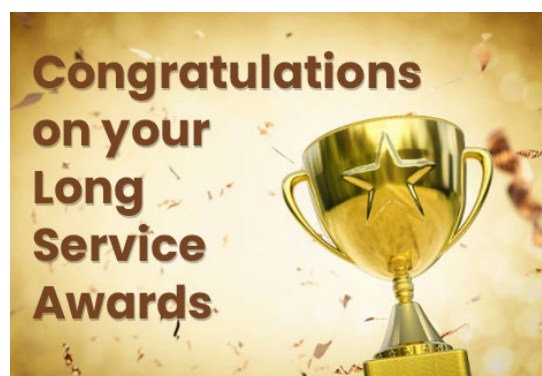
Thank you, we appreciate your feedback.

## Celebrating Long Service Awards

We would like to send huge congratulations and thank you to the following colleagues for reaching long service milestones in February 2024.

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

- Gillian Williams, Transport Planner in Cheshire, celebrated 25 years
- Alan Smith, Quarry Manager in Leicestershire, celebrated 40 years
- Andrew Bright, Production Manager Mortars Europe in Warwickshire, celebrated 40 years



## Materials Roadshows Are Rolling in March



### WITH LEX RUSSELL

#### Dates for your diaries

We hope you can join Lex at one of the following locations:

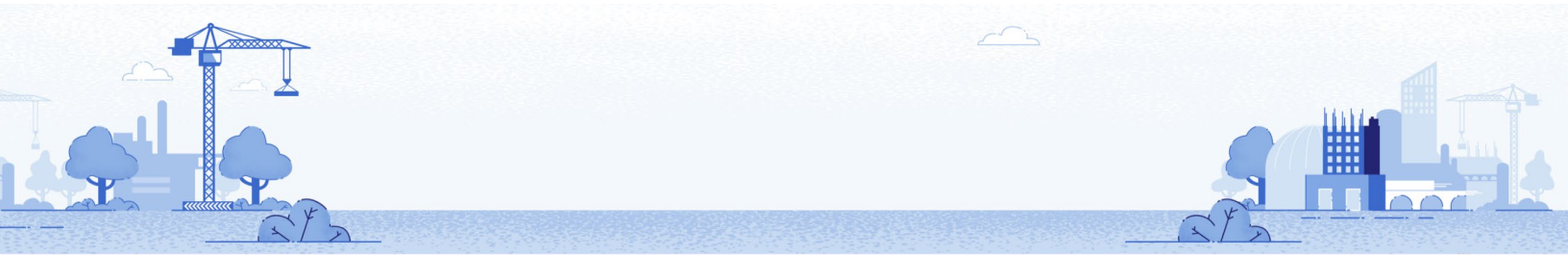
Date	Venue	Session start times	Organiser
Tues 19th March	Cemex House, Binley	12:45 & 15:00	Terri Charles
Wed 20th March	Ottery	10:00 & 13:30	Rob Sims
Thur 21st March	Wick	10:00	Rob Sims
Fri 22nd March	Luton (am)	10:00	Nick Vivian
Fri 22nd March	Hatfield (pm)	13:30	Nick Vivian
Mon 25th March	Sheffield	tbc	John Parker
Tues 26th March	London	10:30	Nigel Bateman
Wed 27th March	Southampton	tbc	Marcus Roppenberger
Thur 28th March	Preston Brook	09:30 & 13:00	Damon Montgomery
Dates TBC	Stockton	tbc	Christine Crooks
	Dove Holes	tbc	Steve Leigh
	Binley	tbc	Tina Baxter

To book your place please contact the organiser

Lex Russell, MD UK Materials, is once again heading out on the road to present his series of Materials Roadshows across the country in March and April. Lex will be reflecting on 2023 and discussing our priorities for 2024, for both Cemex UK and our Materials Business.

The sessions kick off at our Head Office in Binley on 19th March and will then move around the country during the following weeks. You can find a poster with dates and time at the end of this document and on the UK News download page [here](#).

All employees are welcome to join one of Lex's roadshows. Please pick a date/location to suit you and book your space via the Organiser. Please share with your teams but be aware that some locations have limited availability as they are constrained on space.





## UK News – Labour Business Conference 2024



The Cemex UK Public Affairs team recently attended the Labour Business Conference, held on 1<sup>st</sup> February 2024. It was the largest event focused on the business community in the party's history.

Some 400 businesses were represented at The Oval in London, with a further 200 joining in the evening, including the likes of Google, Goldman Sachs, Microsoft and Cemex, with the party keen to demonstrate its stated commitment to working in close partnership with business.

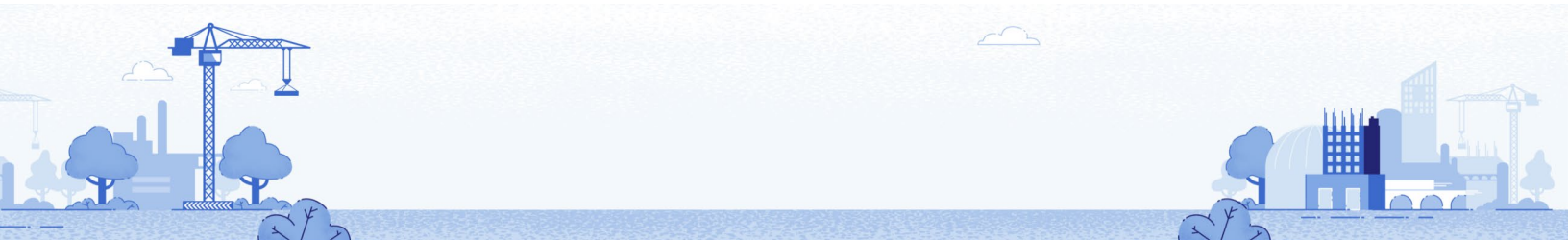
At the conference the team listened to Keynote speeches from Labour Leader Keir Starmer and Shadow Chancellor Rachel Reeves, a panel focused on Labour's approach to technology and skills (with Shadow Education Secretary, Bridget Philipson and Shadow Secretary for Science Innovation and Technology, Peter Kyle) as well as further detail on the party's "partnership for growth" with Shadow Business Secretary, Jonathan Reynolds.

