



love every drop  
anglianwater

HAPPIER. HEALTHIER. SAFER.

# LIFE

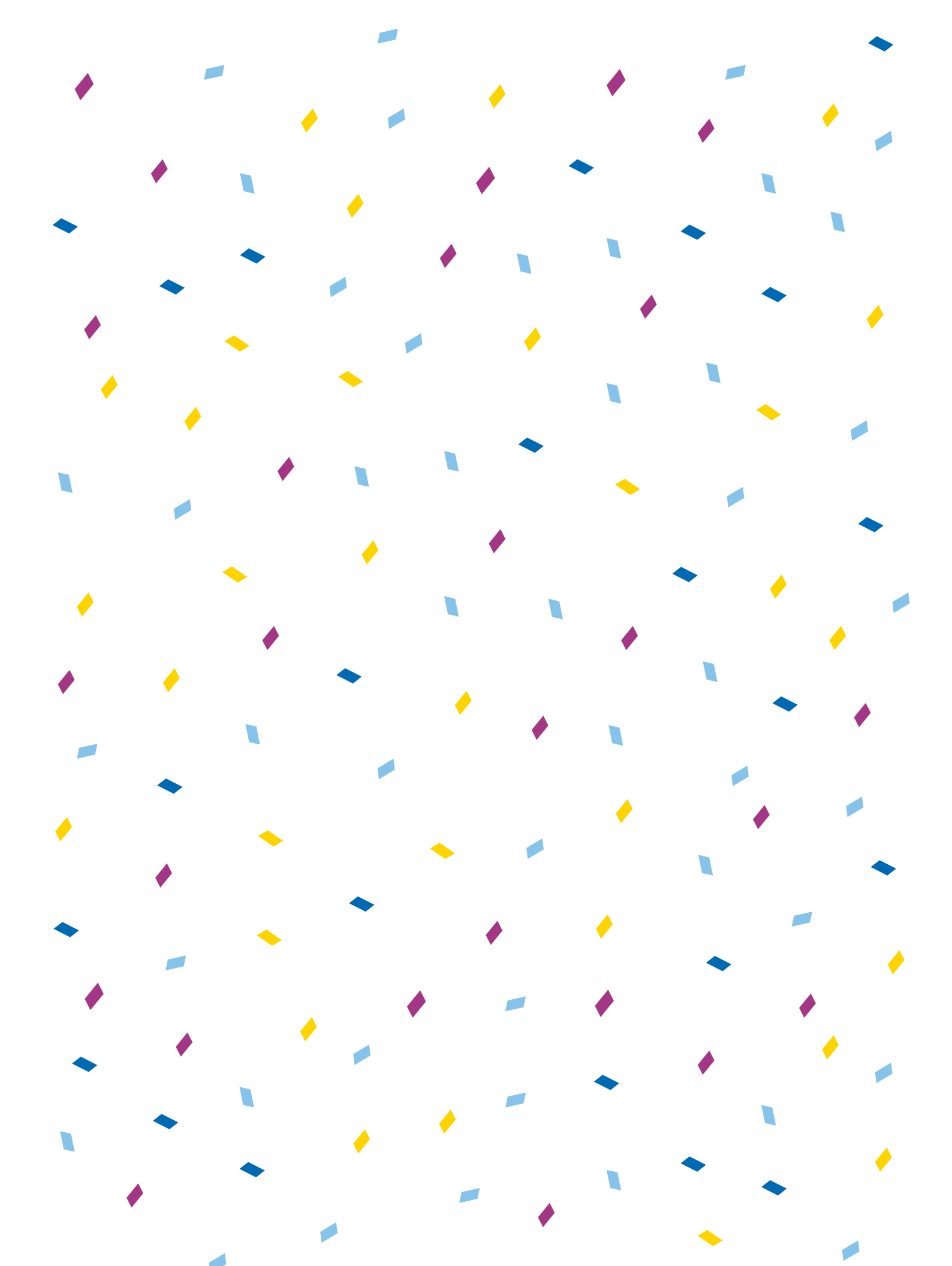
## FEST '23

### OFFICIAL EVENT PROGRAMME

18 - 21 September 2023  
Grafham Water



@one





# Welcome to **LIFE FEST 2023**

**This event will bring together Anglian Water, SD and CA, @one, SPA, IMR WR, IOS, IMR and IMDS for a festival style fully collaborative event.**

The agenda features exciting key-note speakers focussing on important Happier, Healthier and Safer topics. You will have fantastic opportunities to invest in your wellbeing, eat some delicious food and even enjoy some musical entertainment.

We want you to enjoy a fun, friendly but also meaningful day. Take the time to socialise and reconnect with colleagues, share stories and experiences and think about how we can all be happier, healthier and safer.

# Key information

**Date:** 18 - 21 September 2023

**Registration arrival time:** from 07.30 - event starts at 9:00 prompt.

**Close of event:** 15:30.

**Address:** Grafham Water Visitor Centre, Marlow Car Park, Grafham, Huntingdon, Cambs, PE28 0BH.

**Directions and parking:**

Free parking is available. Please see full details in this brochure.

**Please car share where possible.**

**Dress code:** Casual - this is a festival style event - please come prepared with comfortable shoes and clothing suitable for being outdoors at times throughout the day.

**Catering:** Refreshments on arrival and lunch is provided. Vegetarian, Gluten free, vegan and halal options available. Please bring water in a refillable water bottle. Lunch will be between 12.00 - 13.00.

**Accessibility:** The event and Grafham Water are fully wheelchair friendly. The Grafham Water Visitor Centre is all on one level and accessible toilets are available. This event is a festival style event. If you have any specific requirements, please email [lifest@anglianwater.co.uk](mailto:lifest@anglianwater.co.uk).

**Entertainment:** There will be exciting and thought provoking entertainment over lunch on the main stage.

**General info:** Attendance at this event is invite only, please don't attend if you haven't pre registered as you will be turned away due to number restrictions. If you cannot make the date you have registered, please let us know asap so we can offer your space to someone else. Contact [lifest@anglianwater.co.uk](mailto:lifest@anglianwater.co.uk)

Happier

Healthier

Safer



# Directions and parking

Main car park:

**Grafham Water Visitor Centre,  
Marlow Car park, Grafham,  
Cambridgeshire, PE28 0BH**

**Located on the north shore of  
Grafham Water just 2 miles  
from the A1 near Huntingdon**

What 3 Words:

**ringside.lift.flippers**

Overflow car park:

