

### Brave Billy Steps In



Billy Scobbie is a new laboratory Technician at Dove Holes quarry. On Easter Monday Billy was walking home after a trip into town. He noticed a man coming down the road on a scooter. As he was crossing the road Billy heard a noise, and turning around, saw that the man had fallen off his scooter and didn't seem to be moving. Billy ran over to see if he was ok but found the man unconscious.

Staying calm, Billy's First Aid training from a previous role kicked in, and after calling for an ambulance he started to do CPR. Billy continued CPR for around five minutes, in which time the police passed by and stopped to help. Amazingly, the man came round and was taken to hospital by the ambulance crew. They let Billy know that by bravely stepping in, his quick actions had saved the man's life.

The road is the busiest road in and out of Buxton so Billy's bravery to step in, to

quickly assess the situation and begin CPR, saved the man's life. Well done Billy for showing bravery and quick thinking under difficult circumstances. Being able to put his first aid training into use to save a life is an amazing thing and Cemex is proud to have you on board!

### Safety Essential #2 – Housekeeping

Throughout 2024, a new EMEA Health & Safety campaign will regularly revisit one of our 12 Safety Essentials to remind us all of these important ways of looking after ourselves and each other.

Our second Safety Essential is housekeeping. Maintaining order and cleanliness in the workplace is crucial for occupational safety and health.

The fundamental principle is to keep work areas, pathways, storage spaces, and facilities organised, clean, and free from injury risks. The goal is to prevent the number one cause of injuries: slips, trips, and falls. Keep designated access routes and work areas tidy and free from trip/slip hazards.

Safety Essentials



Supervisors at each site are vital in establishing and enforcing the required housekeeping standards. They must also ensure that these standards are consistently maintained.

Equally important is fostering a sense of pride among all workers regarding their workplace. When employees take ownership of keeping their environment clean and tidy, it creates a positive atmosphere and encourages others to do the same.

Implementing the 5S method in our workplace improves conditions related to H&S. The 5S methodology, is a Japanese approach that emphasises workplace organisation through Sort, Set in order, Shine, Standardise, and Sustain principles. It ensures efficiency by separating necessary items, organising them logically, and maintaining cleanliness, leading to a safer and more productive work environment.

Remember: a tidy workplace is not just about aesthetics; it directly impacts safety and well-being.

### **Need Prescription Safety Glasses?**

For colleagues who require prescription safety glasses please follow this following procedure to place an order.

- Check the <u>Cemex authorised persons</u> list to find your local contact. Click <u>HERE</u> for the list. If you are not sure please ask your Line Manager.
- Ask the authorised person to log in to Uvex to download prescription eyewear forms.



- The Cemex authorised person authorises the form and issues it to you. Visit an optician with the Uvex prescription form and chooses a frame from the Uvex collection.
  - Use this link to search for the available opticians in their area via the link below. <u>https://www.uvex-safety.co.uk/en/buy/optician-locator/</u>
  - It is advised to ring the optician before visiting to ensure they provide the service. **Vision Express no longer provide this service.**
- The optician conducts your eye test, completes the form and returns it direct to Uvex.
- The safely glasses are manufactured by Uvex and then dispatched to the optician.
- Visit the optician for final fitting/dispensing.
- Cemex receives one invoice for the complete service.

Any new requests for authorising personnel will need to be sent directly to NSS via <u>support@nssgb.co.uk</u> and should include the following information:

- Name of person requiring authorisation plus job title
- Email address
- Contact number
- Site/Sites address

### Cemex Launches Call for Building Awards 2024



### A message from Sergio Menéndez, President of the EMEA Region

Every year, Cemex carries out many remarkable projects in the EMEA region. Thanks to your expertise and commitment, there are more high-quality roads, residential and office buildings, and industrial facilities in our surroundings. The projects you co-create abound in innovations - both technical and aesthetic.

The work done by you, your partners, and our customers deserves to be recognised and can inspire your Cemex colleagues around the world - which is why I warmly encourage you to participate in **the next edition** of the Cemex Building Award.

The Cemex Building Award is a competition with a great tradition, organised for more than 30 years. Every year, the jury awards the best building projects from around the world and the professionals who implement them. It is an initiative that promotes development, creativity, and innovation in our industry, encouraging ideas and solutions between the different construction cultures of the world.

Participation in the Cemex Building Award is an excellent opportunity for our region, but also for our individual countries, to win an award that is prestigious in the world of architecture and construction.

