



*Professional Cleaning with the Personal Touch!*

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THIS ISSUE'S  
FEATURED  
ARTICLES:

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**Contract News**

**IOSH Training**

**Health &**

**Wellbeing**

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### **Contract News**

After a very challenging 12 months which saw the business shrink due to the impact of the pandemic on many of our clients/contracts, it is pleasing to report that the business is growing again. Several new opportunities have come in the education sector which is a particular focus for our marketing team. We also hope to share some more exciting news with you in the coming weeks.

### **IOSH Refresher Training**

As part of our continued commitment to investing in our people, 3 of our Area Managers have recently completed their IOSH Refresher Training with the remaining booked for later in the year.

### **OFFICE OPENING**

The office will reopen on the 17th May 2021.

The general office hours are 9am - 5pm Monday to Friday and you can contact the office on 01926 497010



UPCOMING  
FEATURED  
ARTICLES:

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**New Product  
Launch  
Telephony  
Upgrade**

AM CONTACT  
DETAILS:

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Bev - 07725 134617  
Carl - 07710 476564  
Denise - 07930 219511  
Lesley - 07495 640038  
Mark - 07930 219522  
Nick - 07930 219208

**Health & Wellbeing**

It is just over a year since the start of lockdown #1, and a good time to reflect on how we are doing, what we have learned about ourselves and what we need to do for our wellbeing moving forward.

We appreciate that it has been a challenging year for many of us and this can have an impact on our mental health. We know from our own experience that talking about how we feel can be really beneficial, but may not be easy to open up about.

So, if you, or someone close to you would find sharing some of their worries or challenges to be helpful you can always talk to your manager. Additionally, here are some links to different options for support:

1. Your **GP** is a great place to start. You can search by location for your local NHS counselling and therapy services **here**
2. **Reficio** offer private counselling and therapy support and come highly recommended: Call 0345 066 0118 or visit their **[www.reficio.co.uk](http://www.reficio.co.uk)**
3. **Samaritans** can be contacted free, 24/7 support via phone 116 123 or email at [jo@samaritans.org](mailto:jo@samaritans.org)
4. **Shout** (Crisis Text Line): Text 85258 - 24/7 support if you or someone close to you is in crisis.