

InSite

October 2021

Pictured: The Tower

Jaguar recently retained The Tower for a further 12 months. The Tower is located at One St George Wharf, SW8. The Site Manager is Nick Wilson. Well done to all involved on retaining this account!

HIGHLIGHTS

✂ A note from Liza McGuigan, Associate Director
Liza provides us with a general update on what's been happening across the business since our summer edition. (pg. 2).

✂ 'A Day in the Life' of Will Kendal
We speak to Will Kendal, Technical Services Manager. Will has had a number of different roles at Jaguar, so this is a particularly interesting feature! (pg. 4).

✂ PK Group provide some top tips
Financial advisors PK Group provide some information on their App, PK Engage, plus they offer some handy tips on planning for a stable financial future (pg. 6).

✂ 'Spotlight on a Site'
We meet Maintenance Manager Conor Fenton at 55 Ludgate. Conor tells us what it's like running a one person site, and a bit more about his time at Jaguar (pg. 8).

Find out what's been going on at Jaguar, skip to page 14 to see our EOTQ winners

"We hope that you enjoy this issue and truly welcome your feedback: if there's something that you'd like us to consider covering in a future edition of InSite then please do let us know."

An update from Liza McGuigan

An overview of the last 3 months

Liza provides us with a summary of the mag this quarter



Liza McGuigan, Associate Director

Hello everyone, welcome to our October 2021 issue of 'InSite.'

It's almost Christmas, and 2021 seems to have gone by in a flash with all of us at Jaguar as busy as ever, as evidenced on our new business page!

There's much talk of "returning to normal" and whilst many have been getting used to going back to work at Jaguar, business hasn't stopped and we are very grateful to have such a robust organisation and solid staff members. As the world opens up again and restrictions are

“ It was splendid to see so many of you enjoying yourselves at our recent company event on 7th October. ”

lifted, our refreshed head office is nosily, fully populated once more, and it was splendid to see so many of you enjoying yourselves at our recent company event on 7th October. We hope to have a Christmas booking to share with you all soon. In the spirit of renewal, our new HR Manager Phil Gater has sent out an update of our handbook. This will be followed up in a newly formatted version soon, but for now we hope you'll find the streamlined content more user friendly. In 2022, the HR team will be visiting sites to deliver the handbooks and touch base with you all so get your questions ready. You should all have your new email accounts up and running by now, there are further I.T. developments in the pipeline for the new year to watch out for – more on that in the next edition. In this issue, our 'A Day in the Life' features Mr Will Kendall of the Technical Team, whilst the 'Spotlight on a Site' piece for the first time, is on a one-person site, see which one on page 8. As well as the 'Employee of the Quarter,' and the

'Health and Safety Champion' winners, there have been lots of Jaguar movers and shakers in the last quarter so we have provided you with a round up on page 11. Well done to all of you on your promotions.

There's also information from PK Group regarding pensions and their useful app, skip to page 6 to find out more. PK Group have some practical, helpful advice, so please do check it out.

We hope that you enjoy this issue and truly welcome your feedback. If there's something that you'd like us to consider covering in a future edition of InSite then please do let us know, this is for all of you and we'd love to have your participation.

Just before I sign off, we will have a page dedicated to Chris East from 88 Wood Street in the first issue of InSite in 2022. The team are missing him greatly but supporting each other admirably and our thoughts are with them all at this sad time.

This month, we successfully retained The Tower for a further 12 month period

We are delighted to announce yet another successful retender this month. Jaguar first secured The Tower back in 2018 for Rendall & Rittner, and have successfully renewed the contract every year since. St George Wharf Tower, also known as the Vauxhall Tower, is a

residential skyscraper in Vauxhall, London, and part of the St George Wharf development. At 181 metres (594 ft) tall with 50 storeys, it is the eighth-tallest building in London and the tallest residential building in UK. Graeme McSorley, Account Manager for the site commented: "We

are delighted to have retained this account for a further 12-month period. We look forward to continuing to work with the engineering and management teams."



Images from left to right above: The Tower SW8. Top row, left to right Hylo, EC1; 201 Bishopsgate, EC2. Bottom row, 6 Bevis Marks, EC3 and 2 Gresham Street, EC2.

Jaguar secured several new contracts including 6 Bevis Marks, 2 Gresham Street, Borough Yards and Hylo

News at Jaguar August - October 2021

£1.2M



New contracts won over the last quarter

Our Business Development Team have secured a number of new contracts over the last quarter totalling over £1.2M, which is a fantastic achievement! Properties include new developments such as Borough Yards which is a retail focused regeneration project located in SE1 and Hylo, which offers 261,000 sq. ft of


premium office space on 28 floors and 17,000 sq. ft of retail space.