**Plummer Park B661,  
Huntingdon, PE28 0BN**

**A shuttle bus will run from  
here to the visitor centre**

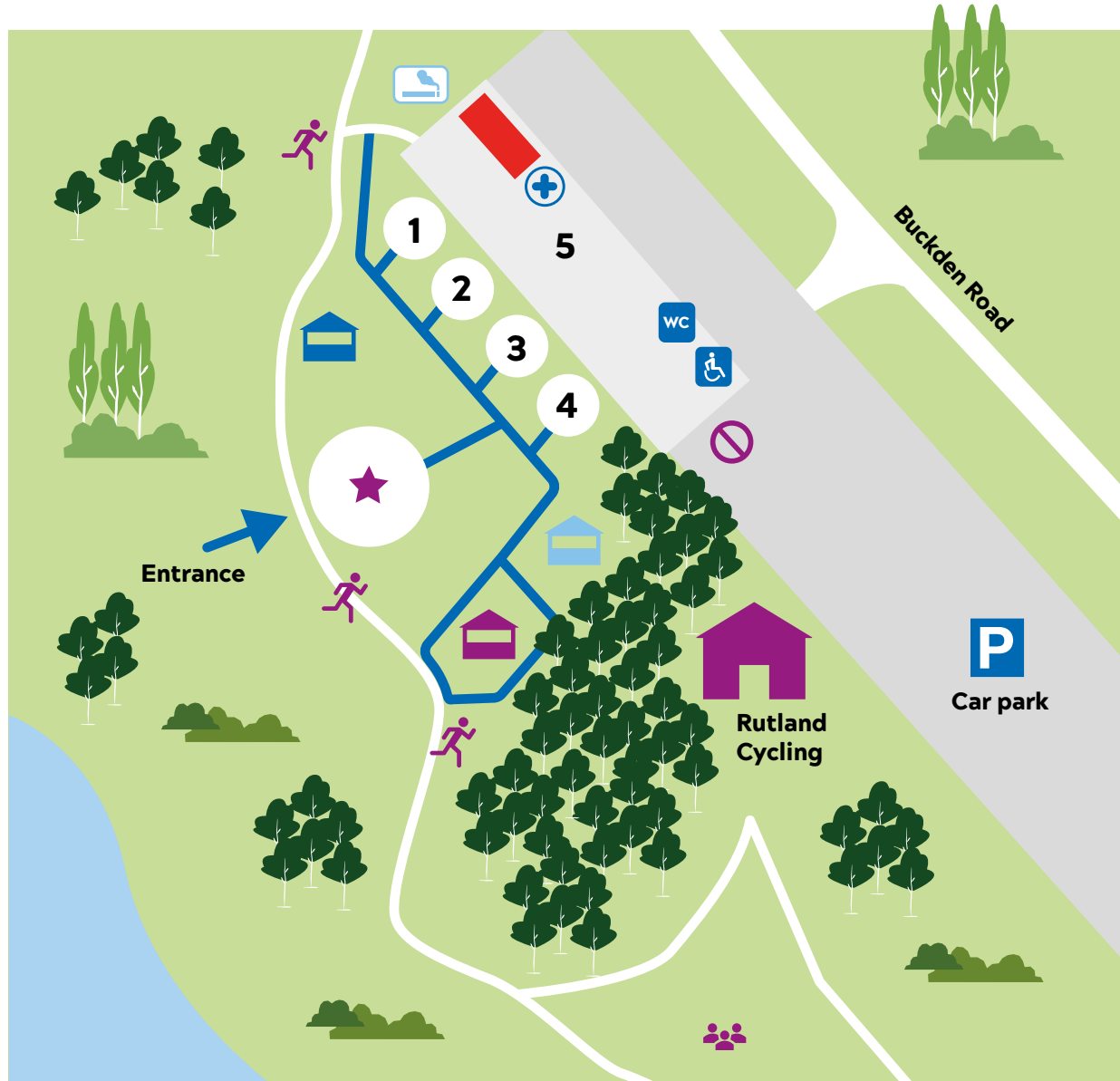
What 3 Words:

**suggested.cover.others**



# Site map

REGISTRATION FROM 7.30AM



★ Main stage

1 Happier

2 Healthier

3 Healthier

4 Safer

5 Exhibition Space

☕ Coffee stand

🏠 Street food village

🏠 Information / meeting point

⛑ First aid

WC Toilets

♿ Accessible toilet

← Car park entrance off Buckden Road

🏃 Emergency exits

👥 Evacuation / Fire / meeting point

🚬 Smoking area

🚫 No entrance – loading only

🔴 Project Office

# Content overview

## Main Stage

**Main stage** - 'Your Choice' is an immersive scenario based Behavioural Safety training session.

***The client wants to bring the project in a year early. Is this feasible? If it isn't, then why doesn't anybody say so? And how might this decision affect those working on the frontline?***

The session examines a number of factors that lead to a near-fatal accident and the cultural issues that allow the contributory hazards to go unchallenged.

Experience the build-up to the incident, the incident itself, and understand some of the immediate and long-term consequences.

## Happier Dome 1

**Financial Wellbeing** - Education and signposting - including advice on feeling secure and in control, debt signposting, making the most of your money, dealing with the unexpected, budgeting, cost of living tips and being on track for a healthy financial future.

## Healthier Dome 2 and 3

**Mini health checks available for all** - weight, height, BMI, blood pressure and lifestyle question informed mini health reviews, alongside health education on key male and female health risks and further signposting.

## Safer Dome 4

**First Aid Skills: Basic first aid and CPR skills delivered by Magpas Air Ambulance** - Magpas serves the communities across the East of England and is dispatched by both the East of England and the East Midlands Ambulance Service Trusts-caring for a population of over 10 million.

## Exhibition Space 5 (hard standing area)

**Supply Chain Innovation and best practice showcase** - exhibition space showcasing the best in our supply chain's current and future innovative approaches to health, safety and wellbeing

# Days 1-4

18th - 21st September

TIME	STAGE/AREA	ACTIVITY
07:30 - 08.30		Arrive and registration from 7.30am – No later than 8.30am
<b>09:00 - 09.30</b>	<b>MAIN STAGE</b>	<b>Welcome and Director's opening remarks</b>
09:30 - 09.45	ALL GROUPS (Information / meeting point - Outside of Main Dome)	Group Organisation & Instructions
<b>09:45 - 11.45</b>	<b>MAIN STAGE</b> (Groups - Red, Green, Yellow, Blue)	<b>Immersive &amp; Interactive Behavioural Safety Workshop</b>
<b>09:45 - 12.00</b>	<b>SIDE DOMES</b> (Groups - Pink, Purple, Orange, White)	<b>Happier, Healthier, Safer, Best Practice and Innovation Exhibition (Various 30 minute interactive sessions)</b>
10:45 - 11.00	SIDE DOMES ONLY (Groups - Pink, Purple, Orange, White)	Break
12.00 - 13.00	ALL GROUPS	Lunch
13.00 - 13.15	ALL GROUPS (Information / meeting point - Outside of Main Dome)	Group Organisation and instructions
<b>13:15 - 15.15</b>	<b>MAIN STAGE</b> (Groups - Pink, Purple, Orange, White)	<b>Immersive &amp; Interactive Behavioural Safety Workshop</b>
<b>13:15 - 15.30</b>	<b>SIDE DOMES</b> (Groups - Red, Green, Yellow, Blue)	<b>Happier, Healthier, Safer, Best Practice and Innovation Exhibition (Various 30 minute interactive sessions)</b>
14:15 - 14.30	SIDE DOMES ONLY (Groups - Red, Green, Yellow, Blue)	Break
15:30 - 15.35	<b>MAIN STAGE</b>	<b>Closing remarks and prize giving</b>
15:35		Close

