

To help promote health and wellbeing activities and conversations we have put in place Health and Wellbeing Champions throughout the business.



They are the first line of support for you and your colleagues and will:

- Listen and offer support, signposting you to the internal, external, and professional help available.
- Encourage local engagement, tackling stigma and empowering you to talk about health and wellbeing.
- Lead by example, inspiring you to improve your physical, mental, and environmental health.

Health and Wellbeing Champions are available to speak to across the entire business. Conversations are completely confidential and not just limited to the Champions where you work. If you would feel more comfortable talking to someone outside of your local area or perhaps to someone in a similar role to you, then reach out.

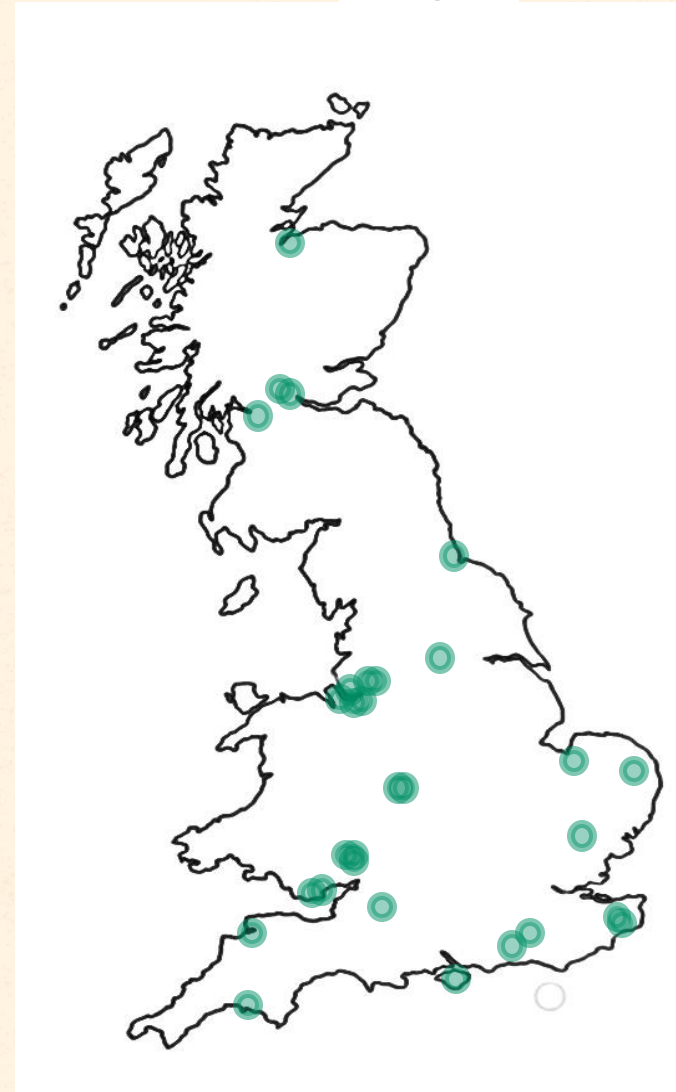
We want every colleague to have access to the support they need and to be there to help every step of the way.

We now have 31 Health and Wellbeing Champions, all of whom are Mental Health First Aiders. To find contact details for a Champion, see the Health and Wellbeing pages on the intranet, or use the QR Code below.