Following a competitive tender process, Jaguar were also awarded the hard services contract at a leading law firm located within 201 Bishopsgate. Roger Starling, Business Unit Head commented:

"We are delighted to be working with this globally recognised law firm. Our Account Manager, Graeme McSorley will be working towards getting the right engineering team in place to provide a bespoke M&E solution." Our contract at 6 Bevis Marks began on 4th October, and we look forward to continuing to work with Helix Property Advisors at this site. 2 Gresham Street, our most recent contract win to date will begin on 1st November for Knight Frank. The building has recently

been refurbished, so this will be an exciting opportunity for us to maintain this brand new space for our customer.

Our Projects Team are currently busy with ongoing projects including The Heights, Weybridge, Surrey which is one of Jaguar Projects' largest wins to date. The team are undertaking a full central plant replacement to buildings 1 and 5. Our team are also working in the Leadenhall Building (the Cheesegrater) to replace the Heat Exchanger. The team's primary objective will be to replace the existing LTHW Plate Heat Exchangers over 46 floors. The Boiler replacement works at The Landmark are also ongoing – we look forward to hearing about the final results of this project in January's issue. Congratulations to our teams on yet another successful quarter.

A portrait of Will Kendal, a man with a beard and short hair, wearing a light blue button-down shirt. He is smiling and has his arms crossed. The background is a blurred office setting with a large potted plant on the right and blue vertical panels on the left.

We had a chat with Will who told us about his progression at Jaguar, and his new role as Technical Services Manager

'A Day in the life of' Will Kendal Technical Services Manager

We spoke to Technical Services Manager, Will Kendal this quarter to find out more about his role at Jaguar. Will started with Jaguar in September 2008 and has had several different job titles in his time here! He has steadily moved up the ranks, and it's fantastic to see his progression so far.

How did you get into the building services industry?

I got into building services as I wanted to become an Electrical Engineer. I get satisfaction from planned maintenance, as I know by looking after equipment the correct way, you can really prolong its lifespan. I also get a lot of satisfaction from repairing

things and understanding how they work. I enjoyed being part of a site team and getting to know the other service partners over the years. I have made friends in security and cleaning who I am still in contact with today.

I enjoyed my role as a Site Engineer, the variety of day to day tasks kept the job interesting. As a Building Services Engineer, you can build a general knowledge base of plumbing, drainage, BMS controls, mechanical services, ventilation systems, lifts, fire alarms, security systems and of course electrical systems. If you're not sure how something works, read the O&M information and manufacturers literature to understand how the plant should operate and what maintenance you should be carrying out on the equipment.

What do you enjoy most about your job?

The most enjoyable part of my job is when I investigate a fault, diagnose the issue, source the correct parts, and then install the parts to rectify the problem. I get satisfaction when someone says "that's not worked for years" or "that's never worked," that's a great feeling. It's good to see something operating correctly that you repaired, months or even years down the line. Jaguar retain a lot of their contracts which makes the effort you put in worthwhile.



Pictured: Jaguar's Technical team

Will is part of Jaguar's Technical Department which is led by Tony Jackaman, Head of Technical Services and Associate Director



“ I get job satisfaction when someone says, "that's not worked for years" or "that's never worked," that's a great feeling. It's great to see something operating correctly that you repaired, months or even years down the line. ”

What advice would you give to your younger self?

My advice to someone starting out in the building services industry would be shadow specialist subcontractors regularly and ask questions about the equipment they are servicing. After all, who better to learn from than the specialist. Work closely with senior engineers and take notes for future reference, ask them to supervise you while you attempt to complete a reactive or PPM task and listen to any feedback they provide. Complete as much training as you can, even if you feel like it's not relevant now - you might need it in the future.



Quickfire Question Round:

■ **When did your career at Jaguar start?**

September 2008

■ **What job titles have you had since starting here?**

In the 13 years I have been here, I have been an Improver, Electrical Engineer, Electrical Shift Leader, Site Supervisor, Site Manager, Technical Services Engineer and my title now is Technical Services Manager.

