

# CHAMBER

# IN FOCUS



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## 2. CHAMBER IN FOCUS

# WELCOME

### Welcome to the September 2021 Edition ...

As we take giant steps towards recovery and gain a clearer picture of what normal is looking like, now more than ever the value of connectivity and collaborating within our business community is what sets us apart and makes us stronger.

Our research is providing us with up-to-date intelligence that helps inform stakeholders and policy makers what the voice of Shropshire business is saying and more importantly what support is needed both now and in the future.

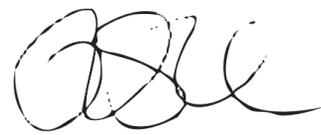
Whilst people and cash remain high on the agenda, concerns about inflation and increased costs are also influencing business decisions and future plans.

None of us could have failed to be affected by the recent climate changes around the world and as a Chamber we are committed to find solutions and partners for our members to raise awareness of Net Zero, what it means and how every business can get involved to help make a difference.

Indeed, your Chamber is leading by example, having made significant changes to our buildings that reduced our energy consumption by over 40% and installing electric charging points at both sites for

members to use, we also have 50% of our business vehicles 100% electric.

As we move forward we are developing a new training and events calendar that will deliver workshops that support business to take those steps towards Net Zero, signpost to available funding, whilst providing access to inspirational speakers, information and guidance on the enormous opportunities and economic benefits that a carbon reduction programme will deliver.



Richard Sheehan

Chief Executive, Shropshire Chamber

# NET ZERO NEWS

## Net Zero summit to be held in the Ironbridge Gorge

Shropshire Chamber of Commerce is holding a 'Net Zero' summit in the birthplace of the Industrial Revolution to help businesses 'demystify' the quest for a sustainable future.

The Enquity centre in the Ironbridge Gorge will host the half-day event on September 8, running from 12.30pm to 3.30pm.

"If you are interested in creating a sustainability policy for your business, or don't know where to start on the journey to Net Zero, this will be a valuable fact-finding event," said Shropshire Chamber chief executive Richard Sheehan.

"It will feature speakers and exhibitors from across Shropshire, coming together to help businesses understand exactly where to start when pursuing a Net Zero target."

The event is sponsored by multi award-winning Telford company Reconomy. Diane Crowe, head of group sustainability, said: "Reconomy recognise there is no time to waste in the race to decarbonise.

"We have set zero carbon targets as part of our Reconomy Environmental Action Plan (REAP), but more importantly continue to take action to reduce the carbon associated with our operation as well as our customers.

"The human impact on the climate is undeniable but the good news is that if we act now we can avoid the worst and

catastrophic consequences.

"We believe that all businesses have a part to play in reducing their carbon as every tonne of carbon reduced or emitted matters."

She added: "Reconomy is the market-leading provider of outsourced services to drive the circular economy – including waste and resource management, recycling services and environmental compliance.

"We are excited to be sponsoring and speaking at the Net Zero Summit where we will share insight and tools that will help businesses of all sizes achieve their sustainability and net zero ambitions."

After a networking lunch, delegates will hear from a mix of climate experts and sustainability firms on where you can start to have the biggest effect on your businesses.

The event is free for Shropshire Chamber members, but is open to all businesses, with a small charge for non-members.

More details are available [HERE](#)



## 4. CHAMBER IN FOCUS

# KICKSTART SCHEME

Shropshire Chamber will support your organisation and Kickstarters directly by offering pastoral care and support to ensure that everything is running smooth, and that the participant knows where to go if further help is required, or has any queries.

They can help Kickstarters with the basic work skills, including attendance, timekeeping, communication, teamwork, travelling to work, how to use the appropriate work equipment, health and safety and HR.

We will work closely with the candidate to help them further in CV writing, job search and interview skills.

Shropshire Chamber can provide a package of courses for your Kickstart employee to enhance their skills, at a total cost of £200. This package includes: • First Aid • Fire Safety • Manual Handling • CV and interview preparation

Shropshire Chamber can also offer multiple other specialised courses, delivered through our accredited training providers, covering a variety of skills and qualifications.

