

ensure

SAFETY & TRAINING

YOUR TRUSTED SAFETY TEAM



Hello and welcome to our September Newsletter

At the beginning of September we celebrated 11 years of Ensure Safety & Training. From the outset there have been a number of things that have been especially important to us, this includes:

- providing great customer service
- delivering high quality H&S Consultancy and training
- providing a great place to work

We have recently spent time as a team reviewing our Vision and Mission Statement. Our Vision, we feel, reflects the points above:

Your trusted safety team: Always doing our best, so we can all be our best.

We would like to thank each and everyone of our clients for their support over the years, it really is appreciated.

In this edition, we introduce our first Apprentice, look at Mental Health within the Construction industry, we give a little bit more information about some of the work Ensure does to support charities, and to help you plan ahead, details of the open courses we have scheduled to run at our training room in Nantwich up until March 2022. Alternatively, we can happily come to your setting to deliver training for a number of your colleagues, if you prefer. Our diary is open and we are taking bookings for on-site training during 2022, evenings and weekends can be accommodated.

Kindest regards, Adi and Annette



Follow us on



The tough mentality of construction workers and their 'no-matter-what' attitude has been seen as a positive characteristic within the construction industry for years. However, this mind set of being self-sufficient and not asking for help can increase the risk factors associated with mental health.



The suicide rate for construction workers is more than three times the national average for men, and men are less likely to ask for help or to speak about their struggles with their mental health. Often, when we think about mental health, we only consider the extremes, we don't always think about the mild cases, that make up the majority of mental health concerns faced by one in four people in the UK every year.

It is more important than ever that employers create an environment where their employees feel safe, supported, and cared for. The workplace should be an environment where people can feel secure enough to talk about their mental health and raise any concerns or worries they may have.

64 percent of workers say that they want employers to provide more support around mental health.

Through education, employers can encourage workers to change their perceptions of mental health and can give them the tools they need to be able to support emotional wellbeing. This can help to eliminate the stigma around asking for help and vocalising struggles. It is beneficial for employers and employees to be able to recognise the early signs of anxiety, depression and other mental health issues within their workplace and understand what support is available and how to access it.

Building Mental Health is an initiative led by industry experts who aim to 'encourage the industry to engage and embrace the mental health agenda, make best practice and information readily and wherever possible freely available and ensure that the industry takes a huge leap forward to reduce the stigma surrounding mental health by getting the conversation started while educating as many as possible where and when to seek help.'

They say, 'every working day, two construction workers take their own life. We have to educate everyone in our industry to recognise the signs and symptoms of our colleagues that are suffering from stress, anxiety or depression and start the conversation to assist in their recovery.'

Our next Level 3 Supervising First Aid for Mental Health course is running at our training room in Nantwich on Monday 27th & Tuesday 28th September, the course is accredited by Nuco and costs £140 +VAT pp. To book your place, get in touch using the details below.

To book your place on one of our open First Aid for Mental Health courses held at Nantwich email info@ensuresafetytraining.co.uk or call 01270 619 584 Alternatively, we can arrange to train a number of your colleagues on a date of your choosing.

Our Mission

We are a loyal and friendly team providing a personalised service. We are committed to demystifying the world of Health & Safety for all of our valued clients, regardless of size and industry.

Our team are dedicated and passionate with a strong work ethic that underpins all that we do. All of our people are considered valued members of our extended family and we pride ourselves on a positive work-life balance. We commit to developing our people to be the best versions of themselves so that together we can develop the best possible business.



As a company, we are proud members of the Fire Prevention Association (FPA).

As members of the FPA, we benefit from continuous updates and insights into fire legislation changes and industry events, networking opportunities, exclusive fire safety resources, training and professional development. All of this assists us in providing an up to the minute knowledge based service to all of our clients.



Fire Protection Association
Member 2020



Approved training provider



Know safety- no injury
No safety- know injury
Author unknown





Welcome to the team Sophie...

We'd like to introduce Sophie, Ensure's first Safety, Health and Environment (SHE) Apprentice.

Over the next couple of years Sophie will work towards achieving numerous H&S qualifications, whilst working alongside our consultants. She is looking forward to learning about the different aspects of health and safety whilst meeting our clients and gaining experience in the many varied industries that Ensure supports.

In her spare time, Soph and her partner Euan enjoy long walks with their two young dogs: Reggie, a Pug cross and Murphy, a Rottie Poodle. She also enjoys baking and cycling.

Soph's favourite inspirational quote is "Everyone is a genius. But, if you judge a fish on its ability to climb a tree, it will live its whole life believing it is stupid."

We're all looking forward to working with Sophie and watching her develop into a Health & Safety Consultant.