■ **Favourite Film?**

Lock Stock & Two Smoking Barrels

■ **Favourite book**

Lord of the Flies

■ **First concert you ever attended**

Chase and Status

■ **If you could trade places with anyone for a day, who would you choose?**

Valentino Rossi

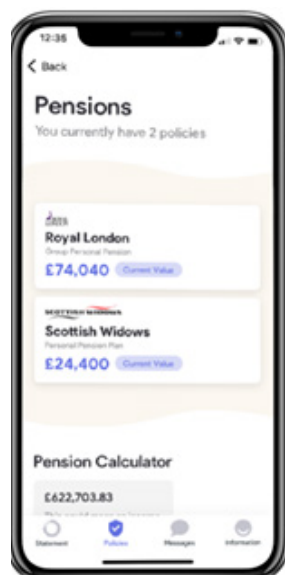
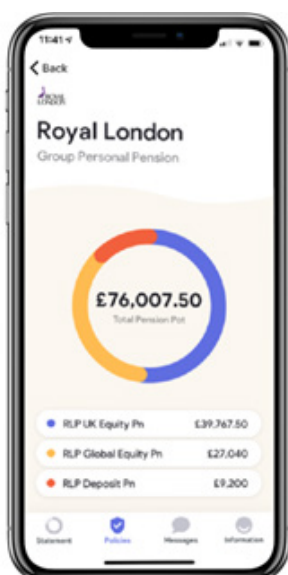
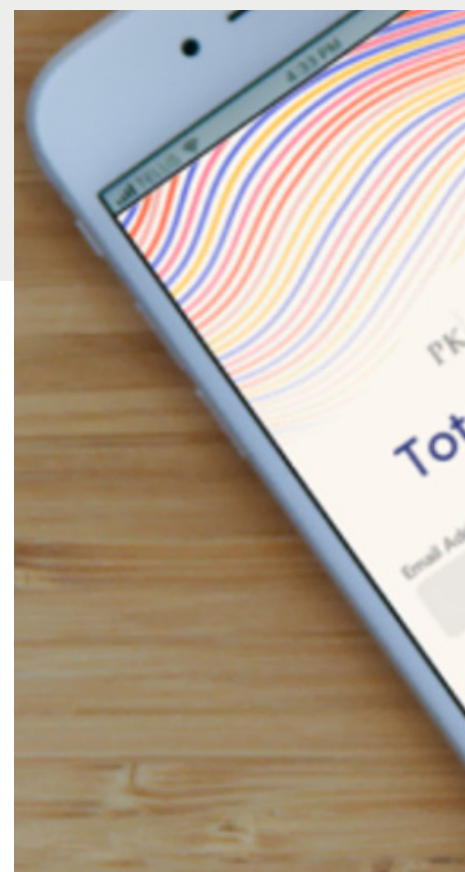
PK Group are encouraging everyone at Jaguar to think about the future...and make it better. Most people have money worries from time to time. Research by one of the leading pension providers, Aegon*, shows that more than half of us have money worries and this doesn't get much better for people with large incomes. One way of reducing your money worries is to have confidence in your financial future.

How well people do when planning for the future is not driven by how much they earn, but often by how well they can visualise their future self. Aegon's research showed that people who had a specific picture of their future self were EIGHT times more likely to plan. Simply put, just thinking about your future, and forming some clear ideas as to what you want it to look like means that it is much more likely to happen. Once you know what you want, PK Employee Benefits can help you make it happen. Your employer retains PK to help you with planning for the future – which is the next step, once you've worked out what you want your future to look like.

You have access to PK Engage, Jaguar's Employee Benefit App. One of the great features in the App

is the Pension Policies section – you can see details of your Jaguar pension with Royal London, including contributions and values. You can add details of any of your other pensions, so that you can see all your plans in one place. To register for PK Engage [Click here](#) and follow the 4 steps:

1. Log out of the Personal Finance Portal
2. Please do NOT use the PFP after this point as it is only used for App registration
3. Search 'PK Engage' on the App Store or Google Play and download the App to your device
4. Enter the details you registered on PFP and you're good to go!