For the full list of training courses, please visit the training section on the Shropshire Chamber website [www.shropshire-chamber.co.uk](http://www.shropshire-chamber.co.uk)

For further details

email: [training@shropshire-chamber.co.uk](mailto:training@shropshire-chamber.co.uk)

OR call 01952 208200 and ask for the training team.



# KICKSTART SCHEME

HR & HEALTH AND SAFETY



## KICKSTART SCHEME / CHAMBER HR



### Are you engaged with the Kickstart scheme?

Did you know that Members have the Chamber HR service included in their membership fee?

### Chamber HR

- Advice Line - unlimited calls / 365-day access
- Document Library - over 450 template HR documents
- Employment Tribunal insurance

Chamber HR is the perfect support for Kickstart companies.

### It can help with the following:

- Induction - advice and documents including checklists, guidance notes etc
- Employment Contract - template document specifically for Kickstart
- Annual Leave - advice and documents including policy documents and forms etc.
- Sickness - advice and documents including policies, absence forms, letters etc.
- Pensions - advice and documents including letters and guides
- New Minimum Wage - advice and guidance regards wage rates

### Want to know more?

TO FIND OUT HOW CHAMBER HR CAN HELP YOU WITH KICKSTART OR FOR MORE INFORMATION PLEASE BOOK A COMPLIMENTARY MEETING WITH A QUEST BUSINESS MANAGER  
CALL 07725 557434 OR EMAIL [MDAY@QUESTCOVER.COM](mailto:MDAY@QUESTCOVER.COM)

### Also available

**Chamber Legal** - advice line, documents and legal expenses insurance

**Chamber Health & Safety** - advice line, documents and legal expenses insurance

**Chamber Tax** - tax advice, VAT advice and tax enquiry insurance





# ALEXANDER BROWN

“ After not being kept on at my previous job due to the Covid-19 pandemic and I found myself struggling to find employment for nine months, so I decided that a Kickstart placement would be the best option for me to progress my career.

I heard that the Kickstart scheme was designed to help young people into employment and provide them an opportunity to develop their skills and future employability options. Whilst I was not looking for a specific role, I was keen to gain experience and build upon skills that I developed during my studies at university.

I applied for the Kickstart coordinator role at Shropshire Chamber because the role really appealed to my skillset and sounded very interesting and varied. The application process was quick and easy, four weeks after registering my interest, I was working with a variety of businesses across Shropshire as part of a gateway organization.

I feel that I have brought a fresh outlook to both the Kickstart project and the Chamber, given that it is constantly evolving to meet the needs of local businesses.

The aspect of my role that I enjoy most is helping people who are or were in a similar position to myself and having the capacity to genuinely change peoples lives for the better. Working with companies who want to help young people begin their career journey is highly rewarding, especially when receiving positive feedback from businesses about their Kickstart employees.

For anybody considering taking up a Kickstart position before the scheme ends, I would strongly advise that you just go for it. Do not hesitate and miss such a fantastic opportunity to receive funded training and develop transferable skills.

There are so many businesses across so many sectors that you are certain to find something you enjoy.

”

Alexander Brown  
Kickstart Coordinator, Shropshire Chamber of Commerce

CASE STUDY

## 6. CHAMBER IN FOCUS

# KICKSTART NEWS

### Kickstart scheme well and truly taking off...

Shropshire Chamber of Commerce passed a major milestone in June in its delivery of the Government's Kickstart campaign, by completing its 100th placement.

And to prove just how well the initiative is now 'taking off' across the county, the latest recruit was treated to a ride in a hot air balloon over Shrewsbury.

Virgin Balloon Flights, based at Stafford Court in Telford, is the company which has taken on the 100th Kickstart recruit through Shropshire Chamber.

Bookings and admin assistant Charlie Collins is the second team member welcomed to the Virgin team through the Kickstart programme this month.

He was treated to a balloon flight over Shrewsbury, along with Alex Brown, Kickstart co-ordinator in the Chamber's own team who was also recruited through Kickstart.

"It was both a lovely surprise and really quite an honour to hear Virgin Balloon Flights took on the 100th Kickstart placement facilitated by Shropshire Chamber," said the company's head of marketing, Maria Wilkinson.

