

We asked some of Jaguar's Mental Health First Aiders what helps them to unwind..



Darren Walton, Engineering Services Manager at Lloyd's:

"In all honesty over the last year in lockdown, I have had less time free time due to the number of projects that have been happening at Lloyd's of London. I would like to say it has been different and I have taken up new hobby to destress, but I haven't! However, what it has highlighted for me, is the time we do get off is so valuable and precious, I cherish it, and like to spend it relaxing with my family."



Sara Jordan, Senior Human Resources Advisor:

"I found the recent winter lockdown the most challenging. Between a full time job and two young children, it's busy! Having said that, I found taking a break really helped me unwind. I would set aside the occasional evening to do nothing! No cleaning, no cooking - just take the evening off to do whatever I wanted. This is usually involved attempting to watch something on Netflix and then falling asleep!"



Sid Newbon, Business Unit Head for the Red Team:

"My escape is listening to music and working on my cars (I have a couple of old hot rods 1931 & 1934). So, I combined the two by ramping up the volume of the sound system in the garage and getting some long overdue projects completed. One was rewiring and fitting a new dash to the 1934 and the other was to create leather straps and respray the hood on the 1931!"



Lauren Jackaman, Health & Safety Administrator:

"Throughout lockdown, I relaxed (and relieved the boredom) by walking my dog and doing a lot of online shopping! I also enjoyed cooking dinner and trying new recipes in the evening, followed by a long bath."



Steve Jackaman, Operations Director:

"To relax I like to take my dog Ralph for long walks. It's an easy way to keep fit and active and get some extra steps in! During the lockdown period I also found a new hobby, and took up brewing beer. I have quite a few on the go at the moment and have been experimenting with flavours including Dark Matter Espresso Stout, Stars & Stripes APA and Uplands Social IPA!"



Louise Davies Grad IOSH, Health & Safety Manager:

"Whilst the shops etc. have been closed, I took the time to complete some of my studies. Lockdown helped me focus on my career and achieving my goals. I am very lucky to live near the seaside so I go for regular walks along the seafront and explore the local harbours. The sea air always does me good and I enjoy being outside and keeping active."