During the event the Cemex team met with Louise Haigh, Shadow Transport Secretary, Jonathan Reynolds, Shadow Business & Trade Secretary, Gareth Bacon, Shadow Trade Minister and many more, as part of our extensive engagement activities with all parties and across all levels of government.

## Leap Day: More Than Just an Extra Day

Today is a Leap Day, and only appears every four years, making it a unique and fun occasion. Here are some interesting facts to celebrate this special day:

- **Balancing the Calendar:** Every four years, February gains an extra day, creating a **leap year**. Why is this? It takes the Earth approximately **365.242189 days** to orbit the sun, but our Gregorian calendar has only 365 days. Without the extra day, we'd lose almost six hours each year, leading to a significant calendar drift over time.
- The concept of leap years dates back to **Julius Caesar**, who introduced the first leap year around 46 B.C. His Julian calendar declared any year divisible by four as a leap year. However, it wasn't until **Pope Gregory XIII** introduced the Gregorian calendar over 1,500 years later that the math was fine-tuned.
- **Leap Year Math:** Technically, it's not every four years. While Caesar's idea was close, his math needed adjustment. Now, there's a leap year every year divisible by four, but century years (ending in 00) must also be divisible by 400. So, the year 2000 was a leap year, but 1700, 1800, and 1900 were not.
- **The "Leap Year Baby":** Around 5 million people worldwide share this rare birthday, making them "Leaplings" or "Leapers". The odds of being born on February 29th are roughly 1 in 1,461!
- **Leap Year Fun:** January, April, and July always start on the same day during leap years. In 2024, they'll all begin on a Monday.
- **Double the Proposals:** In some cultures, tradition dictates that women can propose marriage to men on Leap Day, reversing the usual custom.



- **Leap Second Surprise:** While not directly related to Leap Day, scientists occasionally add a "leap second" to clocks to account for the Earth's slowing rotation. However, these are being phased out after 2035.

## Global Digital Strategy

You are invited to join the **Cemex Global Digital Strategy - Open Dialogue** on Wednesday, 6th March at 3pm.

Join our CEO, Fernando González and Luis Hernández, EVP of Digital and Organisation Development in this open dialogue on the evolution of Cemex's digital strategy.

Please register using your Cemex email address and this Zoom Link:

[https://cemex.zoom.us/webinar/register/WN\\_VeMjIN8\\_QWqyitptrA34g](https://cemex.zoom.us/webinar/register/WN_VeMjIN8_QWqyitptrA34g)

Join our CEO, Fernando González and Luis Hernández, EVP of Digital and Organization Development in this open dialogue on the evolution of Cemex's digital strategy.



**Fernando A. González**  
Chief Executive Officer



**Luis Hernández**  
EVP of Digital and Organization Development

## Latest Care First Seminars - March

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 for next several weeks.

You can find links to all previous seminars on the weekly calendars shared on the UK News download page [here](#).

**\*\*\*\*Remember!\*\*\*\* You can listen back to a recording of any past seminar by using the same link shared below:**

[w/c 26th February 2024](#) – click for QR codes to register

### What is Short Term Solution Focused Counselling - @12pm

Monday 26th February

This webinar provides further information on short term solution focused counselling and 'in the moment' support.

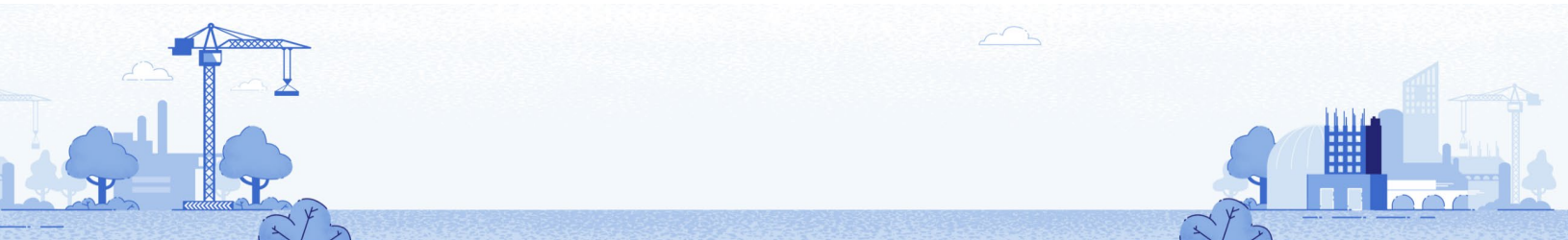
To register click [here](#)

For more details click [here](#).

### How Care first can support you - @12pm

Wednesday 28th February

Care first  
Lifestyle Support  
SEMINARS





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

To register click [here](#)

For more details click [here](#).

### **Pets and Mental Health - What are the benefits? - @12pm**

Friday 1st March

This webinar provides details how and why people use the interaction with animals to positively improve their mental health.

To register click [here](#)

For more details click [here](#).

[w/c 4th March 2024](#) – click for QR codes to register

### **Care first Management and MHFA Support - @12pm**

Monday 4th March

This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.

To register click [here](#)

For more details click [here](#).