"And what a way to celebrate, with a balloon ride over the gorgeous Shropshire countryside



Taking off – Alex Brown (left) who has joined Shropshire Chamber through Kickstart, is pictured with Virgin Balloon Flights marketing manager Maria Wilkinson, and the 100th Shropshire Chamber placement, Charlie Collins.

"Charlie is absolutely fantastic and a real asset to our company. He is the latest of a number of brand new roles we introduced as part of our flying recovery from Covid-19 restrictions, which has seen us back in the air for the first time in over 18 months.

"Mentoring and encouraging young people and giving them a chance to really shine has always been something we have strived towards here at Virgin Balloon Flights.

"It's a brilliant scheme with an equally brilliant gateway team in Alex and Nicola, who made the whole process from our very first application to the last of our Kickstart employees to start work completely seamless.

"To any company who is either just hearing about the scheme or might be in two minds about whether to sign up, we'd absolutely encourage them to 'go for it'."

**KICKSTART**  
**SCHEME**



COX MAHON



# DANIELLE CROWE

Danielle graduated from the University of Manchester with a Geology degree in 2017 and has since worked primarily in administration. While she learned many valuable lessons in that previous role, her love of data was never satisfied, and so joining Cox Mahon in March 2021 as Business Analyst through the Government's Kickstart scheme was a very exciting prospect for her.

Cox Mahon Limited is a privately owned insurance broker with very distinct areas of expertise – Professional Indemnity Insurance, Estates & Private Clients and Commercial – sectors in which we are regarded as a leading broker.

## Kickstart Scheme

This is the first kickstart employee that Cox Mahon have taken on - it has been a great success. Cox Mahon wanted to support the scheme and it was a great opportunity to train and develop Danielle who would also bring excellent skills to the business.

“ I found out about Kickstart through my work coach and what attracted me was the idea of being able to join any industry in which I had no prior knowledge with no cost to the organisation.

The government essentially funds six months of training, at 25 hours a week - there is no loss to any organisation and every gain. This part-time basis can be reassuring for anyone who has been unemployed for a long time or perhaps experienced uncertainty through the Covid pandemic, as it will gently ease you back into the workplace, which is really good as you have so much support.

Without the Kickstart programme, it is highly unlikely I would have had the chance to break into the insurance industry – and in fact, it is likely not to have been something I would have considered for myself!

Danielle Crowe

Business Analyst, Cox Mahon

Cox Mahon are now supporting, and funding, an apprenticeship scheme which will provide both an NVQ as well as Chartered Insurance Institute quals for Danielle – this is a real career pathway, all as a result of the Kickstart programme.

CASE STUDY

## Funding Innovation in Low Carbon Technologies



We are pleased to announce that the Low Carbon Opportunities Programme is now available to assist businesses in Shropshire!

LOCOP helps develop innovative low carbon technologies or services to small and medium-sized enterprises (SMEs) in Shropshire.

The programme is part-funded through the European Regional Development Fund.

SMEs can apply for grants for up to 40% of the costs of eligible capital or revenue projects. Grants of up to £50,000 will be considered with a minimum grant of £2,000.

### Eligibility:

- You must be situated in and trading from Shropshire (or Worcestershire)
- Employ fewer than 250 employees
- Have a turnover of less than the equivalent of 50 million Euros per annum or a balance sheet of less than 43 million Euros
- Be within the low carbon innovation sector

Some industries, such as primary agriculture and certain retail, are not eligible. Other activities excluded are social welfare and education facilities, banking and insurance.

### Potential low carbon innovation project examples could include:

- Low carbon product, process or service development
- Commercialisation or implementation costs
- Market research and assessment • IPR protection • Accreditations
- Prototyping, demonstration or testing of new products • Manufacturing scale up or market rollout



### Other programme benefits:

- Potential collaboration with CREST UCS (Environmental Research & Business Support programme)
- Opportunities to take part in Programme organised events and forums
- Engagement with other similar types of organisations and further collaboration with both business and academic institutions

Low Carbon Opportunities Programme Team on **01905 843902** or **01905 845398**  
or email: [sustainability@worcestershire.gov.uk](mailto:sustainability@worcestershire.gov.uk)

Helping your business to save money and reduce your energy & resource consumption.

