

## Mental Health and Wellbeing

Presented by:

Nigel M Elias, UK HSE Manager



Julie Stevens, Health Safety and Wellbeing Manager



28<sup>th</sup> June 2022

# CPI – Health and Safety Award

## Health and Safety Award

This award recognises companies that have gone above and beyond to ensure a safer and healthier working environment for their staff, whether that be through innovative safety projects or initiatives to support the health of their staff.

**Winner** - Smurfit Kappa Corrugated UK Ltd

**Highly Commended** - Logson Group

This award recognises the positive benefits from **Smurfit Kappa Corrugated's** 'Well-being Strategy', which promotes a range of health and well-being activities for its workforce focusing on physical, mental and social health whilst empowering colleagues to take personal responsibility for maintaining and improving their own wellbeing. Most notably, all those in leadership roles have undertaken a mandatory 'Mental Health Champions' Course and each site has a team of Mental First Aiders. Image: Andrew Large (CPI), Nigel Elias, Michelle Knight and Gemma Board (Smurfit Kappa), and Ruth Jones MP



**81% of colleagues feel that the Company is actively looking after the wellbeing of it's employees.**

Smurfit Kappa Survey 2021



# LifeWorks – Employee Assistance Programme



Professional Support -  
Anytime, Anywhere, Always Confidential



## What is it all about?

LifeWorks Global EAP is a confidential support service that can help you and your dependents solve a wide range of problems and challenges in your lives, at no cost to you. In our increasingly fast-paced world, you may find it challenging to take care of yourself while balancing responsibilities at work with obligations at home. The EAP offers timely, qualified assistance and support to help manage all of life's complexities. The EAP Care Access Centre can be contacted toll-free, 24 hours per day, 7 days per week so that you can access support when you want it.





# 2019

**In the UK, 1 in 6 workers are affected by conditions like anxiety and depression every year.**

Centre for Mental Health 2017

**In the UK, 1 in 4 people will experience a mental health problem in any given year.**

Centre for Mental Health 2017

**Mental ill health costs UK employers and estimated 34.9 billion per year**

Centre for mental health 2017

INTERDEPENDENT

SAFE

HEALTHY

POSITIVE

SAFE


COPE

CONNECTION

COMMUNITY

 **EveryOne**  
for Inclusion & Diversity

**Wellbeing**  
for life.

 **Smurfit Kappa**



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# 2019



10 October 2019



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345  
Champions in  
Leadership roles