I am sure that there is no shortage of projects that meet these conditions, which is all the more reason for me to encourage you to present the results of your work to a wide international audience, which follows the results of the Cemex Building Award with interest every year.

### Let's enhance together the visibility of projects from our EMEA region.



### **Superior Customer Service Ceremony**

You are invited to join the EMEA SCE Awards Ceremony on Monday 22<sup>nd</sup> April 2024, at 9.00am.

Join us to celebrate the colleagues behind EMEA's achievements, best projects and initiatives of 2023 Superior Customer Experience Awards.

To join via Zoom please use this link: https://cemex.zoom.us/j/89086243731



### **FUTURE IN ACTION**

### **Looking Blooming Marvellous**



### By Liam Perkins, Night Shift Quarry Manager, Dove Holes

Small Dale is a small hamlet that shares its border with Dove Holes quarry. Like many hamlets and villages in the area, Small Dale increased in size during the 1800's as the country's demand for limestone increased and workmen and their families moved to the area. Despite the influx of the workmen and the need for more houses, Small Dale has managed to stay as a 'scattering' of beautiful cottages based around a 'green' which until recently was looking a bit tired.

It was last year when Angela who jokingly referred to herself as the 'village mouth piece' approached the quarry asking if we could "add a bit of colour" to the area. The trees and bushes around the green were either over grown or dead and the surrounding fence was rotten and collapsing.

It was decided to organise a Lend a Hand event to trim back the greenery, replace the fence and add some plant pots for colour. Firstly, we had to approach Steve Morten who owns and runs Town & Country bagging plant which is situated here at the Dove Holes site. Steve originates from Small Dale and was only too happy to purchase the materials needed which included three used beer barrels from Buxton Brewery which Steve Croft professionally cut in half for us to use as planters.

Next step was to plan a dry day to do the work and in early September (2023) Michael Craven led a small team from the night shift to complete the task. At various times of the day different locals turned up to help out or just to show their appreciation which was a great help and made the event feel very worthwhile.

After the event Angela was in touch to thank Cemex and Steve from Town and Country. She said the event had 'lifted' the locals into action with garden gates being painted, flowers planted, and grass verges cut to perfection. "You must come back in spring for photo's when the bulbs we've planted have flowered" she said. And that's exactly what we did!

### **Latest Earthly Matters**

The March/April 2024 edition of Earthly Matters, the blog dedicated to the partnership between Cemex and the RSPB, is now available to read online <u>here</u> or scan the QR code.

In this month's edition:

- RSPB Update
- Mining bees in quarries
- Momentum for nature is it building?
- Our Sand Martin Code a reminder



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

### Lending a Hand Packing Food



Last week an Operational Excellence team from the UK spent a morning Lending a Hand day at the Coventry Food Bank, close to the Cemex UK head office.

Together, the team spent the morning sorting all the Foodbank donations into food parcels – each one containing a minimum of three days of nutritionally balanced, non-perishable, tinned and dried food. The team learnt a lot about the work the food banks do to support communities both locally and internationally.

The <u>Coventry Foodbank</u> is part of a nationwide network of foodbanks, supported by The Trussell Trust, working to combat poverty and hunger across the UK. Further Lend a Hand opportunities for colleagues based at Binley are now being planned. They have recently received National Lottery funding which has been invested in large fridge/freezer storage facilities and a kitchen facility on site. This means they can now provide fresh produce in their food parcels, including fresh soups made on site. The recipients of the parcels will therefore be receiving healthy, fresh, and nutritious food (not just baked beans and rice!).

The wider aid they provide to children in Zimbabwe and South Africa continues to grow, with a new program rolled out to educate UK school children on the Global food crisis, which involves the children helping to weigh and pack the food for shipping to Africa.

While there last year, the team offered some operational improvements to the Foodbank manager and they were delighted to see, on this recent visit, that some of their ideas have now implemented. As a result, the speed of their packing process has increased and several of their volunteers commented about the improvements.

The team reported back that the Foodbank were desperately short of certain items and so collection is being arranged at our Head Office for people to donate specific items.

Volunteering is part of Cemex's commitment to sustainable development, and all employees are encouraged to actively engage in activities that contribute to improving the quality of life and well-being in cities and communities where we live and operate.

If you are interested in taking your team for a Lend a Hand activity this year, please contact Chiedza Mupfumira, Social Impact Specialist, to discuss opportunities in your local area.