Growing Greener Together.



FREE energy and resource assessments and grants of up to £20,000 for small and medium sized enterprises in Worcestershire, Herefordshire, Telford & Wrekin and Shropshire.



Part of the government-supported growth hub network

## Business Energy Efficiency Programme

### Grant examples:

- Lighting
- Compressors
- Insulation
- Fast-shutting doors
- Renewable technology
- Energy storage
- Electric Forklift & Machinery
- Heat recovery
- Energy management
- Heaters and boilers
- Energy efficiency equipment that leads to process improvements
- Waste and water reduction and recycling

### Eligibility

To qualify, your business must:

- ✓ Be situated in and trading from Worcestershire, Herefordshire, Telford & Wrekin or Shropshire
  - ✓ Have less than 250 employees
  - ✓ Have an annual turnover of less than 50 million Euros or balance sheet of less than 43 million Euros
- A minimum energy spend applies.

Please note some industries such as primary agriculture and retail are not eligible. Other activities excluded are social welfare and education facilities, banking and insurance.

The Business Energy Efficiency Programme can provide grants of up to 40% of the total cost of a project (to a maximum contribution of £20,000) for businesses to improve their energy efficiency and reduce carbon emissions.

The Business Energy Efficiency Programme is a partnership between:

Worcestershire County Council • Herefordshire & Worcestershire Chamber of Commerce • Bromsgrove District Council • Malvern Hills District Council • Redditch Borough Council • Worcester City Council • Wychavon District Council • Wyre Forest District Council • Herefordshire Council • Shropshire Chamber of Commerce • Telford & Wrekin Council • Shropshire Council

Find out more at [www.business-central.co.uk/BEEP](http://www.business-central.co.uk/BEEP)  
Email [info@business-central.co.uk](mailto:info@business-central.co.uk) or call 01905 677888



Clean Growth  
Worcestershire

# EVENTS

## We are pleased to introduce Kelly Roberts, Events Manager

I started my journey with the Chamber as Events Manager in June and I am so excited to be part of such a fantastic team, and it is a privilege to be able to support the Shropshire business community with companies representing so many sectors.

I am passionate about my role and really want this to show with the events I will be delivering in the future.

I am keen to cover key topics and sector specific events that will offer expert advice and great opportunities as well as helping businesses come together to share their expertise and knowledge in a relaxed and fun way.

September and October will be busy months including hosting our Net Zero event 8th September with the aim to help businesses get started on their Net Zero journey, and offering the opportunity for those businesses to meet experts in the field.

Our Business Expo will also be returning 14th October giving businesses the opportunity to raise their profile within the business community and enabling attendees to tap into the vast amount of knowledge and insight members share.

I am here for you and to help deliver events that benefit you and your business.



If you would like to contact me I look forward to hearing from you and working with all of our members in the future.

Contact Kelly on 01952 208200 or email: [events@shropshire-chamber.co.uk](mailto:events@shropshire-chamber.co.uk)



**CLICK IMAGE TO BOOK**



**CLICK IMAGE TO BOOK**

# BUSINESS 2021 EXPO

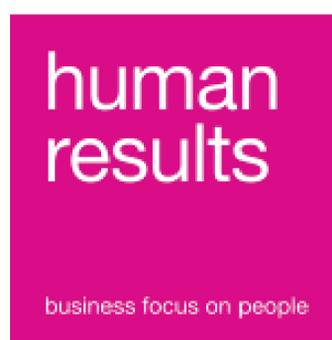
# SAVE THE DATE

14 OCTOBER 2021

## Are you joining us?

You can book your stand or visitor pass now!  
[shropshire-chamber.co.uk/events](http://shropshire-chamber.co.uk/events)

## SOME OF OUR EXHIBITORS



If you need further information  
call Kelly on 01952 208200  
or email: [events@shropshire-chamber.co.uk](mailto:events@shropshire-chamber.co.uk)



## FANTASTIC LINE-UP OF SPEAKERS

## 12. CHAMBER IN FOCUS

# CHAMBERCUSTOMS

### Customs compliant brokerage, advice, consultation and training...

Since January 2021, the landscape for International Trade in the UK has changed dramatically.