### **How Care first can support you - @12pm**

Wednesday 6th March

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

To register click [here](#)

For more details click [here](#).

### **International Women's Day - @12pm**

Friday 8th March

In line with this year's theme 'Inspire Inclusion', this webinar discusses inspiring others to understand and value women's inclusions, and the impact and importance of International Women's Day on our mental health.

To register click [here](#)

For more details click [here](#).

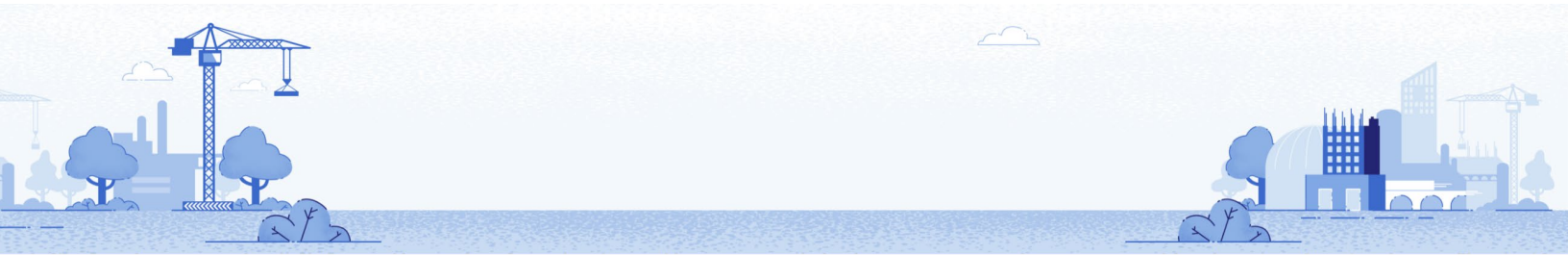
[w/c 11th March 2024](#) – click for QR codes to register

### **What to expect when you call Care first**

Monday 11th March - @12pm

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

To register click [here](#)



## Sleep and Anxiety, in line with World Sleep Day

Wednesday 13th March - @12pm

A webinar detailing how a lack of sleep can create anxiety and what changes you can try to positively reduce the impact this has on your general wellbeing.

To register click [here](#)

## How Care first can support you

Friday 15th March - @12pm

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

To register click [here](#)

**You can find full details about all the seminars [here](#).**

## Changes To Fuel Mileage Rates

The fuel rates for business mileage have been amended effective 1 March in line with the latest HMRC Advisory Fuel Rates.

The rates by engine type and size are outlined in the table below. SAP Concur has been updated and claims for mileage from that date onwards will be made at the revised rates.

[Advisory fuel rates - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



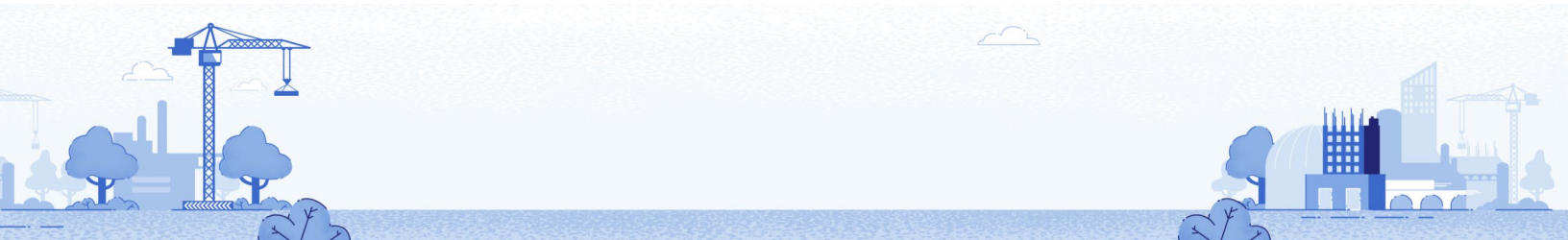
Fuel Type	Engine size	Rate From 1 Dec 2023	Rate From 1 Mar 2024
Petrol	1400cc or less	14p	<b>13p</b>
	1401cc to 2000cc	16p	<b>15p</b>
	Over 2000cc	26p	<b>24p</b>
Diesel	1600cc or less	13p	<b>12p</b>
	1601cc to 2000cc	15p	<b>14p</b>
	Over 2000cc	20p	<b>19p</b>
Fully Electric	Not Applicable	9p	<b>9p</b>

*Hybrid cars are treated as either petrol or diesel for advisory fuel rates.*

## Your March and Easter Discounts

Tomorrow March will have arrived and that means Spring is upon us! Whether you're looking to spruce up your home or outdoor space, stock up on all your must-haves, or find a gift for the mother figure in your life, your platform is here to help you save money and make your budget stretch further. We've highlighted some of our Cemex Benefits Platform, unmissable offers for March below.

**Mother's Day** falls on 10<sup>th</sup> March this year so why not discover an array of gifts from Virgin Experience Days, that are worth sharing? Think indulgent afternoon teas, luxurious spa days, delightful meals, or thrilling adventures like zip-lining and hot-air balloon rides. What's more? Enjoy a special 20% discount for a





limited time only (until 31<sup>st</sup> March 2024) when using our promo code at the checkout. Alternatively, brighten Mum's day with a beautiful bouquet from Bloom & Wild and save 15%.

If you're planning ahead for a **home improvement project** over the Easter break, IKEA has a wide range of products that cater to every style and budget. From stylish furniture to functional storage solutions and trendy décor items, they have everything you need to create a space that reflects your style. Plus, you'll save 5% off your total purchase when you use an instant eVoucher online or in-store.