### Coming Soon! NEW Global Challenge

Get your phones ready as the next Global Always in Action Challenge is coming your way!

**Launching on 15<sup>th</sup> April,** the latest AiA Challenge will focus on the Circular Economy.

Circular Economy is a mindset on achieving results and making the economy move using closed-loop systems where we recover, transform, and recirculate all materials. We avoid using natural resources and we focus on reusing and transforming everything that is already available in our different ecosystems and production systems.



In Cemex our goal for 2023 is to process and transform +40 million tons of waste.

From 15<sup>th</sup> April you will find the new challenge on your AiA app on your mobile device. Don't have the app yet – you can find it on your devices app store – or just scan the QR codes.

### Start with StartSafe

The Operational Excellence team have recently developed a new 'smart' notification tool called StartSafe, to enable colleagues to visually see how many NMHAs, VFLs and structural items are open/have been completed on a given site.



95% of our UK Materials sites have had VFLs completed on site within the last six months. The global target is one per year, so almost all UK Materials sites are receiving double the target.

The StartSafe tool is published every Monday morning. You can use this to see which sites have not received visits recently (plus you can see open and overdue NMHAs and H&S inspection items). Often, these can be sites at the extremities of a market area or those which are not close to a hub office, so let's make sure they don't get overlooked for VFLs! An automated weekly email is circulated to approximately 120 people. If you would like to be included in the mailing list please contact Matt Baines <u>matthewgary.baines@cemex.com</u>.

The tool, developed in PowerBI, has been optimised for mobile/tablet view and sends a weekly 'Start your week safely' notification. Being quick and very easy to use, the visual tool is updated weekly, and is ideal for checking first thing on a Monday before site visits. It will hopefully encourage more managers to visit sites with low VFL and NMHA numbers, or high overdue structural survey items. The tool also contains a link to the weekly Health & Safety report.

Currently the tool has been rolled out to Readymix Operations Managers, Readymix General & Commercial Managers, Aggregates Operations Managers, Quarry Managers, Assistant Quarry Managers, the Operational Excellence team and Health & Safety team members.

If you are interested in using the tool you can access it HERE. The link takes you to the StartSafe dashboard plus a quick tour of the tool.

### រំម៉ាំរ EMPLOYEES

### Latest Women's Health Webinars and Support

Our new Wellbeing focus for March and April is 'Women's Health & Wellbeing' and we have launched this new campaign with two new webinars in April.

Please share the poster with QR codes on your workplace notice boards and Wellbeing boards – poster can be found at the end of this document and on the Women's Health download page <u>here</u>.

#### Menopause Webinar - exploring female menopause

#### 17<sup>th</sup> April @ 10am

#### Click here to register: https://wellbeingbooking.co.uk/events/FIB7U2

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.

You are invited to register for this 60 minute webinar, delivered live, exploring female menopause. There will be an opportunity to ask questions of our skilled health practitioner at the end of the session. Once you have registered the calendar invite will be sent out to you.

### \*\*NEW\*\* Supporting others through the menopause

#### Friday 19<sup>th</sup> April @ 12pm - 12:30pm To register click <u>here</u>

This session will be run by Care first Menopause Mentor, Suzanne.

In this webinar, we will explore ways to support individuals going through menopause and touch upon the concept of male menopause, often referred to as andropause.

### Women's Health Webinar

### Women's Health Webinar: 23<sup>rd</sup> April 2pm

Click here to register: https://wellbeingbooking.co.uk/events/KYELBY

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.





### **Further Resources**

You can find lots of resources on our UK News Women's Health download page <u>HERE</u>. Please these on your workplace notice boards and wellbeing notice boards.

- Women's Health Resources 2024
- <u>Women's health webinars</u>
- Women's Health Webinar Overview Apr 24
- Menopause Webinar Overview Apr 24
- <u>Menopause Myths poster</u>
- <u>Women's Health Materials Flyer</u>
- Information Sheet about the Menopause
- Women's health fact sheet
- <u>Menopause poster</u>

### **Cadets Keep Crews on Their Toes**



For some years our colleagues in Cemex UK Marine have been supporting other shipping companies with training opportunities on our ships for their cadets. The Cadets, who are sponsored by the Maritime Educational Foundation and managed by Safe Ship Training Group, will spend time on our Cemex vessels to gain some valuable experience, and while with us, help to keep our crews on their toes with their many questions!

A recent Cadet, along with members of the Cemex Go Innovation dredger ship crew, have shared some insights to having Cadets onboard.

