

SMALL CHANGES  
**BIG IMPACT**



# INTRODUCING OUR WELLBEING NETWORK

Thermo Fisher Scientific – CRM & BL  
April 2024



# Wellbeing Network and Zen Den Launch

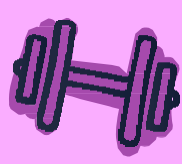
Towards the end of 2023 as a team we wanted to look at the rebranding of our Mental Health & Wellbeing posters/leaflets and overall give our Mental Health & Wellbeing strategy a lift.

With this we wanted to enlist a team of people to help us from different departments throughout the business. It was advertised at the end of town halls with a sign up sheet of people who would be interested and in which subject matter they would like to promote. We took the idea of the different sub categories from the BHAW set up and had people interested who either had background in or were highly interested in: Physical Health, Nutrition, Drug and Alcohol misuse, Wellbeing and Mental Health. Once the team was formed, the first meeting was called and the Agenda was set.

Simply, the Agenda for the first meeting was to set the tone for the group and discuss what would be the Mission Statement, the name of the group and to explain that the launch would go hand in hand with the opening of the Sanctuary.

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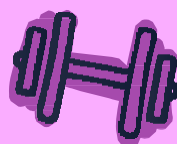
# WHAT IS THE WELLBEING NETWORK?

## Mission Statement

Our mission is to come together as a united force, aiming to enhance the health, wellbeing, and overall culture of our colleagues. You, as our valued asset, can trust that we are committed to providing and maintaining a safe and secure workplace environment for you.

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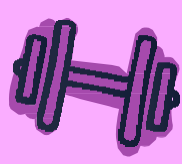


# Introductions.... Who are we?

<b>Caroline Mortlock</b>	EHS Manager	Days
<b>Dafydd Milton</b>	PPI Manager	Days
<b>Sam Lee</b>	EHS Specialist	C Shift
<b>Sharon Mullin</b>	BPC Supervisor	C Shift
<b>Martin Quince</b>	Team Leader	C Shift
<b>Ross-Jordan Lea</b>	EHS Technician	Days
<b>Karl Leighton</b>	Manufacturing Tech.	B Shift
<b>Connor McGarvey</b>	Team Leader	C Shift
<b>Carole Allouche</b>	Manufacturing Tech.	C Shift
<b>Tony Watson</b>	Manufacturing Tech.	A Shift
<b>Caroline Mein</b>	Manufacturing Tech.	C Shift
<b>Leanne Cross</b>	EDT / Training Coordinator	Days

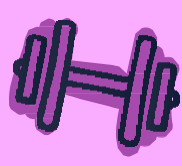
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# EATING WELL

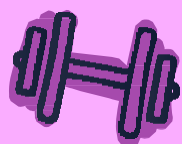


# EATING WELL FEELIN' GREAT

"Nourish your body, uplift your spirit!"

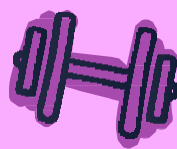
Eating Well, Feeling Great. Join us as we embark on a journey towards a healthier lifestyle, one delicious and nutritious bite at a time.

Let's fuel our bodies with wholesome foods and experience the incredible benefits of eating well. Get ready to unleash your inner vitality and discover the joy of feeling great from the inside out!"





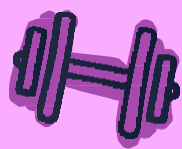
# LIVING CLEAN



# Embrace the Power of Living Clean

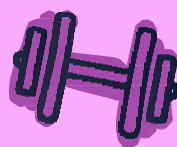
Embracing the power of living clean involves adopting a lifestyle that prioritizes cleanliness and hygiene in various aspects of our lives. This includes maintaining a clean physical environment, practicing good personal hygiene, and making conscious choices to promote overall well-being..

Embracing the power of living clean is a journey, it is important to be patient and consistent. Small changes in daily habits can make a significant difference.





# GETTING IN-TOUCH

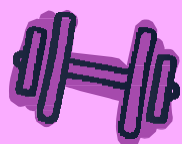


# Unlock the Path to Well-being Through Getting in Touch

Keeping in touch, is hugely important in maintaining good mental wellbeing. In our digitally connected world, it can be easy to overlook the significance of genuine human connection.

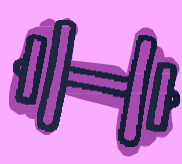
The Wellbeing Network will strive in offering support & a listening ear. The network is made up of time served co-workers with experience in varying topics.

A problem shared, is a problem halved....  
There is no need to struggle in silence.





# FINDING BALANCE

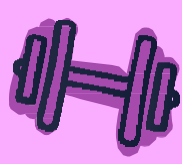


# Discover the Art of Balance for Optimal Well-being

Finding balance is essential in achieving optimal well-being, especially given the challenges life can throw at us – Often very daunting.

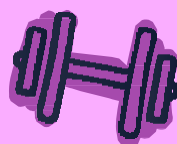
Allocating time for self-care, leisure, and relationships, alongside work will help you establish healthy boundaries.

Join us, on the discovery to balance the scales of life that we are all looking for.





