

CEMEX UK NEWS



Welcome to UK News 7th March 2024
your weekly update from around Cemex UK

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HEALTH & SAFETY

Save the Date - EMEA Regional Health Talk

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

The webinar, on 20th 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 characterises 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. Question & Answers

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

5S Improvements at Dry Silo Mortar Sites

5S projects are a fantastic opportunity for sharing and learning across all sites in the UK.

Here we are sharing some excellent 5S improvements made at our Dry Silo Mortars plants.

Braintree Dry Silo Mortar Plant:

1. **Sort** – There is a process to bag dry mortar into one tonne big bags. The issues with this increasing requirement, to make, store and deliver are as follows:
2. **Set to Order** – Space is required to keep bags in order, minimise manual handling and the need to work from height, removing the potential for nip points whilst handling the bags.
3. **Shine** – A process has been developed to be able to bag without slowing down the production capacity but eliminating the risk of Respirable Crystalline Silica (RCS). This is done by incorporating an extraction system and replacing the need to use straps on the bags and redesigned bags to have sleeves.
4. **Standardise** – This process has now been implemented at Bedford and Dove Holes - our other bagging outlets. The area has been cladded to protect against high winds and rain.
5. **Sustain** – The changes have been possible with approved CapEx, and has provided improvements to staff welfare and health, improved the working environment and productivity, reduction in exposure to dust and improved product quality.

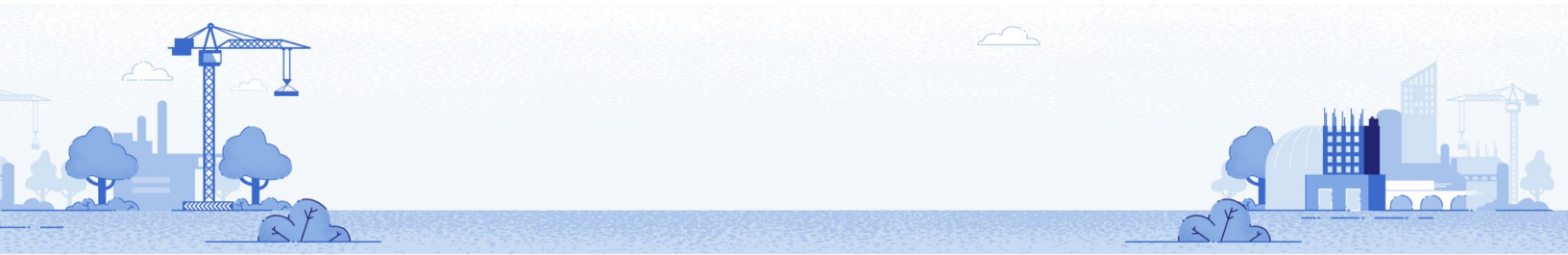


Secondly, working arrangements for Sprayed Concrete on **site production nationally**.

1. **Sort** – Nationally, the arrangements for silo Sprayed Concrete call for silos and their controls to be interfaced with other aspects on site.
2. **Set in Order** – This manifests itself in many ways which provides the potential for risk and hazards, trialling cables, confined working environment, the need to climb and navigate between equipment and their operation.
3. **Shine** – Over the years, and spending time listening and working with our customers, we have developed processes which have largely eliminated these risk/hazards.
4. **Standardise** – Our requirements are for platforms to meet our minimum design criteria, excellent access around the silo and where it interfaces with the pump, truck and provides appropriate access for the delivery tanker filling the silos.
5. **Sustain** – Cemex are seen as the experts in setting up sites, to the point now where contractors are contacting us to plan the site layout – two years in advance of the start starting.



If you have any examples of 5S improvements, please let the Communications team know!



Action for Happiness - Mindful March

This month take some time to look within. Learning to be more mindful and aware can do wonders for our well-being in all areas of life – like the way we eat, the things we notice or our relationships. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future – so we get more out of the day-to-day. It can also help us identify what we're grateful for, which has been proven to help boost your happiness levels!

At the end of this document and in the download section of the UK News website: www.cemexuknews.co.uk/downloads you can find the Mindful March Calendar poster which is full of actions to help have a Mindful March. Please share it on your workplace notice boards.



Vanessa King from Action for Happiness shares her top tips for Mindful March. You can watch it [here](#).

The [Action for Happiness](#) online program is a great way to get the new year off to a happier start, with inspiring daily videos and fun actions to try out. Prioritising happiness and kindness influences how we approach everything – including our personal lives, families, communities, schools, and workplaces. It also shapes our views on public policy and helps us to consider the wellbeing of future generations too.

You can also be part of a kind and friendly community putting Action for Happiness ideas into practice daily [using their app](#).