For some businesses already familiar with trading outside of the EU this has meant many additional steps, red tape and internal reorganisation to cover the requirements for including Europe into that area of trade. For businesses who have not had to export outside of Europe before, the impact has potentially been even more impactful.

During the COVID-19 pandemic, Chambers of Commerce across the UK prepared to launch the ChamberCustoms service during the latter part of 2020 and into 2021.

This new service was developed to provide not only compliant customs brokerage for local businesses but also day to day customs advice, consultation and training.

At the Shropshire Chamber the uptake prior to the end of the EU Exit transition was phenomenal, with large numbers of Shropshire businesses registering for the service to prepare for what was to come. Since that time, we have worked with local traders in processing their Import and Export declarations, keeping HMRC

compliance at the heart of how shipments are presented to the customs offices around the UK.

As we now move into the latter part of the year, we have seen how both ourselves and local businesses have developed and overcome challenges in this tumultuous time.

Since our initial launch, ChamberCustoms has released the Transit service for Exports moving across borders, CDS deployment for Imports into the UK and Northern Ireland and will very soon be offering other solutions such as our self-service portal for onboarded businesses, making the customs submission process faster than ever.

If you would like to find out more, you can contact a member of the local ChamberCustoms team on 01952 208200 or email: [customs@shropshire-chamber.co.uk](mailto:customs@shropshire-chamber.co.uk)

The logo for Chamber Customs, featuring the words "CHAMBER" and "CUSTOMS" stacked vertically in a white, sans-serif font against a dark teal background. The letter "M" in "CUSTOMS" is stylized with a square cutout in its center.

CHAMBER  
CUSTOMS

# POLICY

## Policy update...

It has been a busy few months in the Policy department, with Quarterly Economic Survey (QES) preparation, events planning and, of course, Britain reopening for business.

We are pleased to have been able to put on events to keep our members informed of policy decisions, with the ability to meet those people best placed to shape policy.

Since the last magazine, we have held Policy Hours with Daniel Kawczynski MP, Member for Shrewsbury; Philip Dunne MP, Member for Ludlow; and Owen Paterson MP, Member for North Shropshire. This gave our members a unique opportunity to pose questions to the parliamentarians, and discover the projects they are currently working on.

We also have some exciting events coming up.

Our third quarter QES is now open, an opportunity for businesses of every shape and size to share their views regarding business conditions, skills and employment. You can be entered into a draw to win a £50 Amazon gift voucher! Click the banner below to complete the survey.



We're also proud to be holding a half-day Net Zero summit in the historic Ironbridge Gorge.

There's never a better time than the present to be thinking about making changes to support a policy of Net Zero, so join us at this free-to-members event to hear from specialists on how to start your journey!



If you have any business environment or policy questions or concerns, do not hesitate to contact **Josh Carpenter, Policy Officer** on 07936 935282.

Alternatively email Josh at:  
[policy@shropshire-chamber.co.uk](mailto:policy@shropshire-chamber.co.uk)



**BOOK HERE**

## 14. CHAMBER IN FOCUS

# MEMBERSHIP

### Why Join?..

Becoming a member of Shropshire Chamber is one of the best investments you will make for your business.

As a member you have access to:

- A wide range of services
- Business solutions
- Unique networking opportunities
- Dedicated and valuable support
- Discounted services

Whether you are a sole trader or a large organisation, we can provide help and advice that will assist you and your business, from protecting your business reputation, promoting your business or

having your say on local or national issues we can help you with it all.

### Additional Services:

As a member of an accredited Chamber of Commerce you can gain access to a number of additional solutions.

The British Chambers of Commerce has negotiated exclusive solutions with leading organisations to bring you support services and help save you money.



# 9 REASONS

**Membership brings credibility to your**

**Raise your profile**

**Chamber events and training**

**Create networking opportunities**

**Access to member only discounts and services**

**Make business contacts**

**Advertising and sponsorship**

**Gain a voice in Government**

**Acquire customer referrals**

## 16. CHAMBER IN FOCUS

# MEMBERSHIP

**Our membership model is forward thinking, innovative and inclusive.**

It provides a more valuable and enhanced membership experience that offers new and expanded business solutions, additional choice and flexibility.