Health & Wellbeing Champions

Name	Location	Role
Andy Toal	Horsham	Driver
Chris French	South-East	HSE Business Partner
Craig Brown	Castleford	Driver
Dan Johnson	Yelland	Driver
Darron Lilley	Ashford	Area Operations Manager
Dianne Totty	Hartlepool	Commercial Sales
Emily Wheeler	Sudbury	Stock Management Team Leader
Hayley Boase	Plymouth	Depot Operations Supervisor
Ian Glasper	South-West	HSE Business Partner
Jason Abnett	Coleshill	Driver
Jean Watkins	Glasgow	Retail – COCO Area Manager
Jonathan Cheatle	Lerwick	Depot Operations Supervisor
Kerry McIntosh	Inverness	Terminal Manager
Kevin Latcham	Wales	Regional Operations Manager
Kimberley Steadman	Larbert	Accounts Payable Supervisor
Malcolm Kington	Devizes	Driver
Mark Duncan	Warrington	Head of HSE – Core
Michelle Fitton	Warrington	HR Resourcing Business Partner
Murray Draine	Cheltenham	Domestic Sales
Paul Brockman	Ashford	Driver
Paul Creed	Cardiff	Area Operations Manager
Paul Maguire	Trafford Park	Fuel Cards BDM
Richard Marshall	Cardiff	Driver
Ricky Pegg	Coleshill	Driver
Rob Simpson	Kings Lynn	Depot Operations Supervisor
Ryan Farrall	Ellesmere Port	Depot Operations Supervisor
Sarah Hall	Home-based	HSE Business Partner
Steve Casey	Manchester	Heating Services Engineer
Sue Porter	Norwich	SNAP Business Administrator
Tim Crowley	Larbert	Credit Control
Vickie Hyde	Isle of Wight	Commercial Sales





We are pleased to advise that we now have a total of 31 Health and Wellbeing Champions within the company, all of whom are Mental Health First Aiders.

Please take a look at the location map to see who these Champions are and where they are located.

Remember, our Champions are available for all colleagues, regardless of their role, business area or location.

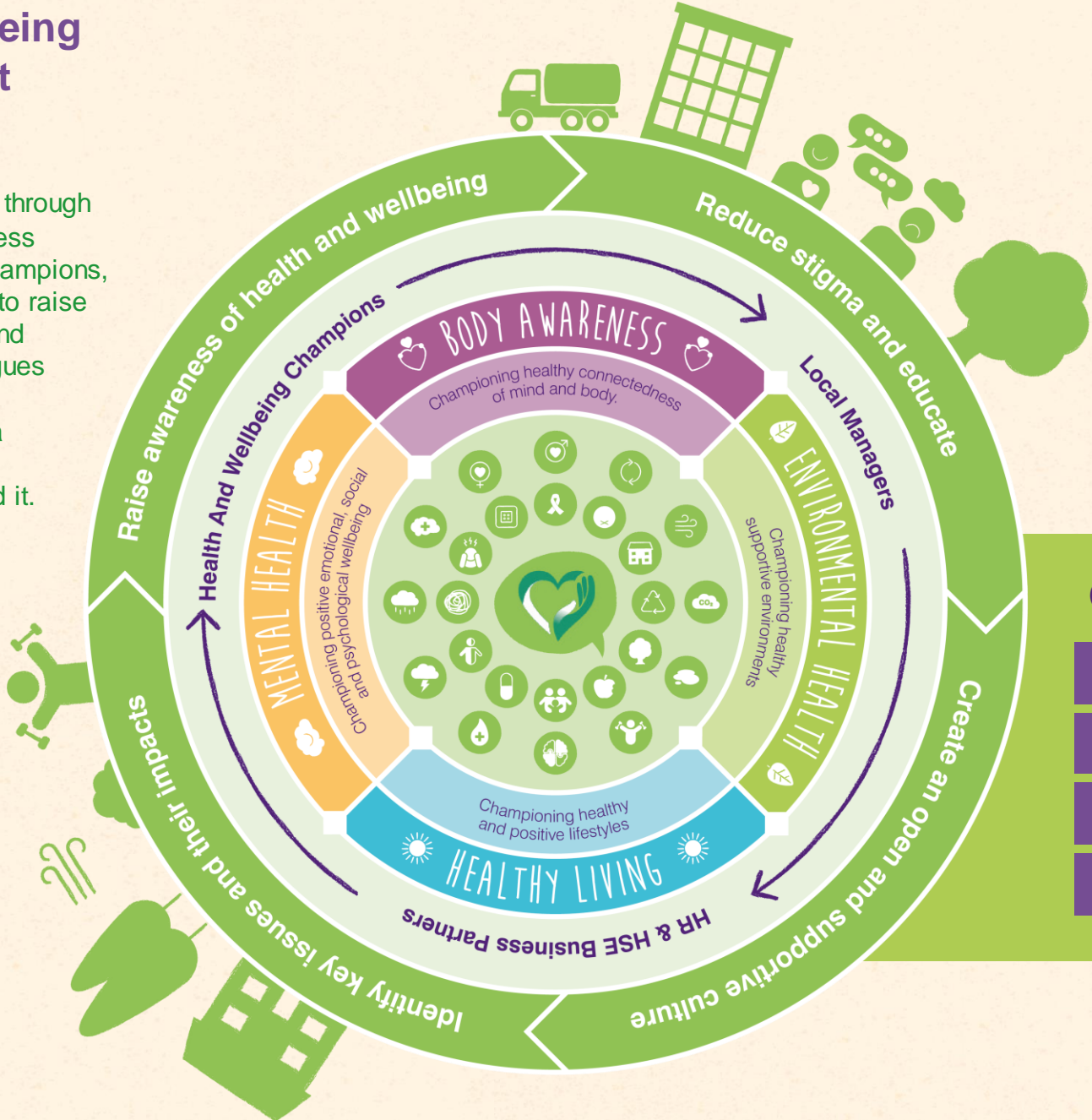
An updated contact list for the Champions is available on the intranet.

