

May Staff Newsletter

EMPLOYEE OF THE MONTH

Congratulations to Andrew Ross, our Employee of the Month for April.

His swift and outstanding actions saved one of our most prestigious contracts on Grosvenor St, from a serious flood. Andrew's dedication, quick thinking, and commitment to excellence truly exemplify the spirit of our team. (a playful spirit, as you can see from this picture).

Pictured: Andrew Ross with Operations Manager John Murphy.

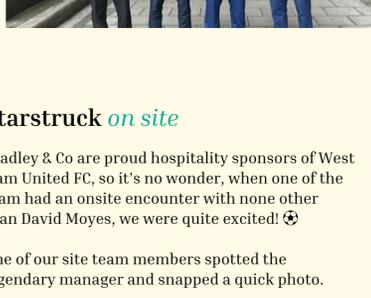


What We've Been Up To

New Month, *New Mobilisation*

Bradley & Co celebrated the seamless mobilisation of another new contract in continued partnership with Orbit Property Management this month.

We are thrilled to announce that we'll be providing our top-notch customer service and front-of-house solutions for them! Our incredible team, led by Glen Herron and supported by Ops Manager Billy Meaney, greeted our new colleagues bright and early, marking the beginning of an exciting journey together.



Starstruck *on site*

Bradley & Co are proud hospitality sponsors of West Ham United FC, so it's no wonder, when one of the team had an onsite encounter with none other than David Moyes, we were quite excited! ⚽

One of our site team members spotted the legendary manager and snapped a quick photo.

We helped raise 2k for *Cancer Research UK*

Bradley & Co we're delighted to have the opportunity to offer prizes to a local raffle in aid of Cancer Research UK over the long weekend. The following prizes were raffled off, raising over £2,000 for Cancer Research.

- Prize 1 - 2x VIP Premier Match tickets to Forge Lounge West Ham United FC including 3 course meal & complimentary bar
- Prize 2 - Afternoon for 2 with 58 Gin School & Saturday Kitchen's gin expert Carmen, creating their own gin!

Needless to say, the winners were chuffed with their winnings and we were chuffed to be a part of a great, local fundraiser.



Mental Health Awareness Week

Next week marks Mental Health Awareness Week, a vital occasion to acknowledge and address mental health in all areas of life, including at work. With the ongoing challenges in our professional and personal lives, it's more important than ever to foster an environment that supports mental well-being. This article highlights small yet significant ways to nurture mental health at work and provides information on resources available in the UK for those needing further assistance.

Small Ways to Support Your Mental Health at Work

- **Take Regular Breaks:** Periodic breaks throughout the day can reduce stress and boost productivity. Whether it's a five-minute walk or a quick stretch, stepping away from your desk helps reset your mind.
- **Create a Comfortable Workspace:** Organizing your work area to make it pleasant and ergonomic can significantly impact your mental well-being. Consider adjustments that suit your comfort, like proper lighting, a supportive chair, or personal decor that brings you joy.
- **Practice Mindfulness:** Incorporate mindfulness exercises like deep breathing or meditation into your daily routine. Even a few minutes can alleviate anxiety and improve focus.
- **Set Realistic Goals:** Manage workplace stress by setting achievable goals and breaking tasks into manageable steps. Celebrate small victories to stay motivated.
- **Connect with Colleagues:** Building supportive relationships at work can provide emotional support and decrease feelings of isolation. Engage in regular check-ins and social activities with peers.

Resources for Further Help in the UK

For those who might need more specialised support, numerous resources are available throughout the UK:

- **Mind (www.mind.org.uk):** Offers information and support for anyone facing mental health issues, including specific advice on managing mental health at work.
- **Samaritans (www.samaritans.org):** Provides confidential support 24 hours a day for people who are experiencing feelings of distress or despair.
- **NHS Mental Health Services (www.nhs.uk):** You can access guidance and services through your GP or the NHS website, which also includes self-help resources and therapy options.
- **Anxiety UK (www.anxietyuk.org.uk):** A charity aiming to support those living with anxiety, phobias, and stress by offering advice, support, and understanding.

Conclusion
Mental health is everyone's business, and small changes in our daily work life can make a substantial difference. As we observe Mental Health Awareness Week, let's commit to these practices and support systems. Remember, it's okay to seek help, and resources are readily available to guide you towards a healthier mental state at work.

Wanstead Cricket Club Monthly Update



Greetings Team,

Unfortunately, the season has faced a rocky start due to persistent unfavourable weather conditions. The majority of the games, including this Bank Holiday Weekend's matches, were regrettably cancelled.

However, there has been a glimmer of success amidst the delays—the club's 1st XI celebrated a comfortable victory over Neuham by 8 wickets in the Essex League Cup. This stands as the only competitive game the club has managed to play so far this season.

Looking ahead, the Essex League campaign is set to begin in earnest on Saturday, 11th May. The 1st team is scheduled to play away at Chelmsford, and the 2nd XI will host Ilford at home. Our cricketers are eager to get out on the field and showcase their skills, weather permitting.