Cadet Harriet Cooke shared her experience: "I've really enjoyed my

time onboard Cemex Go Innovation. I've gained lots of hands-on experience in all areas such as navigation, mooring and maintenance of the vessel. I've grown confidence in watch-keeping from lots of coastal navigation and having the opportunity to practice ship handling such as anchoring.

My time onboard CGI has especially helped me work towards my OOW exams, as well as helped me to prepare for when I am a newly qualified third officer. The crew onboard have all been extremely helpful when any questions and have always pushed me to improve my knowledge and confidence in all areas. I have participated in lots of realistic drills which have helped me learn emergency response and procedures, which will be useful in my oral exams."

Captain Dave Pearson – Cemex Go Innovation told us: "We have had quite a few Cadets onboard over the last two years and by and large they have been a pleasure to have onboard. We enjoy training the Cadets as we find it keeps our knowledge fresh and up to date, they are enthusiastic and really appreciate the time that is given to them by myself and my officers. We have had several female and male Cadets who have found the placement in this company to be completely different to their experiences with several other

training providers who have not been quite so supportive. Cemex have now sponsored our own Cadets both engine and deck and we hope to see them progress and become valued members of our onboard teams."

Chief Officer Matt Gheisari, Cemex Go Innovation, said: "Having Cadets onboard has been a breath of fresh air. It keeps us all on our toes with the constant stream questions. It helps us all stay ahead of the curve by keeping our own training at the forefront of our thoughts and trying to pass on as much knowledge as we can to future generations."

Meanwhile, Jesse Strong, the first engineering cadet to be sponsored by Cemex UK's Marine business, was one of the attendees to visit MSA Portsmouth as part of his Cadet Simulator Coaching & Mentoring Programme. The Engine Cadets had fun in the engine control room, putting their skills into practice and training on the bridge simulator with emergency scenarios. The group also had the opportunity to join our Cemex Go Innovation ship for three days during their university easter break. This gave the Cadets a fantastic insight and practical experience of an operational ship.

### Winners Receive Awards



Back in January 2024 Matt Baker and Christina Shields, Logistics Support, Supply Chain, won the month Thanks For Your Effort award for going above and beyond their day jobs to deliver an excellent example of safety innovation.

Their nomination was made by Carl Milton, Cement Logistics Manager, Supply Chain – Logistics, which you can read all about <u>HERE</u>.

Here you can see them proudly their award certificates.

### Do you know of a colleague who deserves a Thanks For Your Effort Award?

Nominate any colleague you think has gone above and beyond their day job and demonstrated any of the Cemex values. Please email: <u>gb-hrplanning@cemex.com</u> for a nomination form.

### **Final Materials Roadshows Dates Announced**

The final dates for the Materials Roadshows with Lex Russell are now available to book your place. All Cemex employees are welcome to attend.

The final three venues are Dove Holes, Stockton and Head Office, Binley.

**Please contact the organiser** for the venue to book your place, indicating which session you prefer.



MATERIALS ROADSHOWS WITH LEX RUSSELL Final dates for your diaries The final dates are now

### Wednesday 17th April - Dove Holes

10.30 – 12.00 13.00 – 14.30 For Dove Holes please contact <u>stephenj.leigh@cemex.com</u>

### Tuesday 23rd April - Stockton

10.30 – 12.00 13.00 – 14.30 For Stockton please contact <u>christine.crooks@ext.cemex.com</u>

### Wednesday 24th April - Cemex House, Binley

9.00 – 10.30 11.00 – 12.30 For Head Office, Binley please contact <u>tina.baxter@cemex.com</u>

### 8 Steps to On-Time Supplier Payments



We are launching on internal communication campaign to increase our collective understanding of the payment process to our suppliers. Our goal is to ensure all payments are processed on time, providing our suppliers with the best experience possible. To accomplish this. we need to have everyone in Cemex on board with the steps that must be followed to ensure on-time payments.

We have identified **8 simple steps** that must be followed:

- 1. Vendor must exist in SAP
- 2. Create, authorise, and send the purchase order to the supplier
- 3. Goods /services are physically received/ rendered. PO is good receipted in SAP
- 4. Invoice is sent for processing
- **5**. Automatic Three-way matching (PO = GR= IR)
- 6. Resolve matching discrepancies
- 7. Invoice is scheduled for payment
- 8. Payment is processed

You can also find a PDF of the guidance infographic at the end of this document and in the download section of the UK News website: www.cemexuknews.co.uk/downloads

We will be providing materials to all of you, including guidelines and other resources, to **ensure everyone is familiar with the process.** 

We are counting on your support to ensure that our suppliers are paid on time!