CUSTOMER CENTRICITY

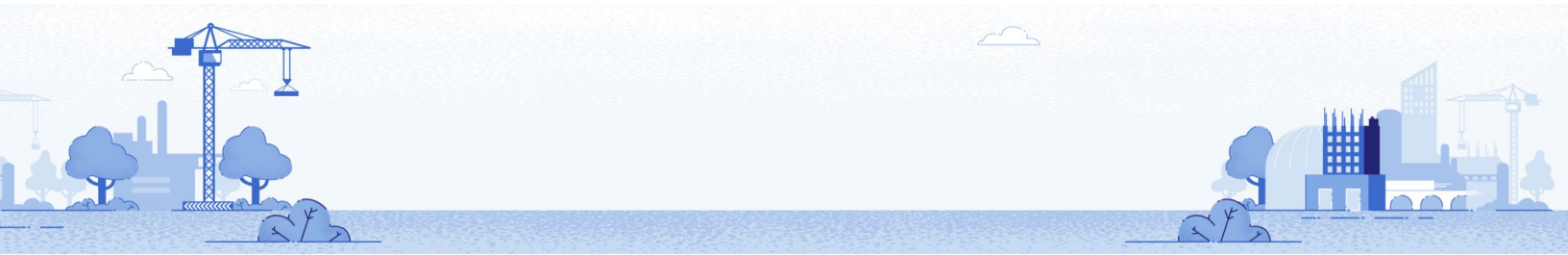
i-Con is Revolutionising On-Site Concrete Curing Process



This week at FutureBuild 2024, Cemex UK launched **i-Con**, our new data-driven, digital solution, designed to help contractors deliver smarter, more efficient concrete construction, during the critical curing process.

Cemex i-Con provides contractors with real time insights using Bluetooth and maturity tracking to make faster and more accurate decisions about when to remove formwork, apply loads, or pour concrete. This reduces time, the reliance on third-party testing and field cured cubes; ultimately allowing contractors greater optimisation and control over their project delivery.

By enabling greater visibility of the compressive strength and temperature of Concrete, Cemex i-Con's new smart technology is aimed at supporting a range of concrete applications from high-rise buildings and crane



bases, to cast-in-place construction, bridges, tunnels and precast, using simple and easy-to-install wireless smart sensors, which are placed within the Concrete formwork.

Mike Higgins, UK National Technical Manager, said: “Cemex i-Con has been created to help our customers drive greater efficiencies on-site and make smarter, more informed decisions during the time-intensive and often complex process of Concrete curing. Cemex i-Con is ideal for use on applications where rapid early strength is needed. When working with Concrete, contractors plan for maturity development, dynamic visibility of this data means jobs may be finished ahead of schedule.”

Cemex i-Con works across all Cemex Concrete mixes and is part of Cemex's suite of added value digital tools, including BIM Plug-in software, which are designed to help contractors and specifiers improve their productivity, profitability, and sustainability, for intelligent, more efficient concrete construction. The reports generated by Cemex-i-Con can be used as part of BIM models, enabling users to upload detailed reports on Concrete curing performance.

Please contact Mike Higgins if you need any further information about i-Con. You can also find out more information about i-Con on our Cemex UK website here www.cemex.co.uk/i-con



FUTURE IN ACTION

Cemex's Position on the Circular Economy



Circular Economy

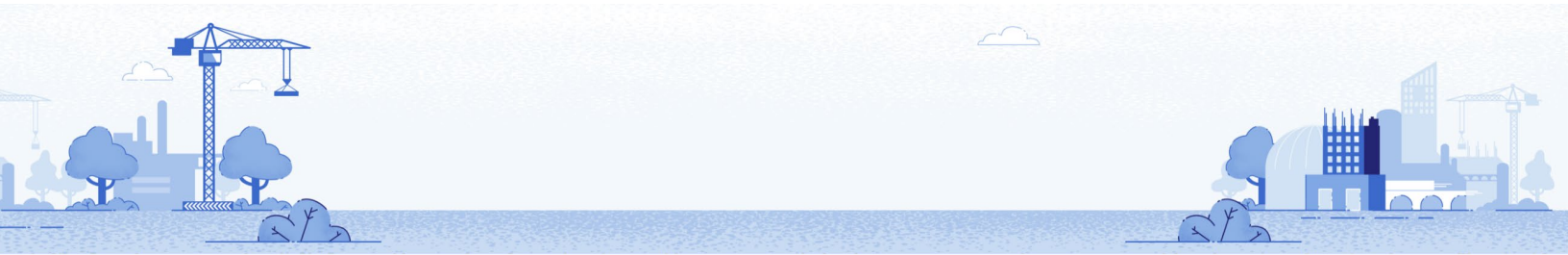
At Cemex, we fully support the transition to a Circular Economy by reutilising waste from municipalities and other industries as alternative fuels through co-processing, we substitute clinker with byproducts from other industries, and we recycle demolished concrete and construction waste as aggregates, among others. Still, there is a lot to do for a more sustainable future that relies on public policies and regulations that depend on governments. This is why our Position Papers play a crucial role in negotiating better terms for our operations and the decarbonisation goals we are aiming at.

Learn more about our Position Paper on Circular Economy by [clicking here](#).