Each member is empowered to select the most appropriate level for their organisation with services and products they most value.

Being a member of Shropshire Chamber provides access to a wide range of core solutions<sup>1</sup> available within your membership, these include:

- **PROFILE RAISING**
- **POLICY and REPRESENTATION**
- **SECURITY**
- **SAVINGS**
- **INTERNATIONAL TRADE**

<sup>1</sup> Number based on your level of membership



**DOWNLOAD  
OUR NEW  
MEMBERSHIP  
BOOKLET**

**ESSENTIALS**

**STANDARD**

**STANDARD PLUS**

**PREMIUM**

**CORPORATE**

# OFFICE ACCOMMODATION

Available at our Telford office...



This internal office accommodation is located within the Shropshire Chamber building, Trevithick House, Telford.

The office will have a reasonable level of access to both the Chamber Boardroom and the Wenlock training rooms\*.

**Space available:** Office for 2-3 people with social distancing applied.

**The office includes a Residential Membership of Shropshire Chamber.**

Residential Members enjoy a prestigious address with a fixed cost to include:

- Heat, light and power
- Open Wi-Fi
- Kitchen facilities
- Parking
- Access to our meeting rooms on a fair use policy
- Buildings insurance

\*Subject to availability

For more details, please contact:

Ruth Ross, Director of Business, Shropshire Chamber of Commerce

Email: [r.ross@shropshire-chamber.co.uk](mailto:r.ross@shropshire-chamber.co.uk) for more details.

# FEATURE

## Four Services for Chamber Members

In normal times it's true to say that businesses need support, and supplying vital support is one of the key roles played by Shropshire Chamber.

However, in these times of uncertainty and change it is also true to say that such support is needed more than ever, so we would like to remind members of the long-standing relationship Shropshire Chamber has with Quest Business Services who provide essential business support for members.

All Shropshire Chamber members have access to Four Services which include Chamber HR, Chamber Legal, Chamber Health & Safety and Chamber Tax and access to all these services in unlimited and included in your membership fee.

They provide five advice lines (HR, H&S, Legal, Tax and VAT) and access to a website that features (amongst other things) no less than three document libraries containing almost 800 template documents plus a whole load of key information on HR, legal and health & safety matters.

And there's more!

These great services are underpinned by a legal expenses insurance policy which gives £1,000,000 of cover for a range of things

including employment tribunals and tax investigations.

Too good to be true? Not at all! This is a service recommended by the British Chambers of Commerce and adopted by most UK Chambers.

Want to know more? All members can access three FREE One2One Services, which give you the opportunity to have a personal discussion with a Quest Business Support Manager who can, for example, explain what the Chamber HR services is all about and show you how it can help you. They can also compare Chamber HR to a provision you may have elsewhere, because you may find you don't need it, or they can offer you a review of your compliance status to ensure you understand what you need and your responsibilities.

To book a review email Myles at: [mday@questcover.com](mailto:mday@questcover.com)

For more information including details of how to access, please call the membership team on 01952 208200.





# One2One Services

DISCOVER

REVIEW

COMPARE

**Book a complimentary meeting with a Quest Business Support Manager**

**Three choices - what suits you best?**



## DISCOVER

Find out how to make the most of the Chamber HR Service and see how it can help you and support your business. A Quest Business Support Manager will cover the scope of the Chamber HR service, how the HR advice line can help you, what is included in the Document Library, other featured services available via the website, how to access the service and hours of operation.

## REVIEW

An opportunity to talk to a Quest Business Support Manager about how your business may be changing, where you were and where you are going to. What HR issues does this raise? The meeting will cover areas of risk, your responsibilities and what you need to have in place to ensure you are compliant and protected. Effectively this gap analysis will identify what you need to do.

## COMPARE

If you have an existing outsourced HR service you may wish to do a comparison with Chamber HR to see if Chamber HR can fulfil your needs. A Quest Business Manager will look at your current provision and explain how Chamber HR differs from it. Chamber HR is included in your membership fee so it may be that you don't need to pay anything extra to anyone else!