### Ifty Celebrates With His Team

Last month the team at Somercotes Rail Solutions celebrated with Iftikhar Arain (Ifty) on his 60th birthday.

Ifty, originally from Pakistan, moved to the UK in 2005 with his wife and three children. He started his career with Cemex in 2008 working originally through an agency and in 2014 Ifty was taken on as a full-time employee working within the Rail Solutions design team.

Over the years Ifty has increased his knowledge of rail design and currently holds the position of Senior Design Engineer.



Business Manager, Terence Clair, shared: "Ifty is an integral part of the team at Somercotes his ambition to learn and push the boundaries of his own knowledge are a credit to himself and the rail business. It has been my honour to see Ifty grow over the years, and he continues to be of immense support to me and the business and is most definitely someone I am lucky enough to call friend. We all wish Ifty a very happy 60th birthday and look forward to many years of working together."

Congratulations on your 60<sup>th</sup> birthday Ifty, we hope you enjoyed your celebrations and your amazing cake!

### **April Savings for All!**

Did you know you can make big savings through our Cemex Lifestyle benefits platform? Click <u>HERE</u> to see how you can save money this April!

**Say hello to April!** With brighter days and hopefully warmer weather on its way, you can maximise your savings on everything from home essentials to wardrobe staples through your platform this spring!

Perhaps you're looking to give your home a thorough spring clean? Shop at B&M for all your household cleaning supplies and enjoy a 7% discount when using an eVoucher.



Ready to roll up your sleeves and take on your next DIY project? Shop at Screwfix for all the tools, accessories, and storage solutions you may need. Whether you're a seasoned pro or a DIY enthusiast, they have everything to help you get the job done right. Don't forget to take advantage of our 5% discount with an instant eVoucher.

For all your spring home improvement projects before the weather improves and you spend more time out in your garden or outdoor space, Wickes can help give your home a fresh new look. Whether that's a coat of

paint, some tiling, the finishing touch of some stylish shelving, Wickes will have you covered. Plus, you can save 5% when you use an instant eVoucher at the checkout.

If you're envisioning a flooring or carpet upgrade, look no further than Carpetright. They have a wide selection and unbeatable quality and will help transform your home's ambiance. Get 9% off when you use an instant eVoucher in-store.

Aside from DIY and spring cleaning, perhaps you're just looking at wanting to refresh your wardrobe with spring essentials. Discover a wide range of stylish staples perfect for the season at Primark and save 8% when you use our instant eVoucher. It's the perfect time to update your look for less!

<u>Head over to your platform</u> for these and hundreds of other great discounts to help you save this April!

### Latest Care First Seminars – April/May

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 <u>here</u>.

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

### W/C<u>8th April 2024</u> – click for QR codes to register

### **Stress Awareness Month**

Friday 12th April - @ 12pm In line with Stress Awareness Month, this webinar looks at the impact stress can have on our day to day lives while detailing techniques and strategies for helping manage stress. To register click <u>here</u>

### W/C<u>15<sup>th</sup> April</u> – click for QR codes to register

### Care first Lifestyle – Your Digital Wellbeing Solution

Monday 15<sup>th</sup> April – 12.00 – 12.30pm This webinar walks you through the Lifestyle website, with details and demonstrations of the tools on offer and how to access it. To register click <u>here</u>



### How Care first can support you

Wednesday 17th April – @ 12pm To register click <u>here</u> For more details click <u>here.</u>

### Supporting others through the menopause

Friday 19<sup>th</sup> April - 12pm – 12.30pm This session will be run by Care first Menopause Mentor, Suzanne. In this webinar, we will explore ways to support individuals going through menopause and touch upon the concept of male menopause, often referred to as andropause.

### w/c 22nd April – click for QR codes to register

### What is short term solution focused counselling

Monday 22nd April - 12pm This webinar provides further information on short term solution focused counselling and 'in the moment' support provided by Care first. To register click <u>here</u> For more details click <u>here</u>.

### How Care first can support you

Wednesday 24th April - 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 <u>here</u> For more details click <u>here</u>.