When it comes to stocking up on essential items, Boots has you covered with a selection of products to meet your every need. Whether it's **skincare and beauty essentials** or reliable healthcare and wellness products, Boots has it all! And here's the cherry on top: you can save 4% instantly with an eVoucher.

Or perhaps you're looking to pinpoint **specific dietary triggers**, address potential allergies, or explore overall wellness, with Yorktest's range of food intolerance, allergy, and health tests, you can uncover insights to support your journey toward better health. They have an amazing 40% discount on all tests when using our promo code at the checkout. Why not take advantage and take the first step towards a healthier, happier you?

**Nothing caught your eye?** Visit your platform [HERE](#) for hundreds more amazing deals.

## EASTER EXTRAVAGANZA CAMPAIGN

Keep an eye out for our **Easter Extravaganza (running 25<sup>th</sup> March – 1<sup>st</sup> April)** where we'll be offering some egg-citing flash offers from some of our fab retailers!

Stay up to date by opting in to receive our marketing emails. Simply visit your [platform](#), going to 'My Account', 'Your Preferences' and select 'Yes' to be prompted of new retailers, flash offers, competitions and more.



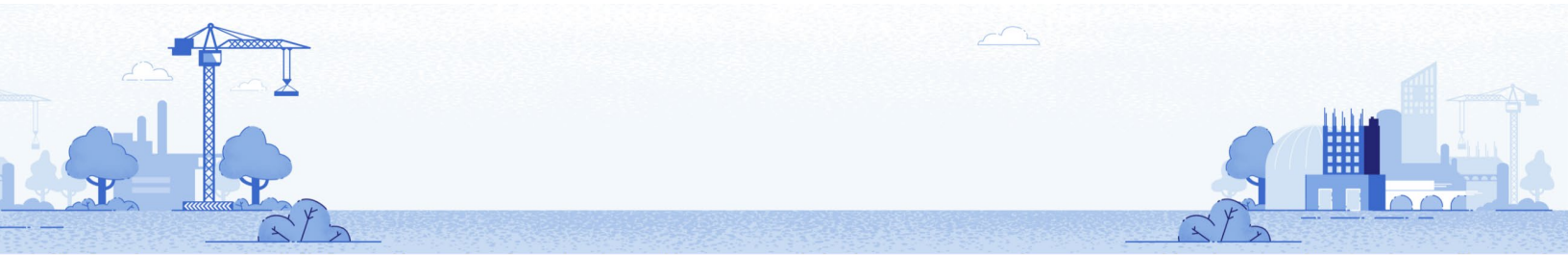
Employee Benefits Platform

## March highlights

<b>save 20%</b>	Discover gifts worth sharing at Virgin Experience Days and <b>save 20%</b> for a limited time only, until 31st March 2024 with our promo code.	<b>Virgin EXPERIENCE DAYS</b>
<b>save 5%</b>	Take advantage of 10% off for products at affordable prices and <b>save an extra 5%</b> with an eVoucher.	<b>ikea</b>
<b>save 4%</b>	Spend less money while stocking up on all your must-haves at Boots and <b>save 4%</b> via your platform.	<b>Boots</b>
<b>save 40%</b>	<b>Save 40%</b> on all Food Intolerance, Allergy, and Health tests at Yorktest when you use our promo code.	<b>yorktest</b>
<b>save 15%</b>	Get 15% off a beautiful bouquet and free delivery for new and existing customers via your platform.	<b>BLOOM &amp; WILD</b>

Nothing caught your eye? Pick from hundreds of other great deals on your platform.

Want to find out more?  
Visit: [www.cemexlifestyle.co.uk](http://www.cemexlifestyle.co.uk)  
Call: 01908 303531



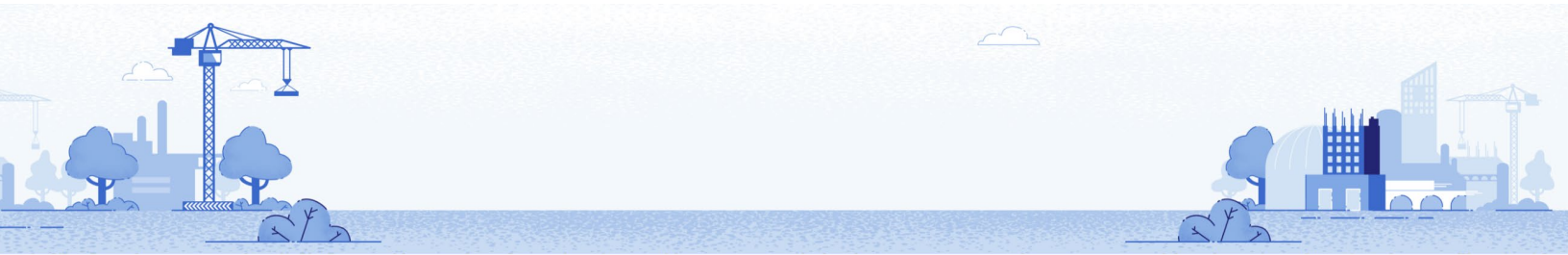
## Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
<a href="#">36-02-2024</a>	Multiskilled Operative	Urbanisation Solutions- Asphalt	Salford	13/03/2024
<a href="#">37-02-2024</a>	Operations Team Leader	Materials- Readymix	Avonmouth or Cardiff	13/03/2024
<a href="#">34-02-2024</a>	Multiskilled Operative	Materials- Aggregates	Langley Quarry	11/03/2024
<a href="#">32-02-2024</a>	Operations Coordinator	Cement Operations	Rugby Cement Plant	08/03/2024
<a href="#">29-02-2024</a>	Plant Manager-( Fixed Term Contract for Maternity Cover- (18 Months)	Materials- Readymix	Castleford	08/03/2024
<a href="#">30-02-2024</a>	Multiskilled Operative (back shift)	Materials- Aggregates	Dove Holes Quarry	08/03/2024
<a href="#">31-02-2024</a>	Quarry Manager	Materials- Aggregates	Jarrow Wharf	08/03/2024
<a href="#">33-02-2024</a>	Operative	Materials- Aggregates	Sheffield Depot	08/03/2024