# 2019

**Mental Health  
First Aider**

MHFA England



## 292

Mental Health First Aiders –  
voluntary from all areas of  
the business



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for life.**



 **Smurfit Kappa**

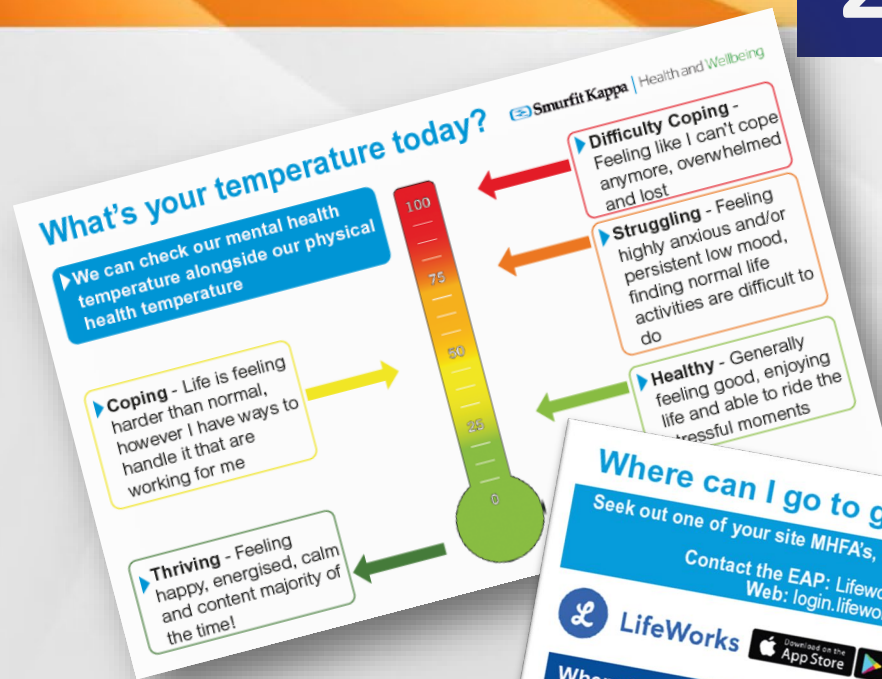


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# 2020 to 2021



**Where can I go to get help?** Smurfit Kappa | Health and Wellbeing

Seek out one of your site MHFA's, Line Manager or HR Support for a one to one chat

Contact the EAP: Lifeworks OR  
Web: [login.lifeworks.com](https://login.lifeworks.com) OR Contact Number: 0800 169 1920  
Password: lifeworks

**LifeWorks** Download on the App Store GET IT ON Google Play

**Where to go for the right medical care**

GP Pharmacy  
Less urgent needs: GP, Pharmacy or [www.nhs.uk](https://www.nhs.uk)

111  
Non emergency Call NHS 111

999 A&E  
Life threatening emergencies or serious illness

For more information and advice visit [www.nhs.uk/staywell](https://www.nhs.uk/staywell)

**NHS** Mental Health First Aid

**shout** TEXT TO 85258

**SAMARITANS** Call free day or night on 116 123 Email: [jo@samaritans.org](mailto:jo@samaritans.org)



**The 3 R's for energy renewal**

**Rest** **Relax** **Recharge**

Smurfit Kappa

## 2020 to 2021





2020 to 2021

**Be active**  
**Be connected**  
**Be supported**  
**Be fulfilled**  
**Be together**



2022



**Michelle Knight**

BA (Hons) Dip Hyp (LHS) Dip CP MCS  
(Acc) Ad. Dip. CP



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# 2022

**UKI Well-Being**  
Community sub-committee leads

If you have a particular interest in one of the communities and would like to join the sub committee or know more about the work they are doing please contact one of the relevant leads.

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**EveryOne**  
for Inclusion, Diversity and Equality

**DISABILITY**  
Jackie McDermott  
Ian Jackson

**LGBTQ+ & Allies**  
Michelle Knight  
Andy Griffiths

**GENDER**  
Alex Saint  
Steve Cookson

**FAMILY & AGE**  
Nigel Elias  
Michelle Gaffney

**ORIGIN, RACE & ETHNICITY**  
Kudzai Zindi  
Alex Saint

**Mental Health First Aid & Champion Support Sessions**

Quarterly sessions are planned for June, September & December 2022.  
Please use the links or QR codes below to request an invite.

**June**  
<https://forms.office.com/r/4466L3pJN>  
Tuesday 14<sup>th</sup> @ 10:30  
Wednesday 15<sup>th</sup> @ 14:30  
Thursday 16<sup>th</sup> @ 11:30  
Tuesday 21<sup>st</sup> @ 14:30  
Wednesday 22<sup>nd</sup> @ 10:30  
Thursday 23<sup>rd</sup> @ 14:30

**September**  
<https://forms.office.com/r/6PpD01w4j>  
Tuesday 13<sup>th</sup> @ 14:30  
Wednesday 14<sup>th</sup> @ 10:30  
Thursday 15<sup>th</sup> @ 14:30  
Tuesday 20<sup>th</sup> @ 10:30  
Wednesday 21<sup>st</sup> @ 14:30  
Thursday 22<sup>nd</sup> @ 10:30

**December**  
<https://forms.office.com/r/16uZ7wz2MB>  
Wednesday 7<sup>th</sup> @ 10:30  
Thursday 8<sup>th</sup> @ 14:30  
Friday 9<sup>th</sup> @ 10:30  
Wednesday 14<sup>th</sup> @ 14:30  
Thursday 15<sup>th</sup> @ 10:30  
Friday 16<sup>th</sup> @ 14:00

Session themes & content will be announced in advance.  
The ability to book on each session will close 24 hours prior to commencement.