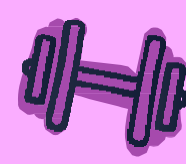
# BEING A FRIEND

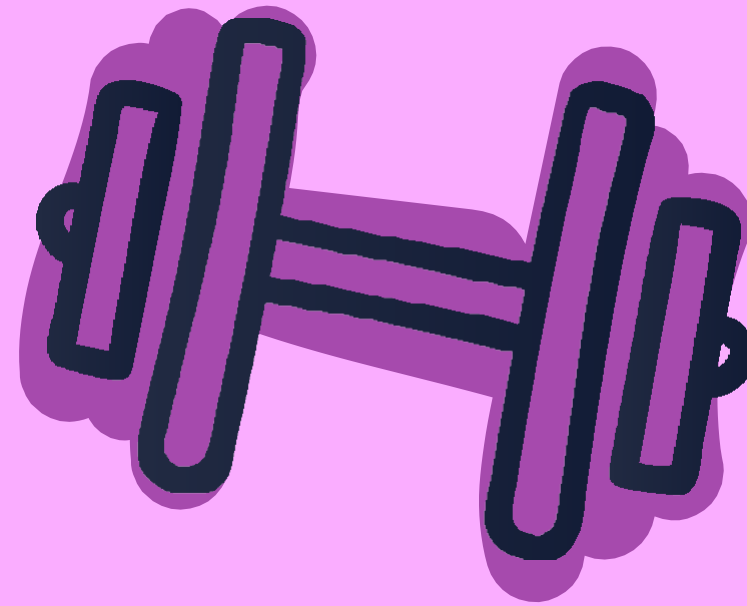


# Embrace the Power of Connection: Through Being a Friend

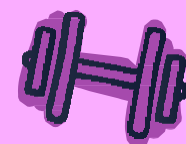
Embracing the power of connection through being a friend can greatly enhance your well-being and the well-being of others.

Be willing to give and receive support, understanding, and kindness. Through being reliable and trustworthy and showing appreciation and gratitude, you can cultivate meaningful and fulfilling relationships.





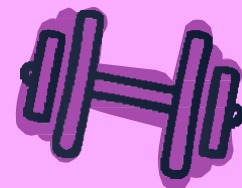
# KEEPING ACTIVE

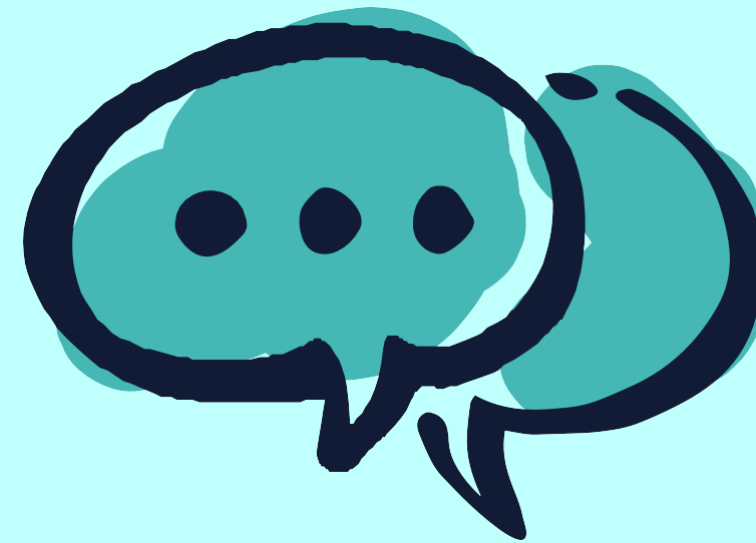


# Ignite Energy Through the Power of Keeping Active

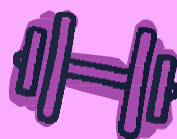
Keeping active is a powerful way to ignite energy and promote overall well-being.

Embrace an active lifestyle and look for opportunities to incorporate physical activity into your daily life. By choosing activities you love, you're more likely to stay motivated and make exercise a regular part of your routine and experience the numerous physical and mental benefits that regular exercise brings....





# SPEAKING UP

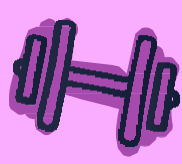


# Empower Your Voice: Through the Courage of Speaking Up

Speaking up takes courage, but necessary for personal growth contribute to positive change.

By speaking up, you can make a difference, create meaningful connections, and contribute to a more supported, inclusive and informed society.

Your voice has the ability to inspire and create change.



# Motivational Speaker

Welcoming....

**Luke Harrison**

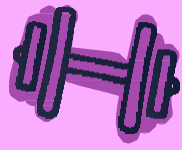
Founder – Supercharged

Website: [Luke John Harrison | FREE Diet Plan](#)

Email: [luke@superchargedbooks.com](mailto:luke@superchargedbooks.com)

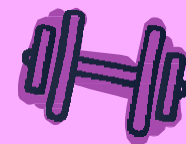
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# Opening of the 'Zen Den'

The dedicated space for our employees to relax, recharge, and prioritize their mental and physical health.





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**THANK YOU**

**ANY QUESTIONS?**