# Contributors and exhibitors



**ATT - Active  
Training Team**  
[Visit their website](#)



**AXA Health**  
[Visit their website](#)



**Lighthouse**  
[Visit their website](#)



**Spillard**  
[Visit their website](#)



**Saint-Gobain  
PAM UK**  
[Visit their website](#)



**Magpas Air  
Ambulance**  
[Visit their website](#)



**Flannery**  
[Visit their website](#)



**Balfour Beatty  
PPI Simulator**  
[Visit their website](#)



**Hercules**  
[Visit their website](#)



**Reactive Hire Ltd -  
solar welfare unit**  
[Visit their website](#)



**Institute of Water**  
[Visit their website](#)



**Lynch**  
[Visit their website](#)



**one Alliance Tier  
2 Supply Chain**  
[Visit their  
website](#)



**Tower**  
[Visit their  
website](#)



**Radius Systems**  
[Visit their  
website](#)



**Intuety Smart  
RAMs Software**  
[Visit their  
website](#)



**Anglian Water**  
[Visit their  
website](#)

# Our suppliers

Thank you to all our suppliers



**Algeco**

[Visit their website](#)



**Constant & Co**

[Visit their website](#)



**Evolution Dome Ltd**

[Visit their website](#)



**Funky Furniture  
& Chair hire**

[Visit their website](#)



**Furniture Hire UK**

[Visit their website](#)



**GAP One**

[Visit their website](#)



**HAWK AV**

[Visit their website](#)



**Let's Go Street Food**

[Visit their website](#)



**Fortis Hire Ltd**

[Visit their website](#)



**Rutland Medical Solutions**

[Visit their website](#)



**Healthcare Monitors UK**

[Visit their website](#)

# Our volunteers, contributors and supporters

Thank you to all those people that made this event possible and volunteered time to make this event a success

## Our LIFE Fest Project Delivery Team:

Kate Housley – @one LIFE Programme Lead, Julie Walker – Anglian Water LIFE Delivery Manager, Emma Scanes – @one Senior Health, Safety and Wellbeing Advisor, Mitch Stacey – @one CDM Advisor, Amy Jenkins – Anglian Water LIFE Central Administrator, Victoria Sloan – Anglian Water Head of Wellbeing, Angela Tobin – Anglian Water Water Parks Events Manager, Daisy Hart – @one SHEA Co-ordinator, Nicole Badcock – @one Health, Safety and Wellbeing Advisor, Jason Moore – @one Site Manager, Abbie Church – SPA Wellbeing Advisor, Rob Pooley – @one Assistant Logistics Manager, Gav Keatley – @one Site Set Up, Danielle Martin – @one Site Supervisor, Susan Mortimer – @one Finance and Performance.

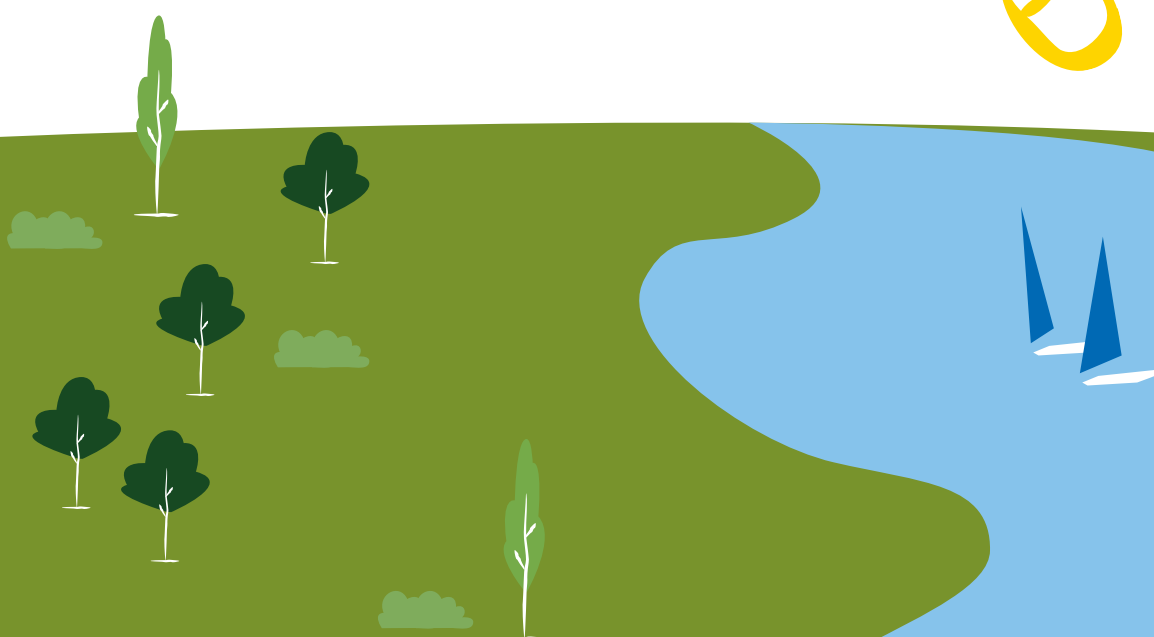
## The LIFE Fest Volunteer Crew:

Billi Jackson, Nathan Pauling, Sophie Read, Phil Norman, Beth Walsh, Helen Jacklin, Viv Parr, Pete Edwards, Lisa Mayman, Merryn Slingsby, Rosalyn Willenbrook-Powell, Lee Stallibrass, Caroline Cornish, Marti Cooper, Laura Porter, Bob Nunney, Doug Spencer, Philippa Vines, Emma Clifton, Michelle Partridge, Rowan Stansfield, Sarah Taylor, Lucy Baines, Stacey Dowdney, Jada Thoree, Rayed Aziz, Julie Jarvey, Neil Fitzjohn, Helen Smyth, Emma Scanes, Stuart Chatten, Amy Johnson, Ashlee Burrell, Gabriela Williams, Gary Freeman, Conor Bryan, Stephen Pickaver, Gavin Hardie, Gabriele Petruskaite, Aaron Topley, Alex Bailey, Tracey Cowley, James Rothwell-Thorn, Emily Hansford, Chris Gilbert, Sam Frith, Megan Opie, Ravleen Chhabra, Paul Dale, Michelle Gale, Rebecca Howlett, Janet Abbot, Heather Wiseman, Ben Hugg, Jo Pell.

