



*The **Helpful** Safety Company*



## LAST QUARTER OVERVIEW:

- Our Fire Protection Company Ball Fire sponsored the Bristol Bath and Somerset Tourism Awards.
- The team has grown, with 3 new members of the team joining recently.
- There's a new C2 Office in the North West!
- We have a Winner! - Carole won an award for being her amazing self.
- Jerome and Sarah ran the London Marathon.
- We have some info from our friends at Aardvark Occupational Health (previously SOH Vanilla) about the benefits of Occupational Health.

## It's been quite the year!

It's dark early, it's cold outside, and inflation is through the roof. There doesn't seem to be a lot to celebrate in the world at the moment.

Christmas is nearly here though. A chance to get together with friends and family, and hopefully, have a few well deserved days off.

We're here as always if you need us, and we're always happy to help.

A lovely customer allowed us to use their space for the great picture above and on the front of our calendar, showing our team and fleet based in the South West, although the team has grown again since this was taken.

*Best regards,  
Jerome*

## Ball Fire Protection sponsored the Bristol Bath and Somerset Tourism Awards!

Ball Fire, C2's fire protection company, which provides all types of fire protection related supplies and services to businesses big or small sponsored the 'Small Visitor Attraction of the Year' award at the Bristol Bath and Somerset Tourism Awards.

The ceremony took place at The Winter Gardens in Weston-Super-Mare on 1st December and the gold winner of the 'Small Visitor Attraction of the Year' award was West of England Falconry.

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## Bridgwater Carnival was spectacular as always!

After the pandemic prevented the Bridgwater Carnival from taking place in both 2020 and 2021, the Carnival returned and took place on 5 November and as always, exceeded expectations. It is great to have it back.

Several of our team were directly involved in the carnival and we're all amazed at the effort they put in.

Ball Fire supplied Fire Extinguishers for the event and we're thrilled to have contributed, albeit in a relatively small way, to



# **BALL**

## **FIRE PROTECTION**

## What's Jon been up to?

Jon has recently started working with a multinational in-ground underfloor heating systems provider.

Their products are innovative, their installation method is revolutionary, and it's great to have the opportunity to work with such a fantastic company.

Jon regularly attends the 'Your Partnerships' business networking events across Devon and Cornwall. He finds them to be a great opportunity to meet like-minded businesses.

If you happen to attend one of their upcoming events you may well see him there.

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## The George Inn Wedmore

The team at The George Inn Wedmore, brought this outstanding building back to its former glory when they refurbished it recently.



If the incredible effort they've put into the refurbishment of the building wasn't impressive enough, they were recently awarded 5 Stars (the highest possible rating) by the Food Standards Agency for food safety and hygiene.

It is great to see the huge effort they continue to put in has been recognised and it is a real pleasure to be able to work with such a lovely group of people.



## The Team keeps growing!

In the past few months the team has increased, with the addition of two new Safety Advisors and a Trainee Safety Advisor.

Ami (middle) joined us in August and is committed to offering our services to the highest standard all across Dorset.

Andy (right) joined us in September, and has thrown himself into life at C2. He's already an integral member of the team.

Kathryn (left) joined us at the end of October and will soon be taking her NEBOSH exam. We're all wishing her luck (not that she needs it).



## SOH Vanilla has grown and become Aardvark Occupational Health

On 1st August, SOH Vanilla merged with Amber Occupational Health to form Aardvark Occupational Health.

We originally planned to keep SOH Vanilla and Amber with their current names as they cover different parts of the South West, but as time has gone on we've realised that it makes more sense to offer our services across the UK under one brand.

All of our services are now under the Aardvark Occupational Health brand.

It was great to find out that our tireless leader Dr Catherine Lewis has won the Women in Health category at the West Country Women Awards.

Catherine puts an immense amount of effort into running Aardvark, and to see those efforts being recognised is fantastic.

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The rate of sickness absence hit its highest figure in over a decade in 2021. An increase of over 22% from the previous year is not a small increase.

Sickness or injury accounted for nearly 150 million working days lost in 2021. This equates to an average of 4.6 days lost per worker, though according to a survey, 49% of small businesses owners said their employees take off over 5 days per year.

This may seem like a relatively modest amount at first glance, but when you take into account that this isn't just the time they've missed but also the amount

of lost productivity, this can add up to a potentially huge reduction in revenue.

In 2019 it was found that British businesses lost an average of 38 working days per employee to physical and mental health related absence and presenteeism. This shows that just because your employees are physically present, it does not mean they are focused on their job.

If you apply those days to this year it's the equivalent of your employees working a total of 7 days across 2 months!

How much money could you save by reducing this? How much more could you earn?

Our aim is to help you reduce as much of that time as possible!

Having a happy and healthy workforce will benefit your business in other ways too.

Happiness increases creativity, allowing employees to innovate and overcome challenges with more ease. A happier workforce is likely to be more loyal, reducing staff turnover. They'll have higher morale and a better attitude, and be more willing to go the extra mile to support your business.

By ensuring that your employees' health and mental wellbeing is positive, and that the environment in which they work isn't adversely affecting their

health, you can take a big step towards reducing absence due to illness.