Latest Earthly Matters

The February 2024 edition of Earthly Matters, the blog dedicated to the partnership between Cemex and the RSPB, is now available to read online [here](#).

In this month's edition:



- Engaging with Nature – it's good for business
- The Battle of the Bluebells
- Bugs and Birds all Welcome!
- Our Sand Martin Code - a reminder



Accessible below to all, even those without a Cemex email address so please do share with your teams.

Innovative Approach to Reduce Carbon Emissions

Cemex has developed an innovative approach designed to decrease CO₂ emissions in cement production by reducing the size of clinker particles. This process called micronisation, when combined with the use of proprietary admixtures, allows cement to significantly reduce its clinker factor per ton of cement, thereby minimising its carbon footprint. Additionally, clinker micronisation has the added feature of maintaining the specified development strength required by the highest global cement standards.

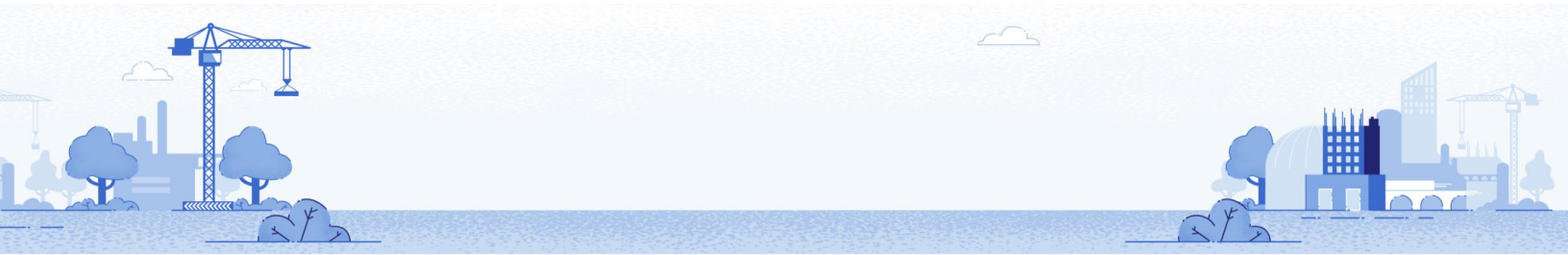


Cemex's clinker micronisation process, pioneered by Research and Development Center in Switzerland, offers a creative alternative to traditional clinker grinding, enhancing efficiency and significantly boosting strength of the final product. Industrial scale production trials have validated initial R&D findings.

The production of clinker, the main component of cement, represents the most carbon-intensive part of the cement manufacturing process. The adoption of clinker micronisation has the potential to reduce the clinker factor in cement products up to 50%, which would significantly accelerate progress towards the company's decarbonisation goals.

"We are finding new ways to boost our decarbonisation roadmap in the production of cement and concrete" said Fernando A. González, CEO of Cemex. "We remain committed to achieving our ambitious 2030 decarbonisation goals on the path to becoming a Net Zero company by 2050."

Read the full press release [here](#)



Hydrogen and Carbon Capture Summit

Our Cemex Public Affairs team recently attended the 5th UK CCUS & Hydrogen Decarbonisation Summit in Leeds. The three-day conference assessed and reviewed the opportunities within the UK Energy Sector to consider how hydrogen can help the UK develop its own green energy source. It also considered how carbon capture storage and utilisation can decarbonise energy intensive sectors such as cement, while producing a carbon circular economy.

The particular focus on the projects and innovation around carbon capture and storage (CCS) and carbon capture and utilisation (CCU) within industrial operations and how hydrogen can decarbonise industry and transport was valuable to hear.

This was important for Cemex to continue to develop policy plans in regard to this. The summit brought together 750+ government officials, regulators, key industry stakeholders, leading academia, and other company representatives.



Please Support Mark's Cold Water Swim!



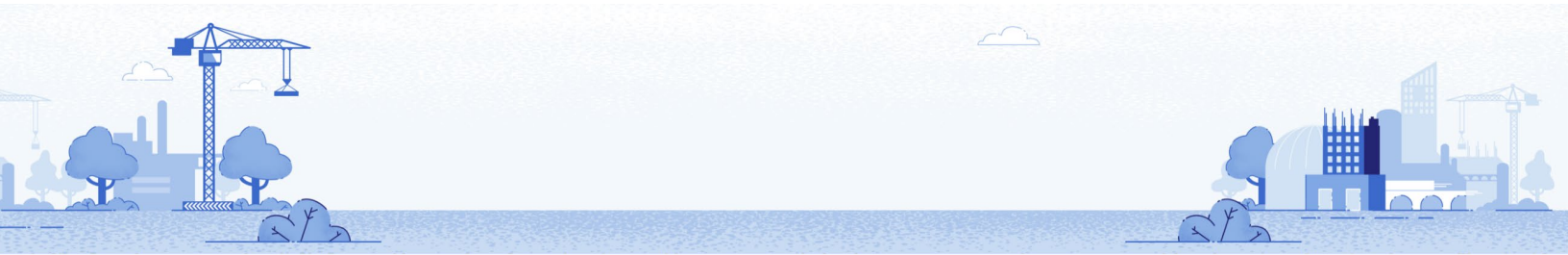
Mark Voigt, a Workshop Supervisor at Dove Holes quarry, is completing a Charity open water swimming event over the Winter and he would appreciate any support for this fantastic cause.