Congratulations Jo!

Continued Professional Development is important to us. Congratulations to Jo, our Office Administrator, who recently gained her IOSH Managing Safely qualification.



Adi and Annette are both proud members of BNI. Adi is a member at South Cheshire and Annette is Dabber's Vice President.

If you and your company are looking to develop, we'd highly recommend visiting a BNI Chapter. BNI has most certainly helped us to grow Ensure – we meet up weekly and really get to know, like and trust our fellow members resulting in us being able to recommend them with confidence – and likewise they can do the same for us.

In both cases the meetings are held over breakfast, enabling you to develop relationships with trusted others, educate other members as to how they can introduce you and giving you the opportunity to promote your business before heading off to begin your day. The meetings close at 8.30am, however you don't have to rush off, open networking tends to evolve.

What have you got to lose?

Dabbers BNI meet on a Thursday morning usually at The Vagrants, Newcastle Road, Nantwich, although we are currently still meeting via Zoom. Why not give Annette a call on 0794 999 2342 to find out more and arrange a visit?

Alternatively, if a Friday morning fits into your schedule better please don't hesitate to get in touch with Adi on 07547 84 65 84 who will happily arrange a visit to BNI South Cheshire for you. Their meetings are held at Crewe Golf Club.



Things change; traditions evolve and expectations alter. This is also the case for Health and Safety awareness, compliance and training.

The Annual Shin Kicking Contest has taken place as part of the 'Cotswold Olimpicks' for years. This unusual tradition consists of two men stuffing straw down their trouser legs before kicking each other in the shins, for viewers' enjoyment.

'Metro' reported that year on year, concerns for the welfare of contestants and increasing awareness of health and safety basics meant that spectator numbers dwindled and so, the 'Olimpicks' were briefly cancelled. Over the years, we have become better informed of how highlighting and eliminating risks at events, in the workplace or other environments can help to save injuries and money. With guidance, monitoring and consultation the Olimpicks have now been reintroduced.

Ensure Safety & Training are here to provide up to the minute guidance on all things Health and Safety. Our passion for what we do ensures that we stay in touch with new regulations and provide bespoke solutions to meet your needs – whatever they may be!

If you fancy going along to the Olimpicks, the event usually takes place on the Friday after Spring Bank Holiday weekend so, in 2022 it should be on Friday 3rd June (which will actually be a Bank Holiday weekend, as the Bank Holiday is extended and moved for the Queen's Jubilee). The event is held at Dovers Hill, Chipping Campden at 7.30pm



VISYON



It is important to us to support local charities...

With premises in Crewe and Congleton, Visyon is a charity that supports the emotional health of children, young people and their families. Ensure has supported Visyon for many years now- during September and October, we are training a number of their staff in First Aid and Fire Safety.

We have also trained another group of Rainbow/ Brownie/ Girl Guide leaders in First Aid too, and staff from a local community centre

**If you know of any charities or organisations that might welcome our support, consultancy wise or training, please do encourage them to get in touch:
email info@ensuresafetytraining.co.uk or call 01270 619 584**

Future courses running at our training room in Nantwich up to March 2022

Emergency First Aid at Work £75+VAT

Monday 18th October
Monday 1st November
Monday 6th December
Monday 10th January 2022
Tuesday 8th February 2022
Monday 7th March 2022



First Aid at Work £185 +VAT pp

Monday 18th - Wednesday 20th October
Monday 1st- Wednesday 3rd November
Monday 6th- Wednesday 8th December
Monday 10th- Wednesday 12th January 2022
Tuesday 8th- Thursday 10th February 2022
Monday 7th- Wednesday 9th March 2022



First Aid at Work (Requalification) £130 +VAT pp

Monday 11th & Tuesday 12th October
Wednesday 10th & Thursday 11th November
Monday 13th & Tuesday 14th December
Monday 17th & Tuesday 18th January 2022
Monday 14th & Tuesday 15th February 2022



Fire Warden £70 +VAT pp (including practical session) 9am-12noon

Wednesday 22nd September (1:30-4:30pm)
Thursday 18th November 2021
Thursday 13th January 2022
Thursday 24th March 2022



L3 Supervising First Aid for Mental Health

£140 +VAT pp

Monday 27th & Tuesday 28th September
Monday 15th & Tuesday 16th November
Wednesday 2nd & Thursday 3rd February 2022



IOSH Managing Safely £450 +VAT pp

Wednesday 29th, Thursday 30th September & Thursday 7th October
Wednesday 1st, Thursday 2nd & Thursday 9th December
Monday 31st January, Tuesday 1st February & Monday 7th February 2022



To book your place on a course please contact
info@ensuresafetytraining.co.uk or call 01270 619 584