

COVID 19 Daily Brief: 6th November

In today's brief

- Maintaining Operations in lockdown
- PPN04:20 Completion
- Dignity & Respect
- Managing your mental health through lockdown & winter
- Your MH Champions

Please use the following slides in your team briefs in November



Maintaining Operations - Lockdown

November has been identified as a crucial month in the Sellafield portfolio of operations, in which we remain an integral delivery partner.

Protecting our people remains our No1 priority. The resilience, innovation and determined approach that everyone has taken has been nothing short of amazing, I hope you are as proud as I am to be part of this great team! Please keep it going!!

As always it is vital that we continue to look out for each other, follow our safety arrangements & continue to reduce the potential for C19 transmission. It has never been more important to follow the national guidance. This means washing hands, making space and covering face. We will continue to:

- Work from home where we can & look after our most vulnerable people
- Work safely at site, operating within our developed arrangements
- Follow PHE & .gov guidance, adjusting as it evolves

We must also do our bit at home, to ensure that we don't bring the virus to work, please follow the advice and guidance, and:

- report any instances where you believe you have either developed symptoms or;
- have been contacted by track & trace

Stay safe!

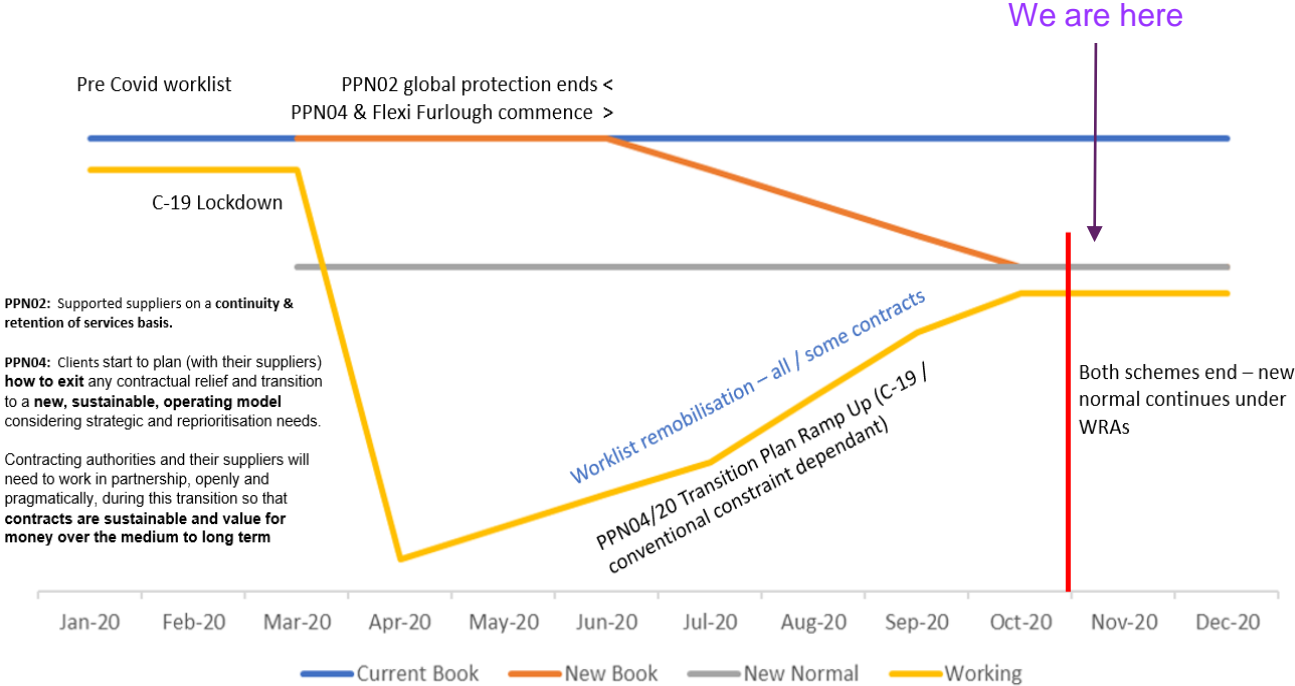
Rob McBride.

Reminder - Post PPN04:20

As previously highlighted, following completion of the Treasury PPN04:20 programme of support, per the diagram below we have now returned to normal operations, working in accordance with the Blue & Pink book working rule agreements; including for absence and sickness arrangements i.e. SSP & Welplan (or equivalent). This includes C19 or normal seasonal conditions etc, including track & trace isolation contact or infection.

In accordance with guidance, we have asked our clinically extremely vulnerable personnel not to attend the workplace, and have requested that they adopt the furlough scheme until lockdown concludes.

PPN04/20 & Furlough Summary (to 31 October 2020)



Dignity at Work.

What is dignity in the workplace?

Employees are treated with respect in an environment free from marginalisation (e.g., discrimination, harassment, exclusion, bullying). They feel a sense of psychological safety in their ability to be themselves, voice concerns and be heard.

Within OneAIM we will:

- Treat people with courtesy, politeness, and kindness.
- Encourage co-workers to express opinions and ideas.
- Listen to what others have to say before expressing your viewpoint
- Use peoples' ideas to change or improve work.

It comes down to the way you treat people, when you treat people with dignity & respect all the time, you can work through anything.

John Bacon

A MENTAL HEALTH GUIDE TO COPING WITH LOCKDOWN IN THE WINTER

 @BELIEVEPHQ

LIGHTING

On dark mornings wake up gradually with increasing light. Try out a SAD light or lumie bodyclock.

LIMIT NEWS

Limit the amount of time you spend on social media and checking news

TAKE TIME FOR YOURSELF

Plan time into your week where you can engage in activities that are relaxing. It is important to have time for yourself where you engage in some self care

STAY CONNECTED

Even though it might be difficult to see friends and family it is important that you stay connected to them on a regular basis

COPING STRATEGIES

Identify some positive strategies you can engage in that help you to deal with stress, worry or anxiety

PLAN YOUR WEEK

Organise your week and plan in activities that provide you with a sense of pleasure and achievement

POSITIVE HABITS

Write down a list of 5 - 10 positive mental health habits you can engage with on a regular basis to maintain your mental fitness

HELP OTHERS

Whether it is helping around the house or supporting your brother or sister, helping others can help provide you with positive emotions

CONNECT TO YOUR VALUES

Re connect with things that are important to you and try to engage with them on a regular basis

STAY ACTIVE

Throughout the day try and be active. Take a break from your work and walk around. Regular exercise can also be great for reducing stress and boosting mood

ASK FOR HELP

If you notice yourself struggling reach out to family, friends, your doctor or a local mental health charity for help



OneAIM MH Champions

Our MH Champions are here for everyone and can support or signpost you to information as required.

If you want a chat in total confidence then, please reach out.

OneAIM Mental Health Champions



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