Mark and his friends, Darren and Ruth, are hoping to raise some money for the charity Mind. In September their friend, Marcus Fielden, was lost to suicide. This had a devastating effect on his family, children, friends and colleagues. After discussions the friends decided to use their talents for swimming in freezing water to try and raise awareness of Men's Mental Health.

They have chosen to raise some money for Mind, the mental health charity working across England and Wales, in the hope that they can help prevent such tragic occurrences in the future. The group of friends have, therefore, signed up to the Polar Bear Challenge where they need to swim a certain distance over many weeks from November to March. The Polar Bear Challenge is a national event for open water swimmers. Mark's chosen level is the Arctic which means they have to swim 3,000m per month in only a swimsuit. No thermal protection is allowed!

Well done to the group who have now completed four months and have just got March to go. Through their swimming videos on Facebook they are also pushing and promoting a message about men's Mental Health.

If you'd like to support Mark's challenge please click [here](#) to donate on his JustGiving page. Thank you.





PROFITABILITY

Significant Improvement Programme at Raynes



Cemex has invested in an improvement programme on the site at its Raynes quarry, in Conwy, North Wales.

Situated between the towns of Llanddulas and Old Colwyn, Cemex's Raynes quarry supplies a range of Aggregates to builders, landscapers and businesses working on small, medium and large builds and projects in the local area.

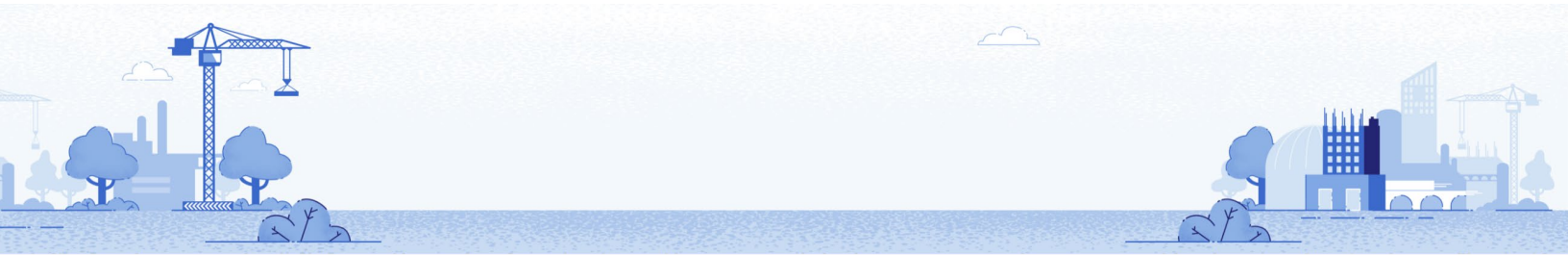
The improvement and maintenance programme at Raynes quarry was undertaken to enhance the working environment for Cemex employees in conjunction with improved plant efficiency. A major part of the upgrade work has included the replacement of four conveyor units, dating back to before the 1960s. In addition, some of the quarry's traditional ladders have been replaced with modern stairways to increase accessibility and safety around the plant.

David Hakes, Senior Project Manager, Cemex, comments: "The refurbishment at Raynes quarry was conducted during a four-week production shutdown. Sales were maintained by road and sea during the works and underpinned by excellent communication and co-ordination between Supply Chain, Operations and Engineering teams over several months of planning. Critically, the works were completed safely with up to 12 contractors on site at the same time."

Mick Ripley, Cemex Raynes Quarry Manager, added: "The conveyors at Raynes quarry had reached the end of their serviceable life and needed to be replaced.

One of the conveyors removed we believe is more than 60 years old and representative of the rich history and longevity of production at the site as well as the quality of the plant equipment and machinery at Cemex, which is built to last.

Today's modern-day replacements will be no different in terms of the exacting standards and high-performance specification for resilience and endurance."



International Women's Day & Women's Health

Tomorrow is International Women's Day 2024, a global day which celebrates the social, economic, cultural, and political achievements of women. It highlights the importance of gender equality, where women and men can contribute equally to all areas of life, and the changes still needed to make this a reality.

This year, the campaign theme **Inspire Inclusion**, emphasises the importance of diversity and empowerment in all aspects of society. It calls for action to break down barriers, challenge stereotypes, and create environments where all women are valued and respected.

At Cemex UK we are proud to be attracting more women to our business, at different levels and to a wider range of jobs.