### 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@.com](mailto:gb-communicationsandpublicaffairs@.com)

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



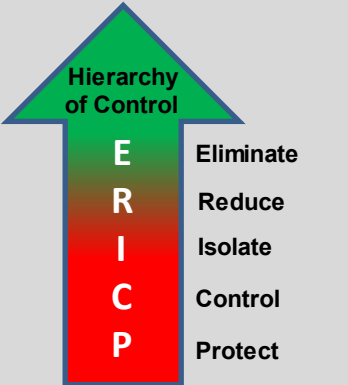


# SAFETY ALERT

## EMPLOYEE SPRAINED HAND

UK SA04/2024 – 26.02.24

Display Until  
29.03.24



**Look after yourself and each other**

Don't let anyone act unsafely, always stop unsafe practices.

**Tools and Equipment**

Use the right, well maintained, tools/ equipment for the job. Never make do.

**Safe Systems**

Follow safe systems of work, site rules, signage and traffic signals.

**Manual Handling**

Use mechanical aids or ask for help to reduce risks.



STOP THINK ACT

### DETAILS OF THE INCIDENT

A company tipper driver had finished tipping a load at a customer site and, on checking the vehicle body camera, saw a small amount of frozen product still in the rear. The material covered the steps inside the vehicle body making it unsafe to gain access. With the tipper body still raised, the driver went to the rear of the vehicle and attempted to remove the material by swinging the tailboard against the vehicle body using the palm of their left hand. After one attempt an employee of the customer joined the driver, and they struck the tailboard twice more. Some of the product was dislodged and the driver then swept off the tailboard. On walking back to the vehicle cab, the driver felt a pain in their left hand and on the journey back to the quarry the hand started to swell. The driver was taken to hospital and was diagnosed with a sprained left hand.

### KEY FINDINGS

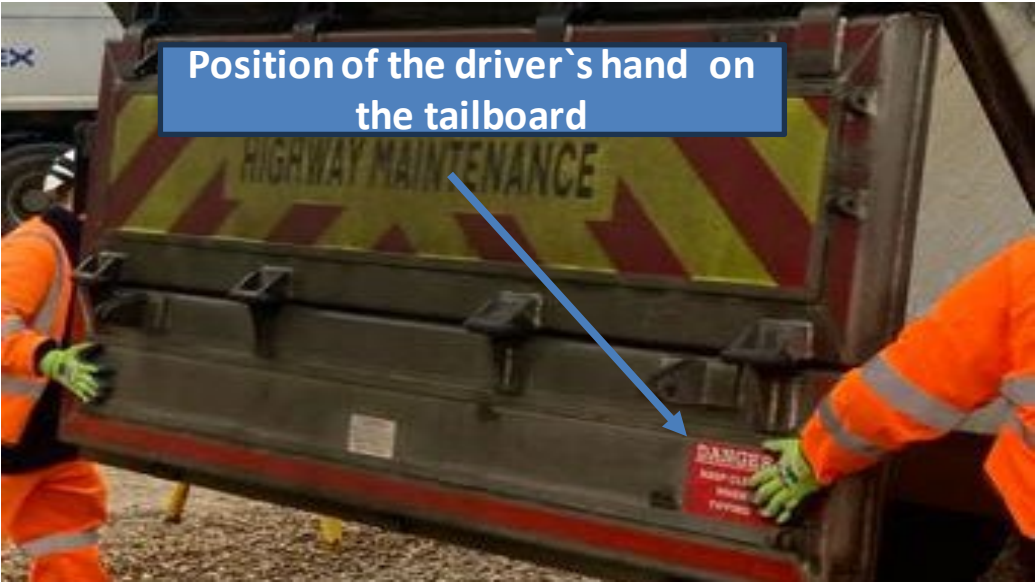
Safe Systems	Due to sub zero temperatures, the vehicle was not pre-loaded the night before to reduce the risk of the load freezing overnight.
Safe Systems	Safe Systems of Work (SSOW) were in place for the task of entering the vehicle body and the safe removal of product from the vehicle body.
Competency	The driver was fully trained in SSOW required to complete the task.
Process	The driver correctly identified the risks of entering the vehicle body in icy conditions, but then failed to follow the SSOW and attempted an unsafe procedure to remove the material.

### HOW COULD THIS HAVE BEEN AVOIDED

By not attempting to remove the product after assessing it was unsafe to enter the vehicle body and following the correct SSOW process, which was to report back to the Driver Supervisor for further instruction.

### KEY REVIEW POINTS

- Ensure all drivers are aware of the correct SSOW process to follow when product is stuck in the vehicle body.
- The product left in the body was a small amount, and the driver's next load was the same product so the vehicle could have left site without trying to dislodge it.



# Free mental health app **My Possible Self**, is helping people across the globe...

My Possible Self is the mental health app that helps manage anxiety, tackle depression, reduce stress and improve sleep. We've teamed up with Priory Healthcare, world leaders in mental health, to deliver our app globally.

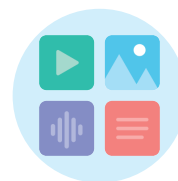
On World Mental Health Day 2021 we launched the popular My Possible Self Podcast. Guests we've had so far include Ashley James, Gemma Oaten, Alastair Campbell, Dr Hilary Jones, Joshua Fletcher, Dr Uma Naidoo, Prof Rory O'Connor and Owen O'Kane, to name a few.