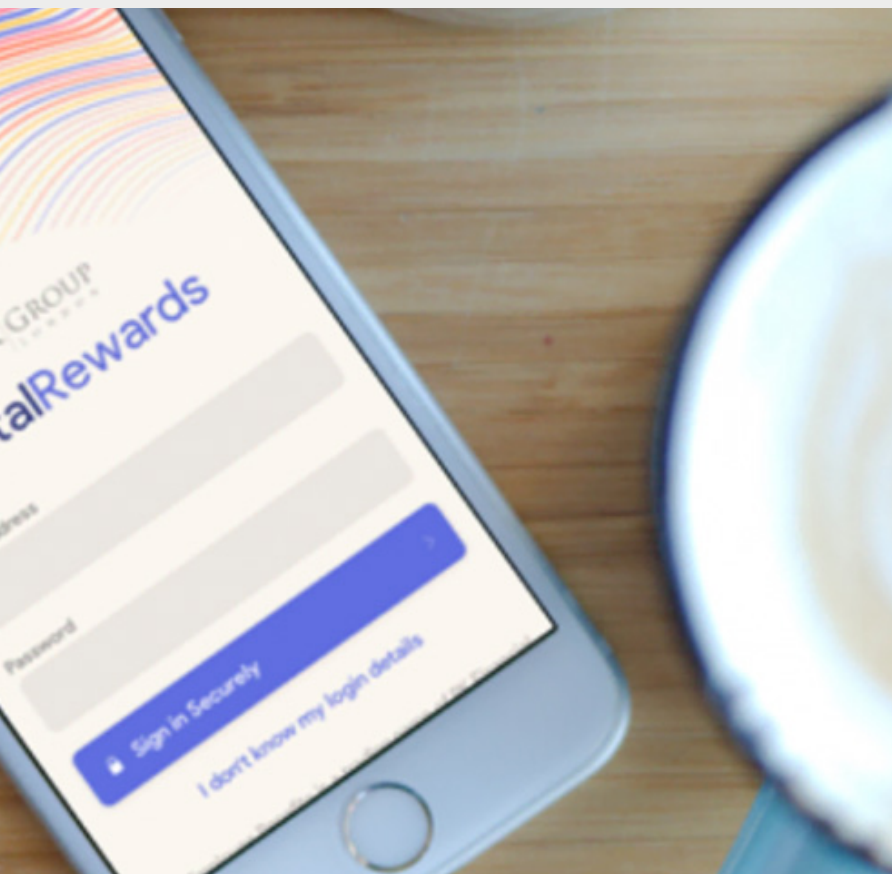




Contact our financial advisors Crystal or Tim to find out more about the PK Group app and your benefits, their contact details are below

It's clear from the research that the first step is down to you, think about what your ideal future self would look like:

- What do you want to do in the future?
- When do you want to be able to stop work?
- What would you do if all your time was your own?
- Will you want to take up hobbies, sports or travel?
- How much would this cost if you did it today?



Pictured: Crystal Page, Employee Benefits Administrator
Email: Crystal.Page@pkgroup.co.uk
Tel: 0208 125 4302

Book with one of PK Group's Advisors to find out more:

In addition to the great support through PK Engage, you can book a consultation with one of PK's Advisers to find out:

- How to benefit from tax relief on saving for the future
- How to understand what you're currently on target for and how to modify what you're doing to help you reach your goals
- How to evaluate whether your money's in the right place
- This isn't just about pensions, PK can cover other ways of saving for your future

Check out the pension calculator...

Once all of your pensions are on the App, you can use the Pension Calculator to see your overall pension income forecast, which includes all of your pensions and both yours and Jaguar's current contributions. The tool will allow you to see what a difference changes to your contributions will make and help you achieve that ideal future self.



Pictured: Tim Philpot, Senior Consultant
Email: Tim.Philpott@pkgroup.co.uk
Tel: 07535 611 890

Spotlight on a Site

55 Ludgate

Jaguar obtained 55 Ludgate Hill in November 2020. It is located in the EC4 area, and had a complete refurbishment in 2020.

We met Conor Fenton at 55 Ludgate and found out about the site...



Conor Fenton, Maintenance Manager, told us a bit more about this role....

We visited Conor Fenton at 55 Ludgate Hill to find out more about the building, and day-to-day running of the site. The building is part of Business Unit One's department, with Andy Gombas as the Account Manager and Sid

Newbon as the Business Unit Head. Jaguar were awarded the contract in June 2020, with Conor taking the role of Maintenance Manager in April this year. The building has recently been awarded a BREEAM

sustainability rating of 'Excellent.' Conor began by giving us an overview of an average day for him: "My day usually starts with carrying out my plant checks to make sure everything has continued to run as

Client: Savills
Square Footage: 136,500 ft²
Size of Team: 1
Floors: 7 (East core LG-5 & West core B-4)
Staff Coverage: 08:00 – 17:00
Generator: 1 x FGW 110kVA P110-3

Electrical Supply: 2 x 11KV
HV UKPN Supplies to 2 x SEA
1500kVA 11000/433v Cast Resin
Transformers within IP rated
enclosures

The building comprises approximately 136,500 ft² arranged over 7 floors

"It's a great opportunity to develop my career and learn more about the industry on this site."

Conor joined Jaguar in September 2019 as an Engineer at Here East

normal overnight. I will then speak with the Building Manager about anything that has been handed over from security, or anything else that might require attention. If I have subcontractors on site, I will get them set up to carry out the works they need to do. Once this is done, I will usually carry out any planned preventative maintenance tasks for the day, or any reactive works that are needed and then update the logbooks and CAFM system accordingly. I will then look ahead at the coming week and see if there is anything that needs to be planned out ahead of time. Being on a one-person site means I must manage my time between PPM and reactive works, liaising with the client and tenants and keeping all my logbooks and admin up to date."

55 Ludgate Hill has an impressive reception, and Conor explained the building has undergone an extensive renovation last year. "The building is primarily used for office space, although there was an event on the third-floor terrace a few weeks ago that the tenant organised. There are some retail units too, but they aren't part of the contract."