Across our social media channels tomorrow, we will be celebrating two amazing Cemex women, who we asked to share why they love working in the construction materials industry. You can find out their answers to these questions on our [LinkedIn Channel](#) tomorrow. We will also be sharing a graphic showing colleagues from across our European organisation, coming together to strike the **#InspireInclusion** pose – make sure to check it out later on [LinkedIn](#) and give it a like!

Women's Health & Wellbeing

Understanding and addressing the gender health gap is a big part of this year's International Women's Day global campaign.

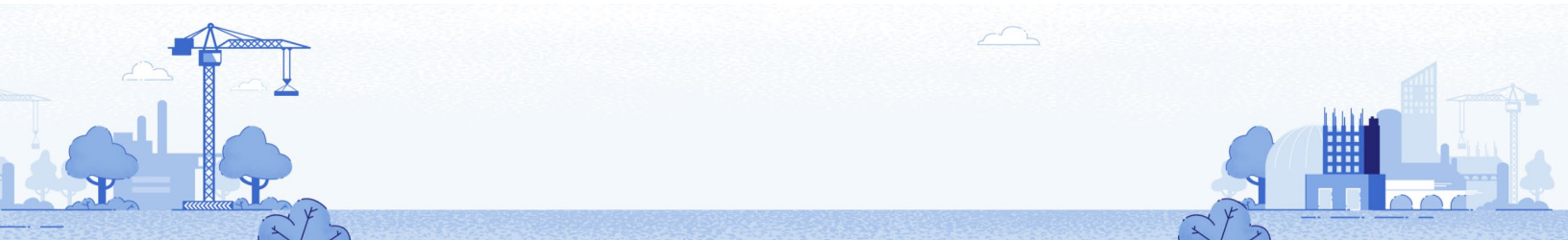
Despite living longer than men on average, women spend 25% more of their lives in poor health. Currently even though healthcare is supposed to be delivered equally to all, in reality women experience different outcomes – this is known as the gender health gap.

At Cemex UK, we are celebrating International Women's Day by launching our next Wellbeing theme 'Women's Health & Wellbeing' which will be running across March and April.

To kickstart our campaign we are sharing details of two new webinars – please click here for the QR codes to register. Check out UK News where we will be sharing lots more resources around Women's Health for the next two months.

Posters for sharing

You can also find two posters on our UK News Women's Health download page [HERE](#). One has the QR codes to the new webinars, and the other shares the QR code to all of our Women's Health resources. Please share both on all workplace notice boards and wellbeing notice boards.



Shaping the Future of UK Marine

Recently our UK Marine team have attended two careers events, helping to promote the exciting diversity of careers at sea and our new Cemex cadet programme.

The first event was a Future Focus Evening for students and parents of Year 9-11. The team had the opportunity to talk to young people about the opportunities at Cemex. These conversations are invaluable in helping students make informed decisions about their future education and career paths.

At the second event, the team spent the day at the Warsash Maritime School 'Careers At Sea' open day. Again, this was an excellent opportunity for the UK Marine to talk to people about careers in Maritime and our Cadet programme.

During the day, visitors were also able to take a virtual tour of our Maritime School campus and residences and watch a variety of general presentations and find out much more about become a future Seafarer.



Help to Stop Tax Evasion

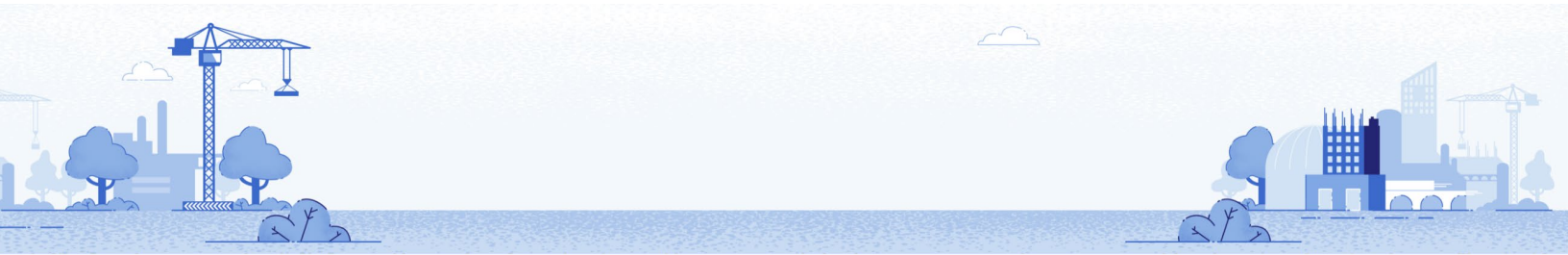


Under the Criminal Finances Act 2017 companies like Cemex can be prosecuted where any person associated with it, helps another person to evade tax.

If you see any behaviour indicating that this might be happening, or if you see any potential scenarios at work where this could happen, please report it immediately to your Supervisor, to the Legal Department or confidentially through the Ethos Line.