Toolkit including - a mood tracker, movement videos, meditations and grounding exercises.



Guided series including - Overcoming my anxiety, Tackling my depression, Managing my stress and Sleeping well.



A comprehensive library of mental and physical wellbeing content and podcasts from leading mental health experts and influencers.



The app is available worldwide and has over **210,000** users.



**Rated 4.5** in the Google Play Store and **Rated 4.6** in the App Store.



**Best Mental Health App**  
GLAMOUR Wellness  
Power List 2022.



Download My Possible Self



visit us [www.mypossibleself.com](https://www.mypossibleself.com)



# My Possible Self App

## Included within your Employee Assistance Programme is the My Possible Self (MPS) App

MPS is the mental health app using clinically certified content from Priory Healthcare to help reduce anxiety, stress and low mood. Plus all the tools, information and support you need to make positive changes.

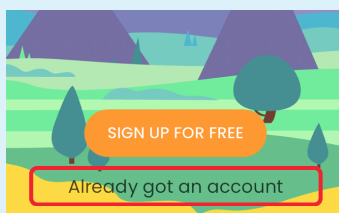
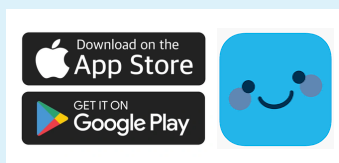
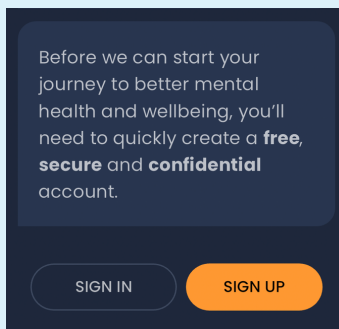


## How to use the My Possible Self App

1. Scan the QR code using your mobile device.
2. In the field asking 'Enter your registration passcode here' type (including the exclamation mark!)

**SoD2021!**

3. The app will then ask you to create an account.
4. 'Sign up' to create an account using your Cemex email address and a secure password of your choice.
5. You will then receive an email from My Possible Self to verify your email address.
6. Verify your email address.
7. Next step is to download the app from your device's app store - search 'My Possible Self'.
8. Once downloaded to your device, open the app and click 'Already got an account' then log in using your Cemex email address and the password you created.



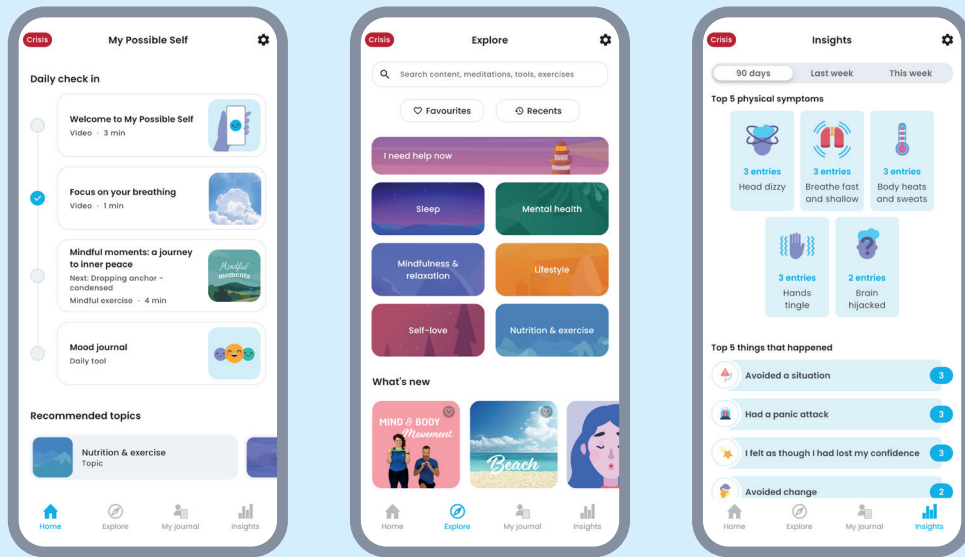
**Want to find out more?**

**Visit: [www.cemexlifestyle.co.uk](http://www.cemexlifestyle.co.uk)**

**Call: 01908 303531**

Wellbeing  
Strategy  
GroupUK



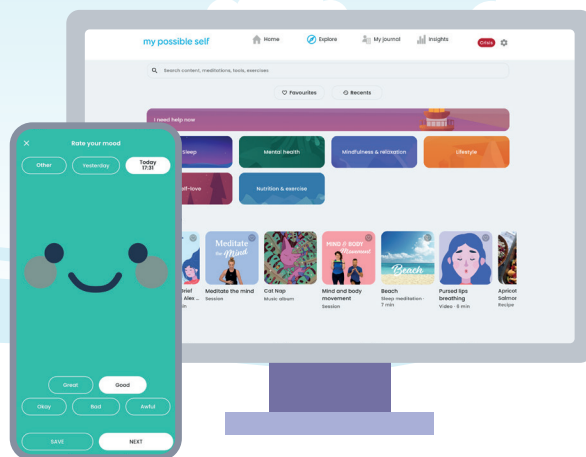


# My Possible Self

## The Mental Health App – User Guide



In partnership with Priory Healthcare



## My Possible Self

The mental health app designed with you in mind

Discover interactive tools and techniques, using **cognitive behavioural therapy (CBT)**, customised for digital use.