Conor became the Site Supervisor at 55 Ludgate Hill in May 2021. He was previously based at Here East, but his Account Manager Danny Howell knew that he wanted to progress, so when the opportunity to be a Site Supervisor became available Danny recommended Conor for the position.

We discussed the differences Conor has found working as part of a team to stepping into the role of Site Manager. "It's different working by

myself and there are pros and cons to being a one-person site. I miss the comradery of being part of a team and working together, especially when some of the tasks were a two-person job. I do like the challenge of my new role though. Everything is on you so it's a sink-or-swim situation. I get along well with the client and teams here, we work well together the keep the site running as smoothly as possible. It's a great opportunity to develop my career and learn more about the industry."

Conor has settled into his new role well. His favourite part about his job is to find solutions to any problems. "The sense of accomplishment is great. I also love building a rapport with the client and tenants which makes your working day much easier and more enjoyable."

As we came to the end of our conversation, we asked Conor what advice he would give to anyone wanting to start working in the building services industry. His advice is "You have to be patient. Also, listen to the people trying to help you - criticism isn't always negative, and if it's constructive and you take it on board, it can really help you. People are often trying to help you, they just don't always know how to say it in a positive way."

Thank you, Conor, for your time, we wish you continued success on your journey!



Getting to know Conor:

■ What was your first job?

My first job was a labourer on a refurbishment of a school for one week when I was 16 with a family friend, but my first proper job was my electrical apprenticeship I started at 17 after a year of Sixth form.

■ Where's your favourite place in the world?

Rome! The most beautiful place in the world, so much history and the food is amazing!

■ What's the last series you watched?

Money Heist

■ What's your favourite way to unwind after a busy day?

Cup of tea in front of the TV!

■ If you could trade places with anyone for a day, who would you choose?

Rich Roll – he completely overhauled his lifestyle and competed in an Ultraman World Championship!



Pictured: Conor Fenton,
Maintenance Manager at 55 Ludgate Hill

Congratulations are in order...

The last year may have been unprecedented, but it is great to be able to share some good news stories that reflect the hard work and development of Jaguar members over this period

Well done to everyone who received a well deserved promotion



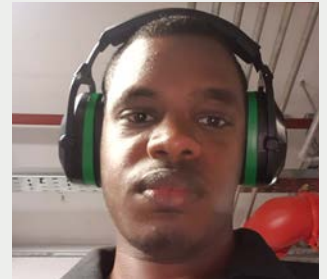
Anthony Baldwin



Vernon Alphonse



Paul Robinson



Eskender Abbey



Nabeel Hafeez



Allan Clifton



Chris McGrath



Steven Cooke

Please join us in congratulating the above employees on their recent promotions within the business

We have provided a short summary of the good news stories over the last quarter: Anthony Baldwin has been promoted to Lead Engineer at Here East, Vernon Alphonse is now the Contract Manager based at Paddington Estate, Paul Robinson has been promoted to the role of Support Engineer Supervisor for Business Unit 2 and Eskender Abbey has transferred from the Support Engineering Team to the position of Site

Supervisor based at 1 Knightsbridge. We also have Nabeel Hafeez, who has been promoted to the role of AC Combustion Supervisor, Allan Clifton has been promoted to Water Treatment Engineer at Here East, Chris McGrath has been promoted from Improver to Electrical Engineer at Angel Court and Steven Cooke has been promoted to Engineer at Allen & Overy. Grace Roberts, Operations Manager commented:

“It’s fantastic to see movement within the company, and to see people recognised for their efforts. We look to promote from within where possible, and hope to see more of this development at Jaguar to the future.”

Congratulations to Glen Highman, Technical Services Manager at Allen & Overy who has been selected as this quarters Health and Safety Champion.



Glen was nominated for the award by the Health and Safety Team. He was noticed for his hard work, determination and ambition to improve overall health and safety culture and documentation at Allen & Overy. Glen's Account Manager, Andrew Gombas commented:

"I am pleased that Glen has been recognised as this quarters Health and Safety Champion. Glen has a never ending passion for continual improvement, and this is evident in the documentation on site at Allen and Overy. Always seeking to challenge and question is apparent in the approach taken on site, which draws out all the required information. Being a natural motivator, Glen recognises that

treating his personal safety, along with the rest of the team on site is paramount, and he is always ready to communicate and influence positive change. Never afraid to start a safety conversation, Glen always has his pen at the ready. Congratulations Glen, a well deserved award!"

In addition to this, our H&S team advised that Glen has recently submitted a number of near miss records. Near misses may seem minor or insignificant, however they are a valuable source of information. Taking the time to review underlying causes is likely to reduce risk, improve health and safety and save time. We have provided more tips on near misses on page 13.