# Anglian Water support

## Join our monthly wellbeing webinars through 2023

All the recordings from the sessions can be found on our Lighthouse pages:  
[Monthly wellbeing webinars \(sharepoint.com\)](#)





## Time out for LIFE 2023 legacy

All the sessions are available on Lighthouse.

Simply search **'Time out for LIFE 2023'** or scan the QR code below

anglianwater

Supporting our people's health, safety and wellbeing

bsi. som Supporting occupational health and wellbeing professionals

RoSPA Health & Safety Awards

love every drop

2023 video library

anglianwater

So Why Is Sleep Important?

no City Sleep

Sleep is as vital as food and water

We spend approx. 1/3 of our lives asleep

Significant impact factor physical and mental health

sleep

love every drop

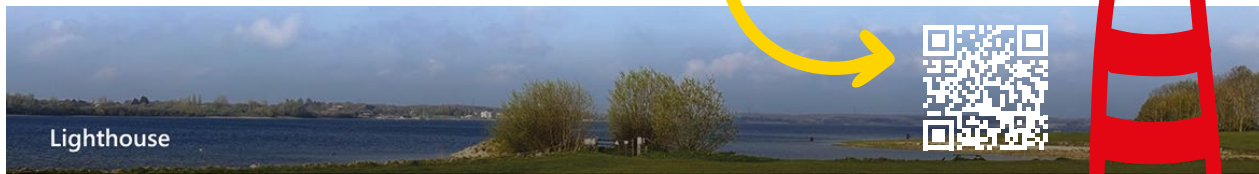
Body Language in Safety (Bruce Durham)

THOUGHTS BECOME THINGS

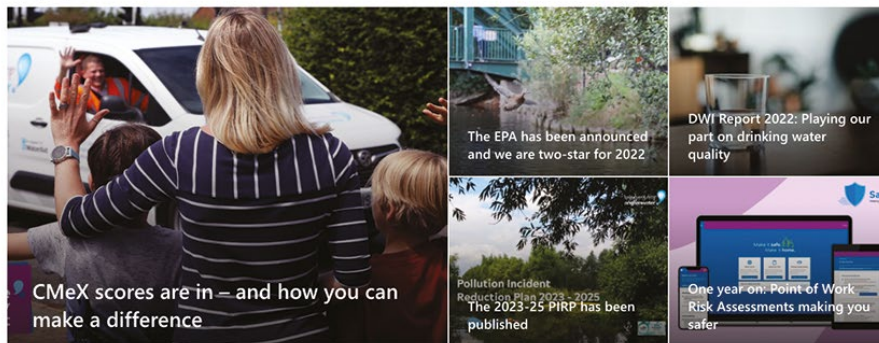
MAXIMISED PERFORMANCE AND ENGAGEMENT EVERYWHERE.

# LIFE and Wellbeing on Lighthouse

Visit our LIFE and Wellbeing pages on Lighthouse for all the information you need



## Company Headlines



**Our Purpose**  
is to bring environmental and social prosperity to the region we serve through our commitment to **love every drop.**

**Our values**  
Together we...  
**Build trust** **Be always exploring** **Do the right thing**

Find out more about our Purpose and Values



**Happier.  
Healthier.  
Safer.**

We want our people to be Happier, Healthier and Safer for LIFE. Visit the site to find out more.

**Make Today Great**

Visit the Make Today Great Hub to hear about how we are putting our customers at the heart of everything we do.

**Tell your friends and family about pollutions, leakage and more**

Giving you the information you need to talk confidently about pollutions, leakage and more with friends and family

## News recommended for you

See all

**Water**  
Last chance to sign up for Inclusion Week 2023!  
As an inclusive company, we're...  
Leah Bodley 9 hours ago  
12 views

**Water**  
Making better spending decisions  
To mitigate risk and make effecti...  
Natalsha Knights 12 hours ago  
18 views

**NEWS HUB**  
Making the most of your anytime benefits  
You might be aware of our annua...  
Natalsha Knights 7 hours ago  
36 views

## Support resources

Together, we can break down the barriers and stigmas attached to mental health and help everyone at Anglian Water to feel Happier, Healthier and Safer.

### Alliance Health Group

Health care scheme

**0808 168 2448**

GP referral needed

### Virtual GP

Medical Solutions

[Book online here](#)

**0345 222 0167 (24/7)**

### Employee Assistance Programme

**0808 678 1466**

[workplaceoptions.com](https://workplaceoptions.com)

Username: Anglian

Password: Water

### Samaritans

Whatever you've going through,  
you don't have to be suicidal

**Call free anytime – 116 123**

### Boost Flexible Benefits

[aw-boostbenefits.co.uk](https://aw-boostbenefits.co.uk)

### Salary Finance – Financial Advice

[home.salaryfinance.com/anglianwater](https://home.salaryfinance.com/anglianwater)

### Mental health self referral

Mental health support

no GP referral letter required

[iprshealth.com/awg-selfreferral](https://iprshealth.com/awg-selfreferral)

### Papyrus HOPElineUK

Support for young people dealing with  
suicide, depression or emotional distress

**0800 068 41 41 / [papyrus-uk.org](https://papyrus-uk.org)**

### Campaign Against Living Miserably (CALM)

Support for any man who is struggling or in crisis

**0800 58 58 58 (5pm – midnight)**

[thecalmzone.net](https://thecalmzone.net)

### Be Mindful

Online Mindfulness programme

[bemindfulonline.com/anglian](https://bemindfulonline.com/anglian)

### IPRS Physiotherapy

**0800 316 2965**

[myiprshealth.com](https://myiprshealth.com)

### Occupational Health Team

**01480 323323**

Email. [DL\\_occupationalhealth@anglianwater.co.uk](mailto:DL_occupationalhealth@anglianwater.co.uk)

**In an emergency...**

**Go to any A&E  
department or  
call **999**  
or NHS **111****

## Our values



### We Build Trust

- By delivering on our promises to our customers, the environment, our people and our community
- By taking the time to get to know each other and valuing what makes us different
- By having confidence in our people's capability so that the right people make the right decisions
- By communicating and acting with care, openness, respect, and clarity



### We are Always Exploring

- By finding new ways of making life better for our customers and our people
- By seeking out ways to do more with less
- By actively encouraging each other to find new ways to be at our best and by pursuing new ideas
- By understanding what we can learn from others around us