**Toolkit** – Tools to identify behaviours and monitor progress



**Tags** – Recognise the activities, people and places that influence your mood



**Mood journal** – Record how you feel and help you understand your moods



**Visual and audio exercises** – Boost your mood, relax your mind or drift off to sleep



**Insights** – Understand yourself better and do more of the things you like



**Journals** – Record worries, emotions and actions in the moment



**Nutrition, hydration and physical activity guidelines, exercise videos, lifestyle quizzes and logs** – Make lifestyle changes to improve your wellbeing



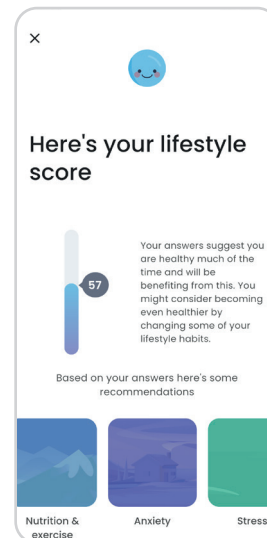
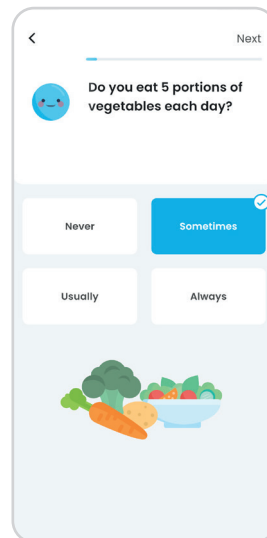
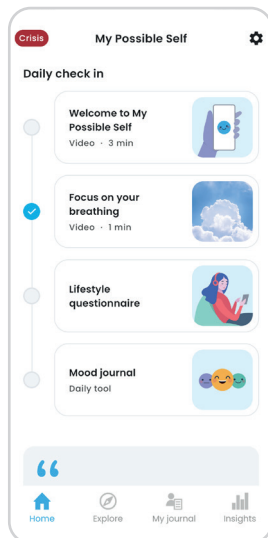
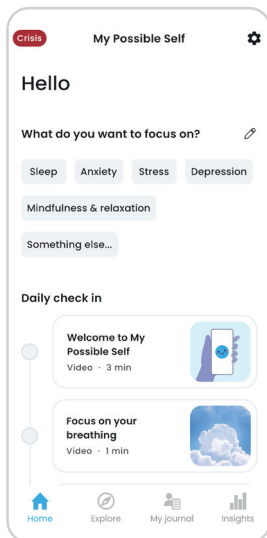
**Motivational messages and tips** – Encouraging you every step of the way



A range of topics including sleep, anxiety, depression, mindfulness & relaxation and stress

My Possible Self is available for **Android™** and **iOS** devices, as well as a **web app** through your favourite browser.



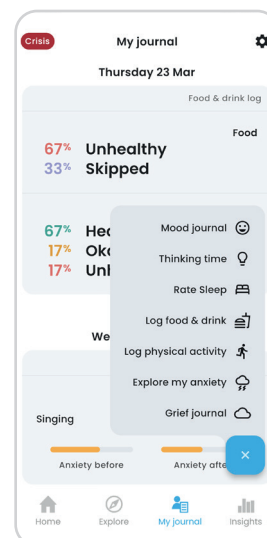
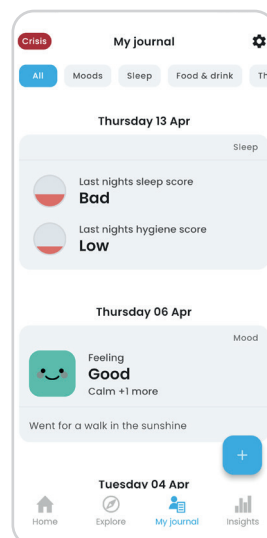
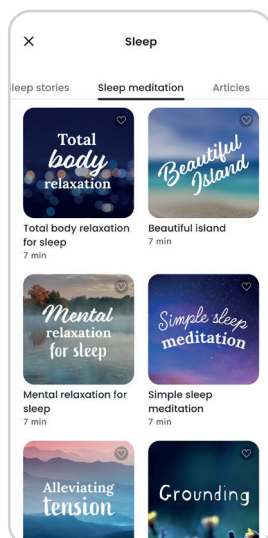
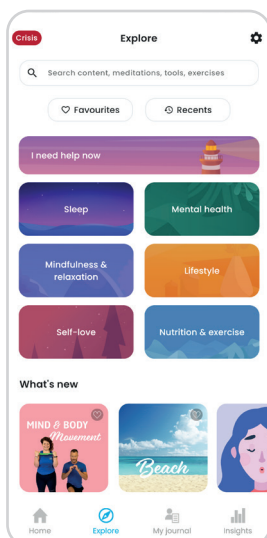


## Starting your journey

Once you're logged in, you can start to explore all of My Possible Self's features. The 'Home' screen provides quick and easy access to your interests and daily suggestions.

## Lifestyle questionnaire...

We suggest that you start your journey by completing the **lifestyle questionnaire** this helps us recommend areas of your life you should focus on.



## Explore

The 'Explore' tab is categorized by topics including sleep, mental health, mindfulness & relaxation and much more...

## Tools you can use everyday

'My journal' includes a collection of tools in one central location for easy filtering and journal entry additions.



visit us [www.mypossibleself.com](http://www.mypossibleself.com)

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WE CREATE OPPORTUNITIES FOR YOU TO  
CONTINUE GROWING AT CEMEX



## Customer Service Analyst EUR

### Customer Experience

#### Role Summary



Responsible for supporting Smart Service Center Objectives: Improving customer satisfaction; enhance operational efficiency; optimize operational costs; and deliver total experience: customer & employee experience.