Health & Safety update



The H&S team provide an update on ladder safety



We find out about near misses and how to report them

Jaguar's Ladder Safety Campaign

On the 1st October 2021, we launched Jaguar's Ladder Safety Campaign following updated guidance being released. 'LA455 Safe Use of Ladders and Stepladders – a brief guide' is the new guidance jointly produced by the Ladder Association and the Health and Safety Executive (HSE).

Released in July 2021, the guidance replaces the HSE Guidance Document INDG455 of the same name.

Following these latest industry updates, we wanted to undertake our own ladder safety campaign to help ensure we keep employees safe from the risk of falls from ladders.

Ladder safety is an important subject, as falls from heights are one of the three most common causes of fatal injuries in the workplace. In 2020/21 falls from height accounted for 35 workplace fatalities, this is an increase of 6 fatalities compared to 2019/20.

Our safety campaign consists of the following:

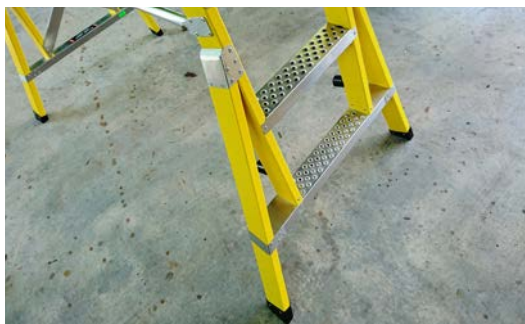
- Ladder Safety Toolbox Talk
- Stepladder and Ladder Safety Interactive Training – Safety Media
- Improvements to Jaguar's ladder inspection form
- Improvements to our Work at Height Risk
- Assessment (Ladders & Steps)

In total, 281 Jaguar engineers have now completed the interactive training course. The course is mandatory for all engineers, and we are setting a target of 100% completion for all engineers by the end of November 2021. If you require assistance with accessing Safety Media, please email Lauren Jackaman on ljackaman@jbs-ltd.co.uk who will be able to assist you. We would be happy to help, so please do get in touch if you are having any difficulties.





Importance of ladder safety...



Please take the time to read the emails from our H&S team regarding ladder safety



In 2020-2021, there were 35 workplace fatalities due to lack of ladder safety

- Find out more on near miss reporting, and why it's so important

Why report a near miss?

There are many reasons why you should always report a near miss

- Today's near miss is tomorrow's accident that could cause injury or death
- Near miss reporting is an opportunity to stop accidents happening
- Near misses can help identify any weaknesses in operational procedures and deviations from normal good practice
- Sharing the learnings from near miss reporting assists our business in preventing accidents from happening

Examples of a near miss include:

Take a look at some common near miss examples...

- A trailing cable across a walkway where there is the potential someone could trip and fall (but no one has)
- An accumulation of rubbish/tools/equipment in an area which is starting to block access and egress
- Water left on the floor causing potential slip hazards
- Vehicle traffic in loading bays

How to report a near miss:

Always report a near miss to the Health and Safety department

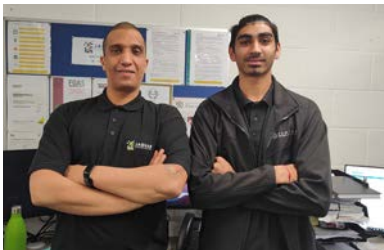
1. Advise the Jaguar Site Manager or Supervisor immediately
2. Complete a near miss form (found on Safety Media Document Library) and hand it to the Jaguar Site Manager or Supervisor
3. The completed near miss form should be emailed to the Jaguar Health & Safety department as soon as possible: ldavies@jbs-ltd.co.uk or healthandsafety@jbs-ltd.co.uk

Don't forget that reporting a near thing can prevent a real thing!

We have three winners and three worthy runners up this quarter. Throughout 2021, we've had some fantastic nominations, so thank you to everyone that has taken the time to vote! The next winners and runners up will be revealed in January 2022.

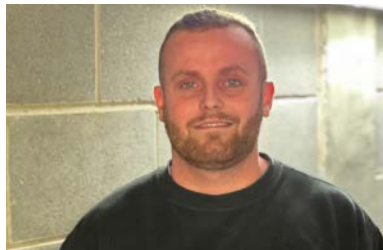
Employee of the Quarter

Congratulations to our winners, Sophie Coulson, Andrew Chattalis, Ram Singh and Saul Baker Kemp



Our site team at One Crown Place, Andrew Chattalis and Ram Singh are our team winners this quarter!