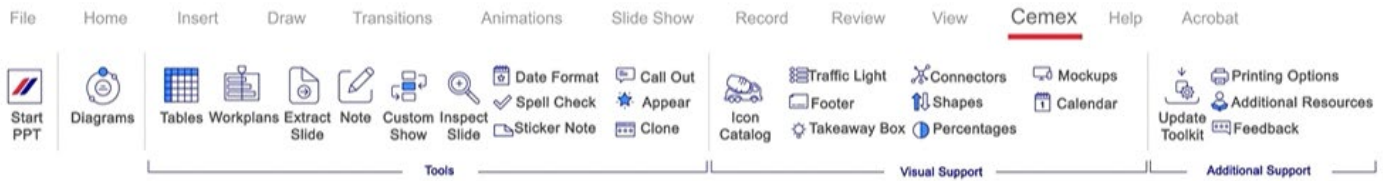
For further information please see the Anti-facilitation of Tax Evasion – UK policy on Spark [HERE!](#)

Thanks for helping to protect our company.



NEW! Cemex PowerPoint Toolkit is Now Here!

Get the most out of our add-in using the **Cemex PowerPoint Toolkit**



If you use PowerPoint then you can now download the new Cemex PowerPoint Toolkit, aligned with our brand evolution, and explore the latest features to start creating powerful presentations.

The Toolkit is **An add-in for PowerPoint** that allows you to access all the Template Design Tools from the tab menu bar. (Available for Windows only).

Watch this video [HERE](#) to find out all the exciting new features available!

Click [HERE](#) for instructions to install it!

Visit the [Learning Hub](#) to learn how to use it. If you encounter any problems, please contact the GSC.

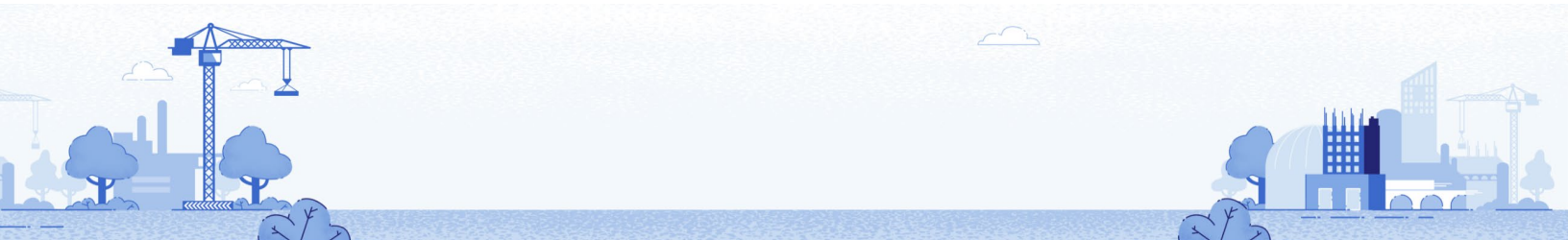
Looking Good Hereford

Award winning photographer and Hereford Readymix Plant Manager, Adrian Radnor, has been out and about with his camera recently.

We're delighted to share his recent photos of Hereford Plant looking stunning in the evening sunshine, along with some fab photos of the plant's newest Readymix truck passing some recognisable landmarks!

Click [HERE](#) to see Adrian's fab photos.

Enjoy...



Spring Onto Your New Bike

Are you considering a healthier, more sustainable way of travelling this Spring? If so, then Cemex Cycle to Work scheme may be just what you are looking for!

The scheme is now permanently open so you can apply to the scheme at any time, without the need to rush to do this within a window of time.

Details of scheme

The cycle benefit scheme is a great way to get a new bike of your choice and save as much as 42% of the usual cost!

Watch this video to find out how more about the scheme:

https://youtu.be/J_7fOwvG0os?si=Dpcd2oKHjQ6WzR5e

The scheme works by allowing you to purchase a new bike and accessories through salary sacrifice, meaning you don't pay tax on the amount you have spent, saving you up to 42% on your new cycling gear. The cost is deducted from your salary over 12 months. The maximum amount that you can spend on a bike and/or accessories is up to £3,000. This will allow those looking to purchase electric bikes to choose from a wider selection.

Our agreement is with Cycle2work from Halfords. You can choose from shopping in Halfords stores, Halfords online, Tredz.co.uk or one of over 800 independent retailers, or visit www.cycle2work.info to see your local options.

Decide what value you want to spend on your bike and safety equipment. You can choose to take between £100 and £3,000 in increments of £5. To register for the scheme please visit www.cemexlifestyle.co.uk or call 01908 303 498.

Once your application is approved then your Letter of Collection (LOC) is issued within 48 hours and you can go and collect your bike and equipment.