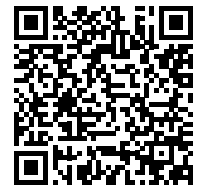
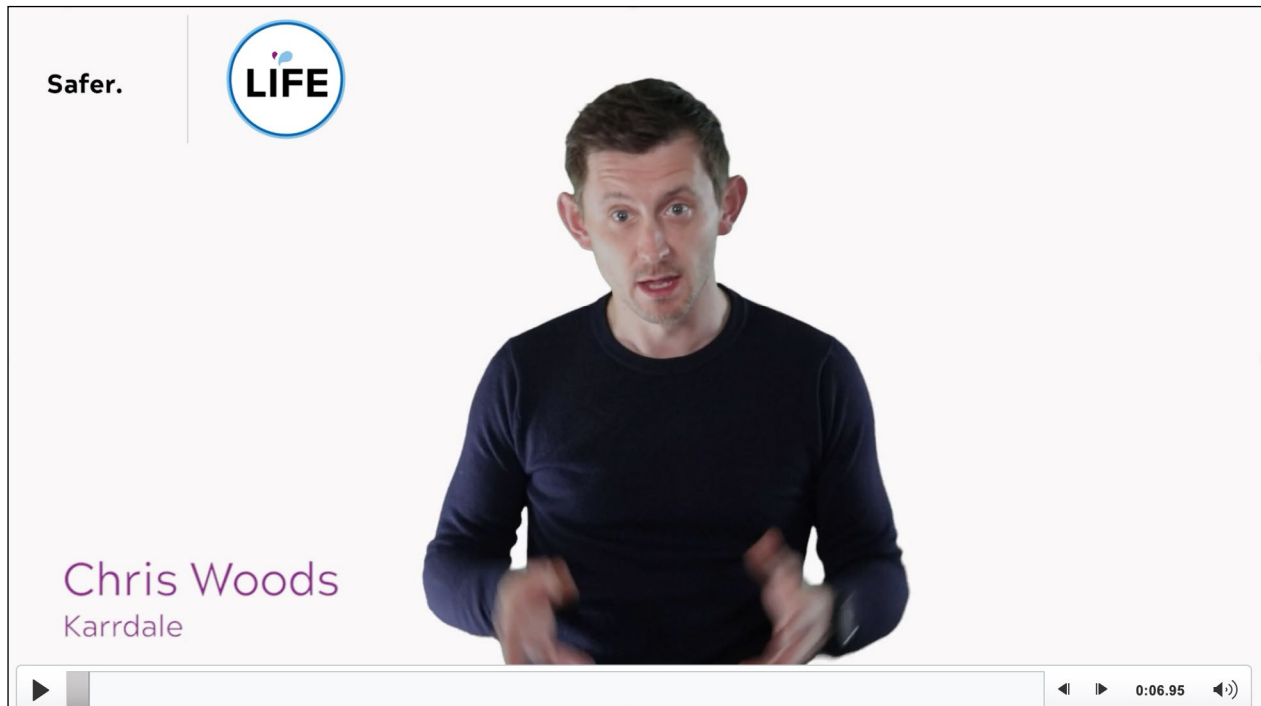


### We Do the Right Thing

- By caring for our customers, community, people, partners and environment
- By taking responsibility and holding each other to account, even if it's not always easy
- By seeking support from others when we're in doubt
- By caring for people's wellbeing at all times

## What is Behavioural Safety?

Play the video below to find out more...



## Lead LIFE Co-ordinators

### IMR Water Recycling:

Jo Theobald  
joanne.theobald@publicsewerservices.co.uk  
**07827 932514**

### Water Recycling Services:

Tracey Cowley  
tCowley@anglianwater.co.uk  
**07730 198416**

### Water Services:

Lucy Baines  
lBaines@anglianwater.co.uk  
**07736 453065**

### IMR:

James Vinter  
jVinter@anglianwater.co.uk  
**07710 608722**

### IMDS:

Michelle Partridge  
mPartridge2@anglianwater.co.uk  
**07710 607875**

### Central LIFE Team:

Julie Walker  
jWalker5@anglianwater.co.uk  
**07802 857201**

Amy Jenkins  
aJenkins@anglianwater.co.uk  
**07971 960053**

or LIFE@anglianwater.co.uk



## Booking a Safer LIFE Orientation



[Click here](#) to visit the LIFE Lighthouse page and book a orientation



- Log in to your Workday account and select 'Learning' from the app menu.
- Search Anglian Water Learning for 'Safer LIFE Orientation'.
- Select 'Enrol' at the bottom of the page.
- Select the date you would like to attend.
- Confirm your selection and you will receive a placeholder for your calendar.

**Our Safer LIFE Orientations are now being held in person at a number of locations across our region'**

## Time 4 Safer LIFE

Time 4 Safer LIFE is developed to allow us time to have good quality conversations and consider behaviours and choices around safety, that are made both inside and outside of work.

Sessions are around 20 minutes long and are usually held within team meetings. We aim to make the materials interactive and thought provoking.

If you haven't recently taken part in a Time 4 Safer LIFE session - contact your line manager to suggest a session for your next team meeting!

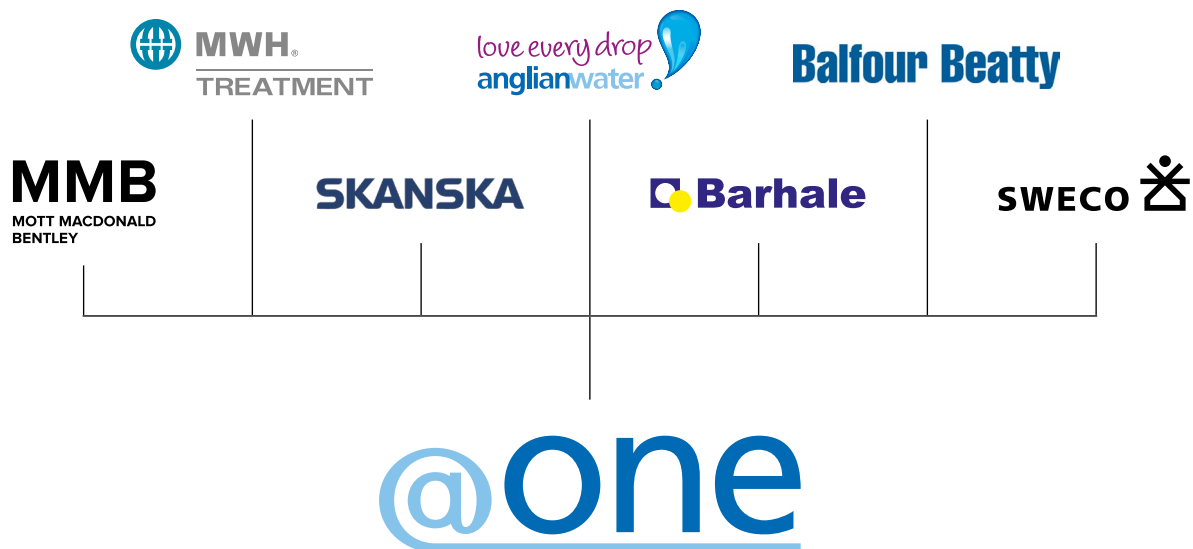
If you require further support booking a Safer LIFE Orientation or have any questions about LIFE, contact [LIFE@anglianwater.co.uk](mailto:LIFE@anglianwater.co.uk) or visit the LIFE and Wellbeing Lighthouse Pages.