The team have had a very positive impact on the tenants at One Crown Place



Saul Baker Kemp, Apprentice currently based at 107 Cheapside was nominated by Stuart Colvin

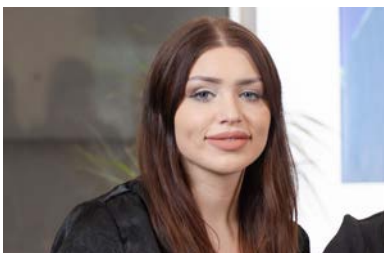
Saul has made a huge effort to learn about water treatment services

Saul Baker Kemp, Apprentice currently based at 107 Cheapside was nominated by Stuart Colvin, Water Treatment Consultant at Jaguar. Stuart commented: "Saul has a great deal of enthusiasm when I've been conducting my service visits at 107 Cheapside. He has a willingness to learn about water services, and the care and upkeep it takes to keep it running effectively. Saul also takes on board my requests and carries out filter changes between service visits."

It's fantastic that Saul's efforts have been noticed by Stuart, and we wish him the best of luck with his studies for the remainder of his apprenticeship.

The team at One Crown Place, Andrew Chattalis, Site Supervisor and Ram Singh, Apprentice were nominated for their hard work, patience and willingness to accommodate. Andrew commented: "We really appreciate the recognition and acknowledgement, especially as we are both new to Jaguar. We cannot take all the credit, as without the support of our management and our on-site colleagues, it would not be possible. We look forward to future successes and demonstrating the good work we can do on site, and for the business."

Thank you Andrew, Ram, Sophie and Saul for your hard work and dedication to the business.



Sophie Coulson, Human Resources Administrator at Head Office is also one of our winners

Sophie's dedication and overall helpful nature has made her a worthy winner

Sophie Coulson, Human Resources Administrator based at Head Office was nominated by a colleague at Lloyd's of London. He commented: "As we deal with the minefield that is compliance of COVID-19, each step and conversation has seen Sophie give amazing support and advice. It could be considered Sophie is simply doing her job, but it makes all of our jobs easier when someone is at the end of an email or phone call to give ongoing guidance and support that is without doubt much needed." Thank you, Sophie - great work!



Pictured: One Crown Place, EC2– home to Andrew Chattalis, Site Supervisor and Ram Singh, Apprentice - our winners this quarter

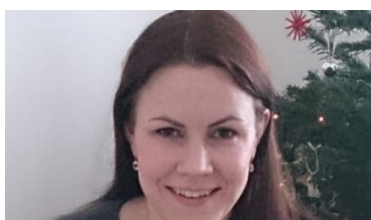
Our Runners up this quarter



Runners up: the Park House Team, Simon, Lee, Ian and George



Pictured above: Dean Camilis, and Jermaine Stewart at The Landmark



Sarah Richardson based at Citypoint was another runner up this quarter

Park House are our team runners up this quarter. Simon Lea, Site Manager; Lee Appleby, Handyman; Ian Etherington, Electrical Technician and George Mathers, Apprentice were all nominated by the tenants in the building. The tenants advised that the engineering team had been “absolutely brilliant during the pandemic.” Well done to the team for providing extra assistance throughout a very difficult period.

Dean Camilis, Mechanical Technician and Jermaine Stewart, Electrical Technician were nominated by their Business Unit Head, Sid

Newbon. Dean and Jermaine stepped up whilst their Site Manager and Account Manager were on leave. Sid commented: “I have been impressed by Dean’s willingness to step up whilst the AM and SM were on leave, and take responsibility for issues on site, keeping me, the client and tenants up to date with progress.” A great job by Jermaine and Dean. Sarah Richardson, Site Administrator at Citypoint was nominated by some of the wider team onsite. It’s great to see that Sarah has been recognised not only by her colleagues at Jaguar, but also from the rest of the team that support the building. Lynda Ramirez, Housekeeping Compliance Manager commented: “Sarah has been so helpful from day one. She is a great asset to the team, and I hope that the company can recognise the work she is doing. She always continues to have that can-do attitude.” A great start at Jaguar Sarah, thank you for your hard work and well done.

Vote for Jan 2022's EOTQ!



Thank you to everyone who nominated over the last quarter. Please keep your votes coming in.

Voting has now reopened! Click on the following link to nominate January's Employee of the Quarter:
www.surveymonkey.com/r/SH3JQVX

Please submit all nominations by 10th January 2022 for your vote to be counted.

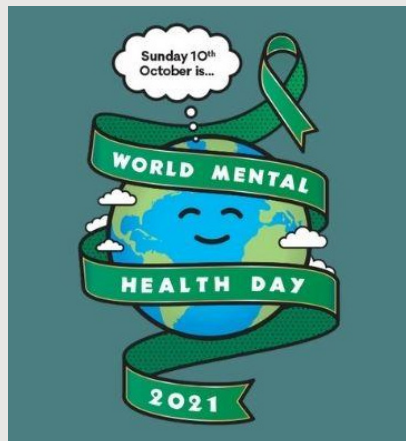
Get voting

Vote for January's winners

This quarter we took part in several races, gained three new Mental Health First Aiders, celebrated World Mental Health Day and more!