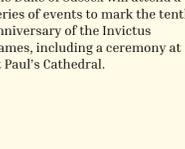
In other joyful news, we are delighted to congratulate Saba Nasim, the captain of Wanstead's Ladies 1st Team, on the birth of her baby, Samara. Saba, who was honoured as the player of the year at our last Christmas Lunch at the Institute of Directors, and her partner Salman are both thrilled with their new arrival.

Please join us in wishing them and the entire team at Wanstead Cricket Club a season full of great performances and less rain!

Warm regards,

Tony Richardson & All at Bradley & Co.

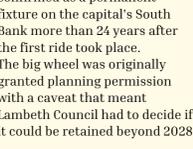
London *News*



Prince Harry visits London to celebrate 10 years of the Invictus Games

The Duke of Sussex will attend a series of events to mark the tenth anniversary of the Invictus Games, including a ceremony at St Paul's Cathedral.

[READ MORE](#)



London Eye to be permanent South Bank fixture

The London Eye has been confirmed as a permanent fixture on the capital's South Bank more than 24 years after the first ride took place. The big wheel was originally granted planning permission with a caveat that meant Lambeth Council had to decide if it could be retained beyond 2028.

[READ MORE](#)



Mayor signals the end of London's "Boris Bus" in new mission to clean-up the capital's air

Sadiq Khan has signaled the end of the road for London's "Boris Bus" in a new mission to clean-up the capital's air. The bespoke red double deckers ordered by previous mayor Boris Johnson at a cost of more than £350m have been in service less than 15 years.

[READ MORE](#)

Anniversary, Birthdays & New Starters

April Service Anniversaries

Bradley & Co.
Endeshaw Weldearegay
Clifford Quaye
Diana Janosevic

Eminence Executive Group

Eric Anaffi
Gloria Fanis

April Birthdays

Bradley & Co.
Anabela Tomazinho
Billy Meaney
James Bennison
Jim Kelly
Luis Saunders
Mohammad "Fahim" Khan
Richard Fox

Eminence Executive Group

Omoniyi Badmus

New Starters

Bradley & Co.
Tay Rahouffe

Eminence Executive Group

Michael Raymore

Bradley & Co would like to offer our hearty *Congratulations* and *Best Wishes* to all.

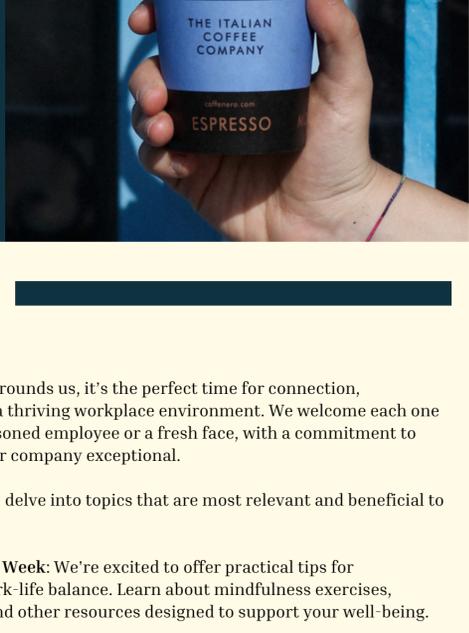
WIN A £15 Nero Coffee Voucher!

Congratulations to April's Café Nero Voucher winner. For all you coffee lovers, don't fret, we're back this month with another chance for you to win!

For your chance to win this month, simply email us the answer to the following riddle..

I can be sharp or dull, open or closed. I'm the key to knowledge and wisdom's abode. What am I?

Email it to us at info@bradleyandco.uk



Dear Colleagues and Friends,

As the freshness of spring surrounds us, it's the perfect time for connection, collaboration, and nurturing a thriving workplace environment. We welcome each one of you, whether you are a seasoned employee or a fresh face, with a commitment to making your experience at our company exceptional.

In every newsletter we strive delve into topics that are most relevant and beneficial to you. This month includes:

- **Mental Health Awareness Week:** We're excited to offer practical tips for maintaining a healthy work-life balance. Learn about mindfulness exercises, ergonomic desk setups, and other resources designed to support your well-being.
- **Company Culture:** We use the newsletter as an opportunity to take a moment to celebrate our distinctive culture. You'll meet some of the wonderful people behind the scenes, including our Employee of the Month.

Be sure to get your calendars ready for the exciting activities we have planned, including our eagerly anticipated Summer Social!

We want to remind you that our doors are always open—whether they're virtual or physical. Feel free to reach out with any questions, feedback, or even just to say hello. At Bradley & Co., we are dedicated to creating an HR experience that's as warm and inviting as a freshly brewed cup of coffee (or tea!).

Thank you for being an invaluable part of our incredible team.

Warm regards,

Paul Bradley



If you would like to opt out of our newsletter mailing list, please email us at the following address to unsubscribe_info@bradleyandco.uk