# The Anglian Water's @one Alliance

The Anglian Water's @one Alliance delivers end to end projects designing, building, expanding, and repairing our regions water and water recycling treatment centres, and the water mains and sewerage network. Your collective skills and experiences are invaluable to be able to deliver this work which forms over ½ of Anglian Water's capital investment programme.

Although we are all employed through one of our 7 partner companies, to carry out these works we work collaboratively under the banner of @one Alliance using mutually agreed processes and procedures, we deliver our scheme's to an exceptionally safe & high quality standard for Anglian Water and their customers.



Happier

Healthier

Safer

# EAP contacts

## Employee Assistance Programme



### Anglian Water

Workplace Options: **0800 678 1466**

### Balfour Beatty

CiC: **0800 085 1376**

### Barhale

Unum: **0800 048 2702**

### JN Bentley

Westfield Health: **0800 092 0987**

### Mott MacDonald

Workplace Options: **0800 678 1466**

### MWH Treatment

Health Assured: **0800 206 2552**

### Skanska

Health Assured: **0800 206 2552**

### Sweco

Health Assured: **0800 206 2552**

### Construction Industry Helpline

**0345 605 1956**





## Mental health advice and support information

### NHS 111

For urgent advice and support  
T: 111\*

[nhs.uk](https://www.nhs.uk)

\*Lines open 24 hours a day, 365 days a year. Calls are free for landlines and mobile phones.

### Samaritans

For somebody to speak to  
T: 116 123\*

[samaritans.org/how-we-can-help](https://www.samaritans.org/how-we-can-help)

\*Lines open 24 hours a day, 365 days a year. Calls are free for landlines and mobile phones.

### Mind

For mental health information  
T: 0300 123 3393\*

[mind.org.uk](https://www.mind.org.uk)

\*Lines open 9am to 6pm, Monday to Friday (except bank holidays). Calls charged at the standard rates

**In a medical emergency dial 999**

### General mental health information

#### Rethink Advice and Info Service

T: 0808 800 8088

### Debt

#### Money Advice Service

T: 0800 138 7777  
(8am-6pm, Mon-Fri)  
[moneyadviceservice.org.uk](https://www.moneyadviceservice.org.uk)

#### National Debtline

T: 0808 808 4000  
[nationaldebtline.org.uk](https://www.nationaldebtline.org.uk)

### Self harm

#### Alumina

[selfharm.co.uk](https://selfharm.co.uk)  
Free online self harm course for 14-19 year olds

#### Harmless

E: [info@harmless.org.uk](mailto:info@harmless.org.uk)  
[harmless.org.uk](https://harmless.org.uk)

#### NSHN

[nshn.co.uk](https://nshn.co.uk)

#### Self Injury Support

For women of any age/background  
T: 0808 800 8088  
(7pm-9.30pm, Tues and Thurs)

Text: 07537 432444  
E: [tessmail@selfinjurysupport.org.uk](mailto:tessmail@selfinjurysupport.org.uk)  
[selfinjurysupport.org.uk](https://selfinjurysupport.org.uk)

### Crisis and emotional support

#### SaneLine

T: 0300 304 7000  
(4.30pm-10.30pm, 7 days a week)  
[sane.org.uk](https://www.sane.org.uk)

### Anxiety

#### Anxiety UK

T: 03444 775 774  
(9.30am-5.30pm, Mon-Fri)  
Text: 07537 416 905  
E: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)  
[anxietyuk.org.uk](https://anxietyuk.org.uk)

#### No Panic

T: 0300 772 9844  
(10am-10pm, 7 days a week)  
Youth T: 0330 606 1174  
(3pm-6pm Mon-Wed and Fri, 3pm-8pm Thurs, 6pm-8pm Sat)  
24h Crisis Line: 01952 680 835  
E: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)  
[nopanic.org.uk](https://nopanic.org.uk)

#### OCD Action

T: 0300 636 5478  
E: [support@ocdaction.org.uk](mailto:support@ocdaction.org.uk)  
[ocdaction.org.uk](https://ocdaction.org.uk)

### OCD UK

T: 01332 588 112  
E: [support@ocduk.org](mailto:support@ocduk.org)  
[ocduk.org](https://www.ocduk.org)

#### Triumph Over Phobia

T: 01225 571 740  
E: [info@topuk.org](mailto:info@topuk.org)  
[topuk.org](https://www.topuk.org)

### Bereavement

#### Bereavement Advice Centre

T: 0800 634 9494  
(9am-5pm, Mon-Fri)  
[bereavementadvice.org](https://www.bereavementadvice.org)

#### Child Bereavement UK

T: 0800 028 8840  
E: [support@childbereavementuk.org.uk](mailto:support@childbereavementuk.org.uk)

#### Cruse Bereavement Care

T: 0808 808 1677  
E: [helpline@cruse.org.uk](mailto:helpline@cruse.org.uk)  
[cruse.org.uk](https://www.cruse.org.uk)

#### Survivors of Bereavement by Suicide

T: 0300 111 5065  
(9am-9pm, 7 days a week)  
E: [email.support@uksobs.org](mailto:email.support@uksobs.org)  
[uk-sobs.org.uk](https://www.uk-sobs.org.uk)

## Crime victims

### Victims Info Service

T: 0808 168 923  
[victimsinformationsservice.org.uk](http://victimsinformationsservice.org.uk)

### Victim Support

T: 0808 1689 111  
(8am-8pm Mon-Fri,  
24 hours on weekends)

## Suicide

### CALM

T: 0800 585858  
(5pm-12am, 7 days a week)  
[thecalmzone.net](http://thecalmzone.net)

### Papyrus

T: 0800 068 4141  
(9am-12am, 7 days a week)  
E: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

## Depression

### Association for Postnatal Illness

T: 0207 386 0868  
(10am-2pm Mon-Fri)  
E: [info@apni.org](mailto:info@apni.org)  
[apni.org](http://apni.org)

### Bipolar UK

E: [info@bipolaruk.org](mailto:info@bipolaruk.org)  
[bipolaruk.org](http://bipolaruk.org)

