

Health & Wellbeing at U&C



Ensuring a real focus on our health and wellbeing at U&C

Promoting positive health and wellbeing for our employees has been at the forefront of our employee agenda for 2023 which has seen us supporting a number of initiatives to deliver the commitments of our H&W Policy. With Mental Health Champions working across the Company and covering all geographies, many have formed our new Health & Wellbeing Committee supporting employees to Work, Live and Think Well and have been the driving force behind our targeted events in support of Mental Health Awareness Week and World Mental Health Day.

Initiatives included a wellbeing relay, acts of kindness and replacing our usual all staff update with a mindfulness session alongside learning sessions with industry experts on Mental Health, Anxiety & Self Care and targeted MH training for all our Line Managers. Next year we will look to further build on the positive steps taken in 2023 which were hugely championed by our leadership team and employees.



Innovation



Human