**Wellbeing for life.**

# 2022

**UK and Ireland** 

**International Women's Day 2022 - Health Promotion Webinars**

**Menopause Awareness Webinars:**

1 March 3:00 - 4:00 pm - Davina McCall - 'Talking Menopause' - open to all colleagues

9 March 12:00 - 12:45 pm - 'Making Sense of the Menopause' - The Menopause School - aimed at female colleagues

22 March 4:00 - 5:00 pm - 'Making Sense of the Menopause' - The Menopause School - aimed at partners

**Ovarian Cancer Awareness Webinar:**

10 March 12:00 - 12:45 pm 'Ovarian Cancer Awareness' - Ovarian Cancer Action - all colleagues and family members

The webinars are open to all colleagues and family members to attend - they can be accessed from home or the workplace - we will endeavour to arrange access for colleagues who do not have a work based computer - please indicate this on the registration form.

Please scan the QR code to register for the webinars



**Come out with us this summer!**

The LGBTQ+ Allies Wellbeing EveryOne Community invites all colleagues to celebrate 50 years of Pride by joining us in attending UK Pride together in Newcastle on 23/07/22



Members and Supporters of the LGBTQ+ Community and are invited to join the March or spectate along the Parade route from noon and then enjoy the activities that follow in the Festival Arena and Community Village

Colleagues will also be attending other Pride events within UK&I:

Dublin Pride on 25/06/22  Glasgow Pride on 25/06/22  Cardiff Pride on 27/06/22 

Please use the form (QR code link) to let us know that you will be attending so that we can meet up on the day and endeavour to arrange transport from sites.

Wellbeing for life. Free to be me. 

**April**

**What's special about April?**  
The etymology behind the word "April" comes from the verb "aperire", which means "to open". It's commonly believed that the word refers to the season of trees and flowers begin to "open" or bloom.

**Seasonal Vegetables:** Artichokes, Beetroots, Cabbages, Carrots, Chicory, New Potatoes, Kale, Morels, Mushrooms, Peas, Potatoes, Radishes, Rocket, Spinach, Spring Greens, Spring Onions, Watercress

**Seasonal Fruit:** Rhubarb

**What can I be aware of this month?**

**For the month:**  
Stress Awareness Month  
Bowel Cancer Awareness Month  
MS Awareness Month  
National Pet Month

**For the week:**  
30<sup>th</sup> March to April 2<sup>nd</sup> Family Safety Week  
14<sup>th</sup> to 20<sup>th</sup> World Immunization Week  
20<sup>th</sup> to 23<sup>rd</sup> National Stop Smoking Week  
20<sup>th</sup> to 25<sup>th</sup> Allergy Awareness Week

**For the day:**  
2nd World Autism Awareness Day  
21st World Health Day  
22nd Earth Day  
23<sup>rd</sup> National Skipping Day  
24<sup>th</sup> Screen Day  
25<sup>th</sup> London Marathon  
28th World Day for Safety and Health at Work

**SK Group Wellbeing Focus:**  
Keep an eye out for updates on Group activities that follow here

**Stress Aware**  
This month: Stress is the body's reaction to feeling threatened or under pressure. We all have it and it's not always a bad thing. In fact, we need a certain amount to help us achieve our goals and survive. The challenge is knowing what to do when that tips into too much and becomes a hindrance, affecting our ability to think clearly and do our day to day activities. Having different resources to hand and the ability to share your experiences with others is invaluable.

**Key Resources For being stress aware**

**Physical Wellbeing**  
It's easy to neglect the habits that make us feel at our physical best when we are stressed - here are some tips to get back in the habit.

**Mental Wellbeing**  
Audio series for tips on managing stress

**Social Wellbeing**  
Tip to resist and manage stressors, how to remain resilient.

**Financial Wellbeing**  
Try downloading the easy to use debt and spending trackers that help in taking control of your finances.

**We want to do a site activity, any suggestions?**

15<sup>th</sup> of April is National Sibling Day. Celebrate sibling at site or join in a charitable activity. Remember not all siblings are biological!

18<sup>th</sup> is On Your Feet Day. Check the link below and see what you can all do together to move more.

Spending time with our furry friends is proven to reduce stress. During pet national pet month why not introduce a pet into your life or have a pet that you can all share?