Name	Location	Role
Andy Toal	Horsham	Driver
Chris French	South-East	HSE Business Partner
Craig Brown	Castleford	Driver
Dan Johnson	Yelland	Driver
Darron Lilley	Ashford	Area Operations Manager
Dianne Totty	Hartlepool	Commercial Sales
Emily Wheeler	Sudbury	Stock Management Team Leader
Hayley Boase	Plymouth	Depot Operations Supervisor
Ian Glasper	South-West	HSE Business Partner
Jason Abnett	Coleshill	Driver
Jean Watkins	Glasgow	Retail – COCO Area Manager
Jonathan Cheatle	Lerwick	Depot Operations Supervisor
Kerry McIntosh	Inverness	Terminal Manager
Kevin Latcham	Wales	Regional Operations Manager
Kimberley Steadman	Larbert	Accounts Payable Supervisor
Malcolm Kington	Devizes	Driver
Mark Duncan	Warrington	Head of HSE – Core
Michelle Fitton	Warrington	HR Resourcing Business Partner
Murray Draine	Cheltenham	Domestic Sales
Paul Brockman	Ashford	Driver
Paul Creed	Cardiff	Area Operations Manager
Paul Maguire	Trafford Park	Fuel Cards BDM
Richard Marshall	Cardiff	Driver
Ricky Pegg	Coleshill	Driver
Rob Simpson	Kings Lynn	Depot Operations Supervisor
Ryan Farrall	Ellesmere Port	Depot Operations Supervisor
Sarah Hall	Home-based	HSE Business Partner
Steve Casey	Manchester	Heating Services Engineer
Sue Porter	Norwich	SNAP Business Administrator
Tim Crowley	Larbert	Credit Control
Vickie Hyde	Isle of Wight	Commercial Sales



Our Health and Wellbeing Framework & Support System

By providing support to colleagues through Local Managers, HR & HSE Business Partners, Health and Wellbeing Champions, and professional services, we aim to raise awareness on a variety of health and wellbeing topics. Educating colleagues and promoting open and honest conversations to reduce the stigma and give people access to the support they need, when they need it.



Our Support System

- Health and Wellbeing Champions / Mental Health First Aiders
- Employee Assistance Programme → Health Assured
- Physiotherapy → Back in Action
- HWB Intranet → Self-Serve Info & Guides



Health and Wellbeing Contact Points – Internal

Health Assured Complete Health and Wellbeing Support

Health Assured is an independent health and wellbeing support provider through whom we operate our Employee Assistance Programme (EAP).

This free service is available to all colleagues and members of their household 24/7/365 via both the web and the My Healthy Advantage app and can provide compassionate support and assistance with any challenges you may be facing.

Call free, confidentially on 0800 030 5182
Website: <https://healthassuredeap.co.uk/>

Username: certas

Password: energy

App: My Healthy Advantage

Code: MHA001763

Back In Action UK

Back in Action UK are a national specialist Occupational Physiotherapy company. We have partnered with them to provide free physiotherapy consultations for all colleagues.

They have expert knowledge of all areas of musculoskeletal discomfort and can help manage symptoms of not only back pain, but upper and lower limb issues too. Remember, prevention is better than cure, so, if you are having problems now, don't wait to get them seen to.

See the intranet for more information.

If you have any questions about these services, speak to your Local Manager or one of the Health and Wellbeing Champions.