### Managing stress and pressure at work

Friday 26th April - 12pm This webinar gives advice on how you can recognise the signs you may be stressed at work and some steps you can take to begin to control it. To register click <u>here</u> For more details click <u>here</u>.

### w/c 29th April - click for QR codes to register

### **Care first Management and MHFA Support**

Monday 29<sup>th</sup> April - 12pm This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations. To register click <u>here</u>

### How Care first can support You

1<sup>st</sup> May – 2024 – 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 <u>here</u>

### Sun safety

Friday 3<sup>rd</sup> May - 12pm

This webinar provides viewers with an understanding of the importance of sun safety and the effect warm weather can have on both your physical and mental health. To register click <u>here</u>

### You can find full details about all the seminars <u>here</u>.

### **Internal Vacancies**

IVC Ref	Position	Company	Location	Closing date
64-04-2024	Mechanical Supervisor	Cement Operations	Rugby Cement Plant	18/04/2024
65-04-2024	Electrical Engineer	Cement Operations	Rugby Cement Plant	18/04/2024
66-04-2024	Maintenance Planning Administrator	Cement Operations	Rugby Cement Plant	18/04/2024
67-04-2024	Mechanical Technician x 2	Cement Operations	Rugby Cement Plant	18/04/2024
68-04-2024	Reliability Technician x 2	Cement Operations	Rugby Cement Plant	18/04/2024
69-04-2024	Scoping CDM & Planning Engineer x 2	Cement Operations	Rugby Cement Plant	18/04/2024
70-04-2024	Plant Manager	Urbanisation Solutions - Asphalt	Nottingham	19/04/2024
71-04-2024	Senior Fitter	Urbanisation Solutions – Building Products	Rochester	24/04/2024
72-04-2024	Sales Executive	Materials - Readymix	North West	24/04/2024

### 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 <u>gb-communicationsandpublicaffairs@.com</u> If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.



# Women's Health Webinars

### Menopause Webinar

### 17th April 2024 10:00 – 11:00am



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.

# Supporting others through menopause

19th April 2024 12:00 – 12:30pm



This session will be run by Care first Menopause Mentor, Suzanne.

In this webinar, we will explore ways to support individuals going through menopause and touch upon the concept of male menopause, often referred to as andropause.

### Women's Health Webinar

### 23rd April 2024 14:00 – 15:00pm



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.



# **CEMEX Procure-to-Pay process flow**

8 steps to on-time supplier payments



Issuing your PO on time is crucial to streamline the payment process to our suppliers!

Invoice Reception

Contact for inquiries

UK.Supplierinvoices@Cemex.com Ncrvendor.recon@cemex.com tel +44-2034575782

# Care first Weekly Publicity Calendar



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Day/date/time	Daily Theme	Article	Webinar	Join
<b>Monday</b> April 22 <sup>nd</sup> , 2024 12pm-12.30pm	Service Awareness	What is short term solution focused counselling	LINK: https://attendee.gotowebinar.com/register/5012909244677555807 This webinar provides further information on short term solution focused counselling and 'in the moment' support provided by Care first.	
<b>Wednesday</b> April 24 <sup>th</sup> , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	LINK: https://attendee.gotowebinar.com/register/3125321558181492821 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> April 26 <sup>th</sup> , 2024 12pm - 12:30pm	Mental Wellbeing	Managing stress and pressure at work	LINK: https://attendee.gotowebinar.com/register/5104440289155116635 This webinar gives advice on how you can recognise the signs you may be stressed at work and some steps you can take to begin to control it.	

'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



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Day/date/time	Daily Theme	Article	Webinar	Join
<b>Monday</b> April 29 <sup>th</sup> , 2024 12pm-12.30pm	Service Awareness	Care first Management and MHFA Support	LINK: https://attendee.gotowebinar.com/register/2175855884370723421 This webinar provides an overview of the support available through the EAP for managers and Mental Health First Aiders of organisations.	
<b>Wednesday</b> May 1 <sup>st</sup> , 2024 12pm-12.30pm	Care first Awareness	How Care first can support you	LINK: https://attendee.gotowebinar.com/register/8382740860152736603 A webinar to raise awareness of the service and information on how to access the EAP support provided by Care first.	
<b>Friday</b> May 3 <sup>rd</sup> , 2024 12pm - 12:30pm	Physical Wellbeing	Sun safety	LINK: https://attendee.gotowebinar.com/register/7606448267545804118 This webinar provides viewers with an understanding of the importance of sun safety and the effect warm weather can have on both your physical and 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.