**I'm going to do something for myself**  
Proud to celebrate all forms and abilities to dance, whether it's a solo dance party in the kitchen or at an event with friends. Turn the music up and dance like no one is watching on the 23<sup>rd</sup> of April for International Dance Day!

**Wellbeing for life.**

Live with it. Smurfit Kappa. Power to live with it.

**August**

**What's special about August?**  
August was once the sixth month of the year. In the original ten-month Roman calendar, the month went by the name of Sextilis, meaning "the sixth month". It came to be named after Augustus (63 BC - 14 AD) who was born in this month. It was named after him in 8 BC and August was added to the beginning of the year by the Roman Emperor.

**Seasonal Vegetables:** Asparagus, Beans, Broccoli, Cauliflower, Carrots, Celeriac, Courgettes, Cucumbers, Fennel, Garlic, Leeks, Lettuce, Peas, Potatoes, Radishes, Rocket, Spinach, Spring Greens, Spring Onions, Watercress

**Seasonal Fruit:** Apples, Blackberries, Cherries, Figs, Grapes, Kiwis, Melons, Nectarines, Peaches, Plums, Raspberries, Strawberries, Watermelons

**What can I be aware of this month?**

**For the month:**  
Future Planning

**For the week:**  
1<sup>st</sup> to 7<sup>th</sup> World Breastfeeding Week  
8<sup>th</sup> to 14<sup>th</sup> National Allergies Week

**For the day:**  
1<sup>st</sup> International Day of the Girl  
15<sup>th</sup> International Day of the Girl  
16<sup>th</sup> International Health Day  
17<sup>th</sup> World Immunization Day  
23<sup>rd</sup> National Pet Day  
24<sup>th</sup> International Teacher Appreciation Day

**SK Group Wellbeing Focus:**  
Keep an eye on your inbox and notice board for Group activities that follow here

**Future Planning**  
We naturally live towards the end of the current year and the start of the next one to think about future plans. Especially when it comes to bigger decisions around retirement, family, personal growth and personal goals. Consider reviewing this during August when there is less pressure to do so and more opportunity for reflection.

**Key Resources**  
1. Beliefs provide key resources, tips and tools for all kinds of future planning. The purpose of this below:

**We want to do a site activity, any suggestions?**

15<sup>th</sup> is Cycle to Work Day. Why not offer to join a new group or take a new group out of the office and cycle to work?

18<sup>th</sup> is World Pet Day. Why not offer to join a new group or take a new group out of the office and pet a pet?

21<sup>st</sup> is World Health Day. Why not offer to join a new group or take a new group out of the office and health check?

23<sup>rd</sup> is National Pet Day. Why not offer to join a new group or take a new group out of the office and pet a pet?

**Health Planning**  
Setting up a budget for health planning. The purpose of this below:

**Family Planning**  
Setting up a budget for family planning. The purpose of this below:


**I'm going to do something for myself**  
18<sup>th</sup> is World Breastfeeding Week. Celebrate breastfeeding and see what you can all do together to move more.

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Live with it. Smurfit Kappa. Power to live with it.



# 2022

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This March we focus on

## Sleep Wellbeing

We each have an opportunity to take a closer look at how we are sleeping and how it contributes to our overall health and wellbeing.


Better Sleep for Life is available to download or print and use as a workbook and guide. Full of information, tips, exercises and resources for your sleep wellbeing.

Click on the cover or use the QR code to access and download.




**Wellbeing for life.**

Better Sleep  
for Life  
March 2022



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**Wellbeing for life.** 

## Got your hands full?



Reaching out to a Mental Health First Aider can help you to feel like we aren't holding onto everything alone

LifeWorks are close at hand 24/7 to connect with and speak to confidentially on a wide variety of subjects affecting wellbeing



**LifeWorks**  
0800 169 1920  
LifeWorks.com  
User ID: smurfitkappa  
Password: lifeworks

**Wellbeing for life.** 

## Sometimes we need a timeout



## an opportunity to take 5

## and reach out for support

Please speak with a Mental Health First Aider or Champion at your site or contact LifeWorks for support 24/7

**LifeWorks**  
0800 169 1920  
lifeworks.com  
user ID: smurfitkappa  
password: lifeworks



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# Key Learnings

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