### Charlie Waller Memorial Trust

T: 01635 869 754  
(9am-5pm, Mon-Fri)  
E: [admin@cwmt.org.uk](mailto:admin@cwmt.org.uk)  
[cwmt.org.uk](http://cwmt.org.uk)

### Depression UK

E: [info@depressionuk.org](mailto:info@depressionuk.org)  
[depressionuk.org](http://depressionuk.org)

### PANDAS Foundation

T: 0808 1961 776  
(11am-10pm, 7 days a week)  
E: [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)  
[pandasfoundation.org.uk](http://pandasfoundation.org.uk)

## Abuse

### NSPCC

T: 0808 800 5000  
Children and young people  
T: 0800 1111  
E: [help@nspc.org.uk](mailto:help@nspc.org.uk)  
[nspcc.org.uk](http://nspcc.org.uk)

### NAPAC

T: 0808 801 3331  
(10am-9pm Mon-Thurs,  
10am-6pm Fri)  
E: [support@napac.org.uk](mailto:support@napac.org.uk)  
[napac.org.uk](http://napac.org.uk)

### One in Four

T: 0208 697 2112  
E: [admin@oneinfour.org.uk](mailto:admin@oneinfour.org.uk)  
[oneinfour.org.uk](http://oneinfour.org.uk)

### Rape Crisis

T: 0808 802 999  
(12pm-2.30pm and 7pm-9.30pm,  
7 days a week)  
[rapecrisis.org.uk](http://rapecrisis.org.uk)

### Refuge

T: 0808 2000 247  
[refuge.org.uk](http://refuge.org.uk)

### Survivors UK

Text: 020 3322 1860  
[survivorsuk.org](http://survivorsuk.org)

### Women's Aid

E: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)  
[womensaid.org.uk](http://womensaid.org.uk)

## Substance misuse and addiction

### Adfam

T: 020 3817 9410  
E: [admin@adfam.org.uk](mailto:admin@adfam.org.uk)  
[adfam.org.uk](http://adfam.org.uk)

### Alcoholic Anonymous

T: 0800 9177 650  
E: [help@aamail.org](mailto:help@aamail.org)  
[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

### Alcohol Change UK

T: 020 3907 8480  
E: [contact@alcoholchange.org.uk](mailto:contact@alcoholchange.org.uk)  
[alcoholchange.org.uk](http://alcoholchange.org.uk)

### Al-Anon

T: 0800 0086 811  
(10am-10pm, 7 days a week)  
E: [helpline@al-anonuk.org.uk](mailto:helpline@al-anonuk.org.uk)  
[al-anonuk.org.uk](http://al-anonuk.org.uk)

### Cocain Anonymous

T: 0800 612 0225  
(10am-10pm, 7 days a week)  
E: [helpline@cauk.org.uk](mailto:helpline@cauk.org.uk)  
[cauk.org.uk](http://cauk.org.uk)

### Drink Aware

T: 0207 766 9900  
E: [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)  
[drinkaware.co.uk](http://drinkaware.co.uk)

### Drinkline

T: 0300 123 1110  
(9am-8pm Mon-Fri,  
11am-4pm Sat-Sun)

### Drug Science

E: [info@drugscience.org.uk](mailto:info@drugscience.org.uk)  
[drugscience.org.uk](http://drugscience.org.uk)

### Gamblers Anonymous

T: 0330 094 0322  
E: [info@gamblersanonymous.org.uk](mailto:info@gamblersanonymous.org.uk)  
[gamblersanonymous.org.uk](http://gamblersanonymous.org.uk)

### Progress

[dualdiagnosis.co.uk](http://dualdiagnosis.co.uk)

### Talk to Frank

T: 0300 123 6600 Text: 82111  
E: [frank@talktofrank.com](mailto:frank@talktofrank.com)  
[talktofrank.com](http://talktofrank.com)

### UK SMART Recovery

[smartrecovery.org.uk](http://smartrecovery.org.uk)

### With You

[wearewithyou.org.uk](http://wearewithyou.org.uk)

## Eating disorders

### ABC

T: 0300 011 1213  
E: [support@anorexiabulimiacare.org.uk](mailto:support@anorexiabulimiacare.org.uk)  
[anorexiabulimiacare.org.uk](http://anorexiabulimiacare.org.uk)

### Beat

Over 18's T: 0808 801 0677  
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)  
E: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)  
Student T: 0808 801 0811  
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)  
E: [studentline@beateatingdisorders.org.uk](mailto:studentline@beateatingdisorders.org.uk)  
Youth T: 0808 801 0811  
(9am-8pm Mon-Fri, 4pm-8pm Sat-Sun)  
E: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk)  
[beateatingdisorders.org.uk](http://beateatingdisorders.org.uk)

## LIFE Orientation Invitation

The **Alliance's LIFE programme** aims to truly engage employees and give choices and opportunities for all to be **'Happier, Healthier and Safer'**. LIFE is delivered by staff for all staff and supply chain and attending our **'LIFE Orientation'** is the beginning of your LIFE journey.

**Our LIFE Orientation is a mandatory training course, which runs on Friday mornings in a virtual environment or in person sessions can be run on demand. Check M2i for ad-hoc in person sessions as they become available.**

Sessions can also be run on demand to suit - please contact Kate Housley, LIFE Programme Lead to arrange [khousley@anglianwater.co.uk](mailto:khousley@anglianwater.co.uk)

*\*You will be sent full joining instructions and guidance on how to join this training on booking.*

### Who should attend?

- All new starters to the @one Alliance
- Anyone who hasn't attended a LIFE Orientation



### How do I book?

You can now book LIFE Orientation sessions through m2i Activ - allowing us to capture the training and competency of all our people in a more efficient way.

### Instructions:

- Tier 1 Partner Self-Enrolment – [click here](#) or alternatively, visit the M2i Activ Homepage and Select 'Book Training' under 'Useful Links'.
- Tier 2 and Supply Chain Partners - please book via your Partner Administrator who will enrol you onto your chosen course.