We'll work with you to manage your employees' health and wellbeing, from before they start working for you until the day they leave, giving you the confidence that your business' productivity will be better than other businesses, including your competitors!

Illness and sickness can never be reduced to zero, but by being proactive instead of reactive you can help to minimise absence and turbocharge productivity.

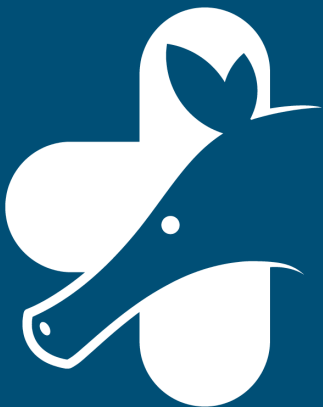
We tailor our services to complement your business, providing our services when and how you need them.

We use our Mobile Medical Centre so we can provide any service you need, where you need it.

We're Doctor-led, so you can be confident that the level of care you and your employees receive is of the highest standard.

Whether it is Mental Health and Wellbeing support, Health Surveillance to ensure your workers are suitably healthy for the roles they perform, sickness absence support, or one of the many other services we provide, we strive to provide our services in a professional and pragmatic manner.

Your team is your strongest asset, but it can be even stronger. We can help you make it stronger!



**AARDVARK**  
OCCUPATIONAL HEALTH

## There's a New C2 Safety Office in the North East!

C2 Safety North East are delighted to announce we have moved into a new office!

We are now located upstairs in The Granary at Wath Court located between Hovingham and Slingsby, near York. It is refreshing to move into a bigger space and now Anna and Lucie have finally finished putting together the furniture we can welcome visitors to the office.



We are located in a rural area where there is a real lack of work space so if any businesses in the Ryedale area are looking to host a meeting or need a training location near York then we may have just the place for you.

As part of our office we have a large private room which can be used for conferences or meetings and we are happy to host others who may wish to use the space.

We are aiming to run free small business Health and Safety clinics on a monthly basis in the New Year.

We'll be looking to make appointments available for companies consisting of 5

employees or less where we can provide guidance on general health and safety, answer any specific queries you may have, suggest practical solutions, and explain the legal requirements that come with being an employer.

Feel free to drop in and see us as the kettle is usually on!



If you'd like to get in touch with us, our contact details are:

**01653 213 388**

**[anna.maxwell@c2safety.co.uk](mailto:anna.maxwell@c2safety.co.uk)**

We look forward to hearing from you.



## Carole is a Winner!

The always amazing Carole has won the Women in Construction and Property category at the West Country Women Awards!

We're always amazed at the outstanding work Carole does and we are thrilled it has been recognized by the judges.

## Some notable things have happened in C2 World this year!

Two members of the team had big birthdays in October of this year. Both Mark and Andy turned 60 in October.

Ness, our HR specialist, took part in the Queen's Pageant on 5th June,

Mark and Ness, both mentioned above, got married on 1st April. I have been asked to point out that though this did happen on 1st April, it is not in fact an April Fools'.

Nick welcomed a baby girl in January.

John Lumsdon hung up his fire extinguishers, handed over his badge, and retired.

## The Team had a group outing to The Axe Shack!

Towards the end of November, after a long days work, some of the team visited one of our customers, The Axe Shack, to unwind.

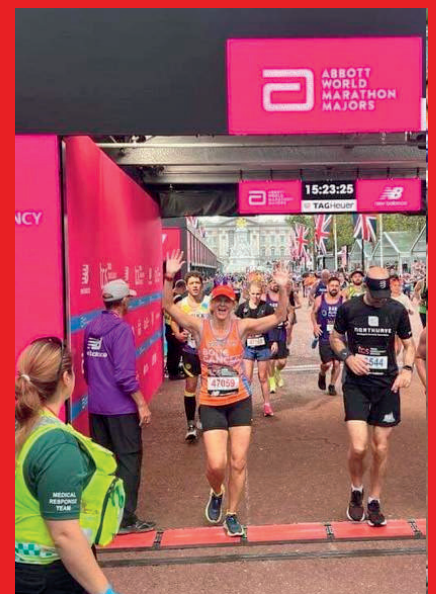
A great time was had by all and we'd highly recommend The Axe Shack if you're looking for a thoroughly enjoyable experience!



## Jerome and Sarah ran the London Marathon!

On Sunday 2nd October, Jerome and Sarah spent their time running the 42nd London Marathon!

They didn't start together, but found each other on the way round and ran with each other until nearer the end. Well done to the pair of them!



# C2 SAFETY PRESENTS

# ASBESTOS

# AWARENESS

*Ensure your employees understand the risks and basic safety procedures to follow on-site*

**FREE to  
Retained  
Clients!**

## **Make sure your employees understand:**

- The Types and Properties of Asbestos.
- Potential Health Effects of Asbestos Exposure.
- Uses of Asbestos and where it may be found.
- How to Avoid Exposure and Emergency Procedures.
- Asbestos Legislation in the UK.
- & **Reduce your liability!**

## **What are the Benefits?**

- Employees can complete the course in their own time.
- It's easy to follow.
- It covers the normal areas that No Win, No Fee solicitors ask about.

Speak to your advisor to get access.