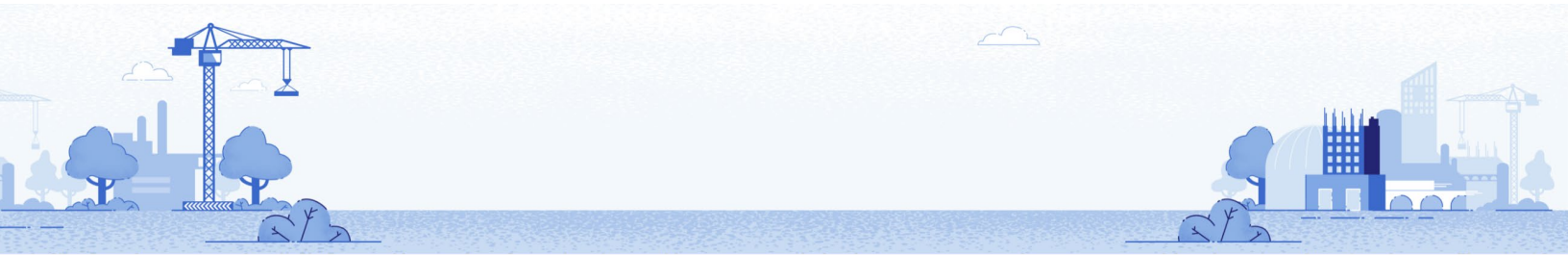
If you encounter any issues accessing the portal please use this link:

<https://cemex.salarydeductplatform.com/Welcome>

Some common questions

Do I have to cycle to work every day, and do I need to record when I use the bike? Simple answer is No! You can cycle all or part of a journey – to the station, to meet a colleague or client, from site to site etc. You can cycle just when it suits you – just on Fridays or in the summer months. You don't have to keep a record of when you cycle. You can use the bike for leisure purposes – pit stop at the café or pub makes it all worthwhile!

Further information and a guide to how to make an application can be found [here](#)



You can find a poster with a QR code to register, at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads Please also download this poster for your noticeboards.

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 at the end of this document and 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 4th March 2024](#) – click for QR codes to register

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](#)

[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

Care first
Lifestyle Support
SEMINARS



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](#)

w/c [18th March 2024](#) – click for QR codes to register

Neurodiversity Celebration Week

Monday 18th March -@12pm

This webinar is a light touch session on neurodiversity and the benefits of having diversity in the workplace.

To register click [here](#)

For more details click [here](#).

How Care first can support you

Wednesday 20th March - @12pm

To register click [here](#)

For more details click [here](#).

Practical Information and Advice through Care first

Friday 22nd March - @12pm

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

To register click [here](#)

For more details click [here](#).

w/c [25th March 2024](#) – click for QR codes to register

Care first Critical Incident Support

This webinar provides details of the support Care first can offer that might be relevant following a traumatic incident in the work place.

Monday 25th March - @12pm

To register click [here](#)

For more details click [here](#)

How Care first can support you

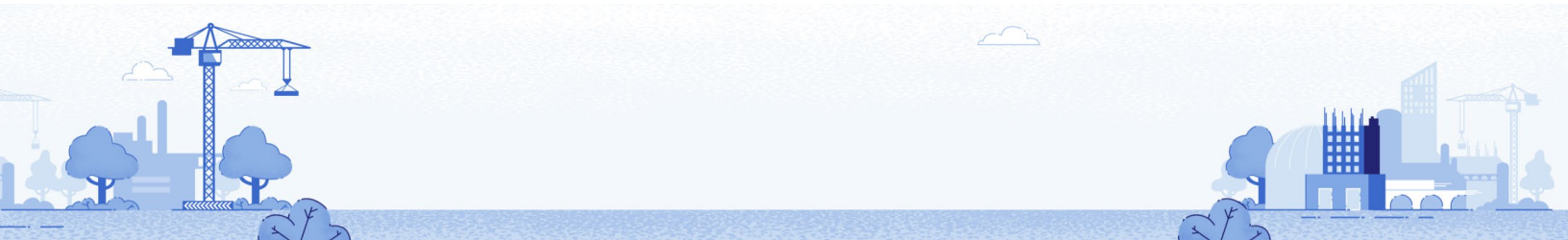
Wednesday 27th March - @12pm

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](#)

For more details click [here](#).

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



Free Gym Pass for Rugby Area



Do you live in the Rugby/Warwickshire area? Would you like to try a free 7 day pass at the Nuffield Health Fitness & wellbeing centre. If you answered Yes and Yes, read on...

The Nuffield Health Rugby fitness and Wellbeing centre work locally with the community offering wellbeing days and free weeks to support employee wellbeing.

They have offered all Cemex employees a free 7-day pass to redeem between 11th-31st March.