#### Profile



##### Education

- Educational background in economics, business, or administration
- English – B2
- Solid understanding of design reporting (PowerBI) collaboration tools (SharePoint, Microsoft Teams, Trello) and Office 365 package.

##### Experience

- Experience of 2 years in processes improvement and continuous improvement.
- Strong knowledge of company products, services and policies.

Customer Experience Director EMEA

Service Center Operations  
Manager EUR

Customer Service Analyst EUR



Silvia Vaquero

“

Join the Customer Experience team and help us continue providing the best service to our customers.

”

#### Our commitments in the selection processes:

- Objectivity and transparency: In the selection matrix you can consult the criteria on which the best talent is chosen.
- Diverse and inclusive environment: We all have the opportunity to develop and move along.
- Confidentiality in all our requests.

#### If you are interested in this role...

- To apply, update your Success Factors profile and [click here to apply](#)
- Deadline: **March 1<sup>st</sup>, 2024.**
- Human Resources Contact: **Catalina Beltrán**  
[auracatalina.beltran@cemex.com](mailto:auracatalina.beltran@cemex.com)



If you wish to report any irregularity in this process, you can do so through ETHOS.

To get more information about this hiring process, click below:

Customer Service Analyst EUR



# MATERIALS ROADSHOWS

## WITH LEX RUSSELL

### Dates for your diaries




We hope you can join Lex at one of the following locations:

Date	Venue	Session start times	Organiser
Tues 19th March	Cemex House, Binley	12:45 & 15:00	Terri Charles
Wed 20th March	Oldbury	10:00 & 13:30	Rob Sims
Thur 21st March	Wick	10:00	Rob Sims
Fri 22nd March	Luton (am)	10:00	Nick Vivian
Fri 22nd March	Hatfield (pm)	13:30	Nick Vivian
Mon 25th March	Sheffield	tbc	John Parker
Tues 26th March	London	10:30	Nigel Bateman
Wed 27th March	Southampton	tbc	Marcus Rappensberger
Thur 28th March	Preston Brook	09:30 & 13:00	Damon Montgomery
Dates TBC	Stockton	tbc	Christine Crooks
	Dove Holes	tbc	Steve Leigh
	Binley	tbc	Tina Baxter

To book your place please  
contact the organiser

# Care first Weekly Publicity Calendar

Care first  
Part of **PRIORITY**

Day/date/time	Daily Theme	Article	Webinar	Join
<b>Monday</b> March 4 <sup>th</sup> , 2024 12pm-12.30pm	Service Awareness	Care first Management and MHFA Support	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/2891309198821179483">https://attendee.gotowebinar.com/register/2891309198821179483</a> This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.	
<b>Wednesday</b> March 6 <sup>th</sup> , 2024 12pm-12.30pm	Care first Awareness	How Care first Can Support you	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/7250362629581218646">https://attendee.gotowebinar.com/register/7250362629581218646</a> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> March 8 <sup>th</sup> , 2024 12pm-12.30pm	Mental Health	International Women's Day	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/6586253208355640154">https://attendee.gotowebinar.com/register/6586253208355640154</a> In line with this year's theme 'Inspire Inclusion', this webinar discusses inspiring others to understand and value women's inclusions, and the impact and importance of International Women's Day on our mental health.	

**'GoToWebinar' software is needed to join/view these webinars and may need to be downloaded – there could be restrictions through your organisation.**

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




Note that these themes and events may be subject to change without notice.





# Care first Weekly Publicity Calendar

Care first  
Part of **PRIORY**

Day/date/time	Daily Theme	Article	Webinar	Join
<b>Monday</b> March 11 <sup>th</sup> , 2024 12pm-12.30pm	Service Awareness	What to expect when you call Care first	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/5580159387123185504">https://attendee.gotowebinar.com/register/5580159387123185504</a> This webinar provides an overview of what you can expect when making a call to the counselling help line provided by Care first.	
<b>Wednesday</b> March 13 <sup>th</sup> , 2024 12pm-12.30pm	World Sleep Day	Sleep and anxiety, in line with World Sleep Day	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/538454371113566039">https://attendee.gotowebinar.com/register/538454371113566039</a> A webinar detailing how a lack of sleep can create anxiety and what changes you can try to positively reduce the impact this has on your general wellbeing.	
<b>Friday</b> March 15 <sup>th</sup> , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	<b>LINK:</b> <a href="https://attendee.gotowebinar.com/register/4291651606177489241">https://attendee.gotowebinar.com/register/4291651606177489241</a> A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	

**'GoToWebinar' software is needed to join/view these webinars and may need to be downloaded – there could be restrictions through your organisation.**

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

Note that these themes and events may be subject to change without notice.





Amazing  
savings via  
your  
platform

## ✖ Employee Benefits Platform

# March highlights

save  
**20%**

Discover gifts worth sharing at Virgin Experience Days and **save 20%** for a limited time only, until 31st March 2024 with our promo code.

*Virgin*  
EXPERIENCE  
DAYS

save  
**5%**



Take advantage of IKEA's favourite products at affordable prices and **save an extra 5%** with an eVoucher.

save  
**4%**

*Boots*

Spend less money whilst stocking up on all your must-haves at Boots and **save 4%** via your platform.

save  
**40%**

 **yorktest**

**Save 40%** on all Food Intolerance, Allergy, and Health tests at Yorktest when you use our promo code.

save  
**15%**

**BLOOM  
& WILD**

**Get 15%** off a beautiful bouquet and free delivery for new and existing customers via your platform.

Nothing caught your eye? Pick from hundreds of other great deals on your platform.

Want to find out more?  
Visit: [www.cemexlifestyle.co.uk](http://www.cemexlifestyle.co.uk)  
Call: 01908 303531



T&Cs apply.  
Visit your benefits website for details.