

Mental Health Awareness Week

Encouraging U&C to Move Together!

Now into our second year as an employee collective, the Health & Wellbeing Committee were keen for the Company to get behind the fantastic nation-wide initiative of Mental Health Awareness Week. With this year's theme of movement, a range of activities were organised across our offices to inspire employees to get on their feet, get involved and get active! From bike rides to step challenges, morning stretches and even some hoola-hooping, we wrapped up a fantastic week with a Company-wide walk, encouraging everyone to step outside together, connect with colleagues and enjoy some time in nature. Employee participation across our week of movement was superb and showed fantastic support for the work of the committee whose aim is to encourage all in working, living and thinking well.

Mental Health Awareness Week is now a fixed feature in our corporate calendar and hugely championed across the business.



- Values
- -
 -
 -
 -
- Capitals
- -
 -
 -
 -