The club provides the following:

- Two floored gym facilities
- 70+ classes per week (employees can attend classes it will be subject to availability on the day)
- 25m heated pool
- Steam and sauna facilities
- Personal training
- Swimming lessons

If you would like to take advantage of this free week to unwind on poolside or use the gym facilities just click [HERE](#) or scan the QR code on the poster at the end of this document and on the UK News download page: www.cemexuknews.co.uk/downloads

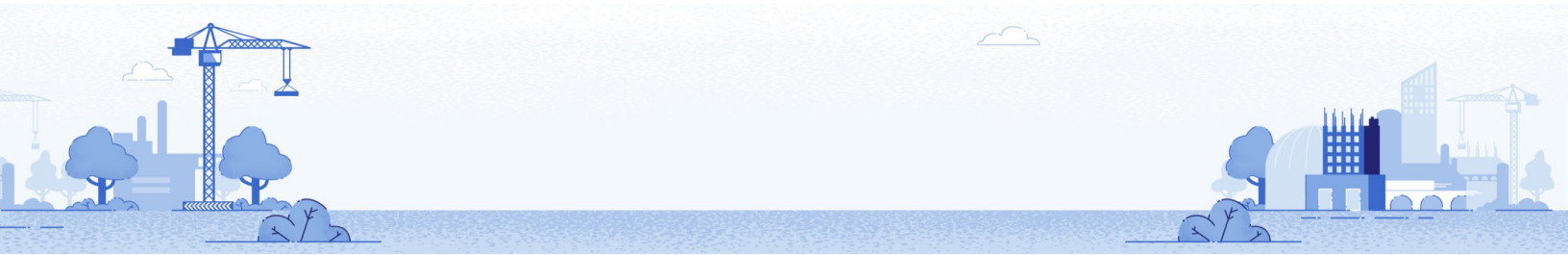
Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
38-03-2024	Multiskilled Operative (Nights)	Materials - Aggregates	Dove Holes Quarry	15/03/2024
39-03-2024	Operative	Materials - Aggregates	Brighton Wharf	18/03/2024
40-03-2024	Operative x 2	Materials - Aggregates	Halkyn Quarry	18/03/2024

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

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice




30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



Care first Weekly Publicity Calendar

Care first
Part of **PRIORITY**

Day/date/time	Daily Theme	Article	Webinar	Join
Monday March 18 th , 2024 12pm-12.30pm	Neurodiversity	Neurodiversity Celebration Week	LINK: https://attendee.gotowebinar.com/register/4912321522141993565 This webinar is a light touch session on neurodiversity and the benefits of having diversity in the workplace.	
Wednesday March 20 th , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	LINK: https://attendee.gotowebinar.com/register/2267911394929251669 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday March 22 nd , 2024 12pm-12.30pm	Service Awareness	Practical Information and Advice through Care first	LINK: https://attendee.gotowebinar.com/register/1818103387048973661 This webinar provides detail about who our Information Specialists are and their role as part of your EAP service.	

'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
Monday March 25 th , 2024 12pm-12.30pm	Service Awareness	Care first Critical Incident Support	LINK: https://attendee.gotowebinar.com/register/2284526115307350616 This webinar provides details of the support Care first can offer that might be relevant following a traumatic incident in the work place.	
Wednesday March 27 th , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	LINK: https://attendee.gotowebinar.com/register/4764322859130620254 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
Friday March 29 th , 2024 BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	BANK HOLIDAY	

'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.



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Menopause Webinar

Menopause can be an incredibly difficult time for those experiencing it, putting great burden on both physical and mental health.

This webinar looks at the effects menopause has on physical and mental health, as well as the best way that people experiencing menopause can support themselves.

The session also looks at how those who aren't experiencing menopause (or won't) can offer support to family, friends and colleagues.

When

17th April 2024

Times

10:00

Location

Online webinar

Booking

Scan the QR code:



Or visit: <https://wellbeingbooking.co.uk/events/FIB7U2>



Women's Health Webinar

Many aspects of women's health can be overlooked, which is why awareness is so important. This webinar offers helpful tips and awareness around various aspects of women's health, including:

- Prevalent cancers and screening services.
- Self-examination, signs, symptoms and early detection.
- Mental health, including post-natal depression.
- Menopause.
- Risks around diabetes, high blood pressure and heart disease.
- Plus much more.

When

23rd April 2024

Times

14:00

Location

Online Webinar

Book Online



Or visit: <https://wellbeingbooking.co.uk/events/KYELBY>

Women's Health Resources

**During March & April 2024
our wellbeing focus is
Women's Health**



**Scan the QR
code to access
our resources**

**International Women's Day - Menopause -
Cancer Screening - Maternity -
Mental health - Gender Health Gap**

Women's Health Webinars

Menopause Webinar

17th April 2024
10:00 – 11:00am



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Women's Health Webinar

23rd April 2024
14:00 – 15:00pm



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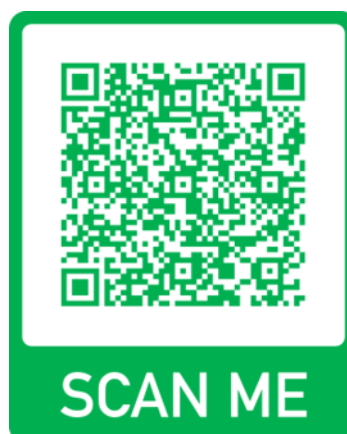


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11th-31st March 2024

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