### Contacts

If you have any questions about booking a LIFE Orientation then please contact Kate Housley, LIFE Programme Lead [khousley@anglianwater.co.uk](mailto:khousley@anglianwater.co.uk), Daisy Hart SHEA Co-Ordinator [dHart3@anglianwater.co.uk](mailto:dHart3@anglianwater.co.uk)

# Join our interactive LIFE events throughout 2023-24

## October

**Let's talk about women's health**  
Supporting your time of life

**10<sup>th</sup> SLT wellbeing event:**  
World mental health day  
"Tea and talk"



**18<sup>th</sup> LIFE lunch & learn:**  
Women's health focus



**3<sup>rd</sup> LIFE lunch & learn:**  
D&I Awareness



## November

**Winter wellbeing**

**7<sup>th</sup> LIFE lunch & learn:**  
Winter wellbeing



**28<sup>th</sup> Behavioural safety bitesize:**  
Winter Behavioural Hazards



## December

**Focus on ways to rest and recharge**

**5<sup>th</sup> LIFE lunch & learn:**  
The four pillars of wellbeing  
(Mental, physical, social and financial health)



**19<sup>th</sup> LIFE lunch & learn:**  
The art of rest



## January

**Refresh and reset**

**8<sup>th</sup> Behavioural safety bitesize:**  
Start safe - perception of risk



**18<sup>th</sup> LIFE lunch & learn:**  
Understanding communication



## February

**Ways to wellbeing**

**1<sup>st</sup> SLT wellbeing event:**  
Time to talk



## March

**Foundational self-care**

**8<sup>th</sup> LIFE lunch & learn:**  
How to sleep better



Virtual sessions will be hosted in zoom  
at **1pm** unless stated otherwise

Link: <https://us02web.zoom.us/j/2412804940?pwd=UHJ5NjRdTNYaU5pck9ENmcremI0UT09>

**Meeting ID: 241 280 4940**  
**Passcode: wellbeing**



# Awareness calendar

## • 2023

### April

- **Bowel cancer awareness month**
- **Stress awareness month**
- **7<sup>th</sup>** World Health day
- **26<sup>th</sup>** On your feet Britain day

### May

- **National walking month**
- **1<sup>st</sup>-7<sup>th</sup>** Sun awareness week
- **8<sup>th</sup>-14<sup>th</sup>** Womens health week
- **15<sup>th</sup>-21<sup>st</sup>** Mental health awareness
- **16<sup>th</sup>-22<sup>nd</sup>** Learning at work week

### June

- **5<sup>th</sup>-11<sup>th</sup>** National carers week
- **12<sup>th</sup>-18<sup>th</sup>** Mens health week

### July

- **Samaritans talk to us month**

### August

- **6<sup>th</sup>** Cycle to work day

### September

- **10<sup>th</sup>** World suicide prevention day
- **GMHA and EAP site campaign**
- **22<sup>nd</sup>** National fitness day
- **25<sup>th</sup>** Macmillan cancer support day
- **25<sup>th</sup>-1<sup>st</sup>** National inclusion week

### October

- **Breast cancer awareness month**
- **3<sup>rd</sup>-7<sup>th</sup>** Backcare awareness week
- **10<sup>th</sup>** World mental health day
- **10<sup>th</sup>-14<sup>th</sup>** National work life week
- **18<sup>th</sup>** World menopause day

### November

- **2<sup>nd</sup>** International stress awareness day
- **Movember - men's health month**
- **13<sup>th</sup>** World kindness day
- **19<sup>th</sup>** International mens day

### December

- **2<sup>nd</sup>-8<sup>th</sup>** Grief awareness week

## • 2024

### January

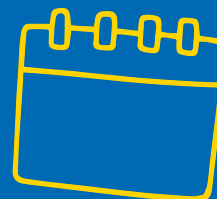
- **15<sup>th</sup>** Not blue Monday – Brew Monday

### February

- **1<sup>st</sup>** Time to talk day
- **4<sup>th</sup>** World cancer day
- **5<sup>th</sup>-9<sup>th</sup>** Childrens mental health week
- **17<sup>th</sup>** Random acts of kindness day

### March

- **2<sup>nd</sup>** Zero discrimination day
- **4<sup>th</sup>** Global employee appreciation day
- **8<sup>th</sup>** International womens day
- **14<sup>th</sup>-20<sup>th</sup>** Nutrition & hydration week
- **15<sup>th</sup>** World sleep day
- **17<sup>th</sup>** World water day
- **20<sup>th</sup>** International day of happiness



# Meet the **Good Mental Health** ambassadors



Karen Barnes



Damian Caci



Kirsty-Ann Cairns



Joe Caunt



Brian Charlton



Ravleen Kaur Chhabra



James Coote



Caroline Cornish



Kerry Daly



Gwyn Dowl



Jim Fitzsimmons



Gary Freeman



Helen Glancy



Mark Gostling



Michelle Halton



Gavin Hardie



Daisy Hart



Paul Hennerbry



Kate Housley



Lee Hussey



Billi Jackson



Michael Justice



Lisa Knowles



Ross Lamont



Colin Mills



Jason Moore



Fiona Poole



Marcus Portass



Emma Scanes



Michael Sheehy



A green lace signifies our **Good Mental Health Site Ambassadors**



Rebecca Sheldon



Helen Smyth



Chris Taylor



Gabriela Williams



Please visit our **LIFE** website for more information [lifewellbeing.co.uk](http://lifewellbeing.co.uk)





# Visit our **LIFE** website



@one

love every drop  
anglian water

Home

About Life

Calendar

Wellbeing Model

LIFE Safer

@one Training

Search



Why is talking about the menopause so taboo?

[Read More](#)



June is Pride Month - Inclusive Workplaces & Mental Health

[Read More](#)



Cost of Living Crisis - Support

[Read More](#)



How to Cope With Stress and Anxiety Caused by the War in Ukraine

[Read More](#)



Children's Mental Health Week 7 - 13 Feb

[Read More](#)



What can we do to look after our own mental health?

[Read More](#)



Scan here



# SPA support

## Employee Assistance Programmes



### Workplace Options

[workplaceoptions.com](https://workplaceoptions.com)

**0800 243 458**



### Westfield Health

[westfieldhealth.com](https://westfieldhealth.com)

**0800 092 0987 / 01455 255 123**



### Health Assured

[healthassuredeap.com](https://healthassuredeap.com)

**0800 030 5182**



### Health Shield

[healthshield.co.uk](https://healthshield.co.uk)

**01270 588 555**

# MMB

MOTT MACDONALD  
BENTLEY

### CiC

[well-online.co.uk](https://well-online.co.uk)

**0800 919 709**

# Jacobs

### Optum

[livewell.optum.com](https://livewell.optum.com) (ref: Jacobs)

**0800 282 193**

# ATKINS

### Guidance Resources

[guidanceresources.com](https://guidanceresources.com)

(ref: SNCLavalin) **0800 917 5320**



### Construction Helpline (industry wide)

[constructionindustryhelpline.com](https://constructionindustryhelpline.com)

**0345 605 1956 (UK)**

**1800 393 122 (ROI)**

To find out more about the **SPA LIFE programme**, please contact Abbie Church ([achurch@anglianwater.co.uk](mailto:achurch@anglianwater.co.uk)).



# Questions and feedback



**Questions**  
through Slido, [scan here](#)



To leave **feedback**  
on the event, [scan here](#)



Or visit [#LIFEFEST](https://slido.com)

Or [click here](#)