## NEXT STEPS?

To request an appointment please call Myles Day on **07725 557434**

**Or email [mday@questcover.com](mailto:mday@questcover.com)**

Please quote "DISCOVER", "REVIEW" or "COMPARE"

# MENTAL HEALTH CHARTER



## Why a Mental Health Charter?...

The Mental Health Charter, launched in March this year, provides a framework for providing a workplace that is supportive of the mental health and wellbeing of your workforce.

Jointly produced by Shropshire Chamber and Merulae Ltd, the charter is not a set of quality standards or an accreditation but is a voluntary commitment to developing best practice in the workplace.

The charter is based on three guiding principles and as an organisation you are encouraged to embed the principles in your organisational structure to demonstrate leadership in mental health and wellbeing.

### Why sign the Mental Health Charter?

To make your commitment to improving mental health and wellbeing in your organisation. To make a promise to promote good mental health which is beneficial to your organisation, your employees and the business community of Shropshire.

To recognise that your workforce and their families may experience mental ill health during their lives and as an organisation, you have a responsibility to ensure you can

provide access to mental health support, provide awareness and training and put in place a structure and systems to support people in the workplace.

Everyone in the workplace has the right to work in an environment that promotes good mental health and wellbeing.

As an employer and service provider, you will work to create a workplace culture that promotes equality of opportunity and respect for those with mental ill health and provide a positive service to people with mental ill health.

We encourage businesses to sign the Charter, to engage with us and take a journey of recognising the importance of mental health and wellbeing in their workplace and pledging to support their employees.

Let's make it our mission, to unite as a business community to destigmatise issues surrounding mental illness.

Sign up **HERE**





# RESOURCES

## Useful resources for you to download...

### Being mentally healthy doesn't just mean that you don't have a mental health problem.

If you have good mental health, you can:

- Make the most of your potential
- Cope with life
- Play a full part in your family, workplace, community, and among friends

Some people call mental health 'emotional health' or 'wellbeing'.

Mental health is everyone's business. We all have times when we feel down, stressed or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us.

Everyone is different. You may bounce back from a setback, while someone else may feel weighed down by it for a long time.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages in your life.

Unfortunately, stigma can be attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much.

Many people don't even feel comfortable talking about their feelings. But it's healthy to know and say how you're feeling.



## Mental Health Foundation

### How to...

#### Support mental health at work



### How to...

#### Look after your mental health



### As part of our commitment to the Charter...

#### September

- 13 Stress Management 2 - 3pm
- 20 Mental Health in the Workplace 9.30am - 4.30pm
- 24 Netwalking - Carding Mill Valley 1 - 3pm

#### October

- 5 Mental Health Awareness (Virtual) 10 - 11am
- 6 Mental Health First Aid Champions (Part 1) 9.30am - 1pm
- 7 Mental Health Awareness for Managers (Virtual) 2 - 3pm
- 13 Supporting Others with Mental Health (Virtual) 2 - 3pm

## 22. CHAMBER IN FOCUS

# SEPTEMBER CALENDAR

DATE	TITLE	TIME	VENUE
02	Oswestry Network Club	8.00 - 9.30am	Virtual
08	Shrewsbury Network Club	8.00 - 9.30am	Origins Restaurant
08	Digital PR and Social Media	9.30am - 4.30pm	Shropshire Chamber
08	Net Zero Summit	12.30 - 3.30pm	Enginuity, Ironbridge
09	Telford Network Club	8.00 - 9.30am	Orange Tree Restaurant
09	Tariff Free Trade	11.00am - 12.00pm	Virtual
13	Charity Not For Profit Networking	10.30 - 11.30am	Virtual
13	Stress Management	2.00 - 3.00pm	Virtual
14	Health & Safety Duties as a Director	9.30am - 1.00pm	Shropshire Chamber
14	Customs Procedures & Documentation	9.30am - 4.30pm	Virtual
14	Fire Marshal and Fire Awareness	1.30 - 4.30pm	Shropshire Chamber
15	Network of Women	11.00am - 2.00pm	Love2Stay
16	Oswestry Network Club	8.00 - 9.30am	Oswestry Golf Club
16	Using a Mobile For Professional Video	9.30 - 4.30pm	Shropshire Chamber
16	Optimising Your Social Media Profiles	9.30am - 4.30pm	Virtual
16	Understanding Commodity Codes	2.00 - 5.00pm	Virtual
20	Mental Health Awareness in Workplace	9.30am - 4.30pm	Shropshire Chamber
21	Google Ads - Beginners	9.30 - 4.30pm	Shropshire Chamber
21	Made Smarter	9.50 - 11.00am	Virtual
22	Shrewsbury Network Club	8.00 - 9.30am	Origins Restaurant
22	Import Processes	9.30am - 4.30pm	Virtual
22	Supporting employees experiencing domestic abuse	2.30 - 4.00pm	Virtual
23	Telford Network Club	8.00 - 9.30am	Orange Tree Restaurant
23	Chamber Golf Day	11.00am - 7.00pm	Llanynynech Golf Club
24	Professionals Partnership	7.30 - 10.00am	STFC

# SEPTEMBER CONTINUED

DATE	TITLE	TIME	VENUE
24	Netwalking	1.00 - 3.00pm	Carding Mill Valley
28	Emergency First Aid at Work	9.30am - 4.30pm	Shropshire Chamber
29	How to Get Results at Networking	9.30am - 4.30pm	Shropshire Chamber
30	Oswestry Network Club	8.00 - 9.30am	Oswestry Golf Club

# OCTOBER CALENDAR

05	Mental Health Awareness	10.00 - 11.00am	Virtual
06	Shrewsbury Network Club	8.00 - 9.30am	Origins Restaurant
06	Mental Health First Aid Champion (1)	9.30am - 1.00pm	Virtual
07	Telford Network Club	8.00 - 9.30am	Orange Tree Restaurant
07	The Export Process	9.30am - 4.30pm	Virtual
07	Mental Health Awareness for Managers	2.00 - 3.00pm	Virtual
08	Mental Health First Aid Champion (2)	9.30am - 12.30pm	Virtual
12	Manual Handling	9.30am - 1.30pm	Shropshire Chamber
12	Preference Rules of Origin & Tariff Codes	9.30am - 12.30pm	Virtual
13	Supporting Others with Mental Health	2.00 - 3.00pm	Virtual
14	Business Expo '21	7.45am - 2.00pm	STFC
14	Oswestry Network Club	8.00 - 9.30am	Oswestry Golf Club
15	Veteran Community Day	10.00am - 3.30pm	
19	Time Management, Decision Making	9.30am - 4.30pm	Shropshire Chamber
20	Shrewsbury Network Club	8.00 - 9.30am	Origins Restaurant
21	Telford Network Club	8.00 - 9.30am	Orange Tree Restaurant
28	Oswestry Network Club	8.00 - 9.30am	Oswestry Golf Club
29	Netwalking	10.00am - 12.00pm	Haughmond Hill

# NEW MEMBERS

## August

- Accelerated Success
- Cardboard Bedding Solutions Limited
- Cee-Norm UK. Ltd
- Distribution Network Services Ltd
- Epson (Telford) Ltd
- Hopton Court Estate
- Nu-Gnu
- Oswestry Golf Club
- Tonic - RLM - Limited
- UK Centric Supply Chain Programme
- Zaptec UK Ltd
- Morris, Corfield & Co Ltd
- Stafford Bye Products

## July

- Autocraft Telford Ltd
- Cando Douglas CIC
- Enterprise Holdings
- Equine Reproductions Supplies Ltd
- Ethos Group
- Full Fibre Ltd
- Grainger & Worrall Ltd
- KPI Recruiting LTD
- Kaleidoscope Plus Group
- Landau Ltd
- OneAgency
- PALZ UK
- Pronto Logistics Ltd
- Protecture
- Shrewsbury Canoe Hire
- Telford Christian Supported Housing
- The Midlands News Association LTD
- The Sea Change Trust

Trevithick House | Stafford Park 4 | **Telford** | Shropshire | TF3 3BA

**01952 208200**

Chamber House | 5 Henry Close | Battlefield Enterprise Park | **Shrewsbury** | Shropshire | SY1 3TJ

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