An InSite into our Community OnSite

Find out what everyone at Jaguar has been up to this quarter!



We've had another busy three months at Jaguar!

[We now have three new MHFA's, and there's more news...](#)

To celebrate and acknowledge World Mental Health Day on 10th October, we reminded all Jaguar staff members of the help they can get through the business. We hope you take the time to read through all of the options available to you, all of which can be used for yourself or a loved one. We also gained another three Mental Health First Aiders in the last quarter, giving us a total of 14 which is a fantastic achievement for the business. Our newest members are Ray Perrin, Engineering Shift Leader at Allen & Overy; Jenny Graham, Lead CAFM Supervisor based at Head Office

and Stuart Cross, Site Manager at 33 Cavendish Square.

Please do contact our MHFA's if you are struggling or need advice. In September, several Jaguar members took part in the annual LGN Wellbeing 5k event. It was yet another successful year, and we are very proud of our Jaguar team! We are pleased to advise that our Site Manager at Moor Place, Chris Cook came 4th place out of 200 participants. Congratulations Chris, and well done to all of our Jaguar runners who completed the course - a fantastic effort from all of you as always. On Thursday 14th October, Mike

Hayes, Account Manager; Sid Newbon, Business Unit Head and Steve Jackaman, Associate Director completed the 58 miles from London to Brighton in aid of the Army Benevolent Fund. So far, over £9,000 has been raised. Our team completed the cycle in just under 6 hours! Excellent work from the team who are now fully recovered after some aches and pains the following day! Please do let us know if you are taking part in any events both within and outside of the business. It's great to hear from you!



Jaguar victory with 5-3 win in annual 5-a-side challenge.

Congratulations to our Jaguar players on their victory in the annual 5-a-side challenge on 30th September. Quality goal keeping from Allan Taylor, and a good all round performance from everyone: Samuel Potter, Stuart Dorrer, Charlie Herd, Clayton Dixon, Philip Gater, Anthony Iwere and Roger Starling.



Peter Jefferies will be completing another challenge...

Peter has now run for several charities, raising an incredible amount of money for charities such as the Alzheimer's Society. For Peter's next challenge, he will be completing RBLI'S Tommy 10k 2021. RBLI help veterans and their families in their time of need and support them to live the most independent life possible. [Click here](#) to support him.



We are sponsoring the Abbey Youth Jaguars! A fantastic youth team in Essex

We are delighted to introduce the Abbey Youth Jaguars. The under 12's have played every Sunday since 2017 in the Echo Junior Football League.

Abbey Youth facilitate over 250 local boys and girls playing the sport they love in a friendly and safe environment. They support children from Waltham Abbey, Essex and the surrounding community in playing football from the age of 4 all the way through to 18.

We look forward to being a small part of their journey, and wish them the best of luck this season!



Ross Carter, Contract Administrator at Head Office completed the Thames Meander Marathon

Ross took part in the Thames Meander Marathon on 7th August. The riverside trail marathon starts and finishes at Burnell Avenue Open Space, Richmond. Ross finished in a fantastic time of 5:29:41. Ross advised us he is looking to complete another marathon in the future for charity. Great work Ross, well done!



Ivy Street hold a pizza party

Our charity partners Ivy Street held a family 'street pizza party' last month! Jaguar's donations help to make events like this for families possible.



Good Mobilisation is Key...

We have our very own motivational plaque in the Joe Morris boxing club! Jason Small, Support Engineer for Business Unit 3 took part in an event last year to raise money for the club.

If you have any news you would like to share for January's edition, please email Rebekka on rgough@jbs-td.co.uk.



Men's Cancer Awareness Talk

Men's Cancer Awareness with Professor
Gordon Wishart
Wednesday 10th November @ 1pm



A TALK ON GRIEF - 48 MARATHONS

Fuelled by Grief: 48
Marathons in 30 Days
Wednesday 24th Nov



MINDFULNESS & YOGA

New content released
every Monday,
Wednesday and Friday



MENS HEALTH AND EXERCISE

Mental Health and
the Power of Exercise
Friday 12th Nov

+lots more

Vitality has some great benefits

Vitality are focusing on men's health in November...

[Join Vitality's talks this month to help look after your mental health](#)

Next month, Vitality will be hosting some great talks on men's health, including coping with grief, how exercise can help and also encouraging men to get checked if they have any issues – no matter how small!

An important obstacle to improving men's health is their apparent reluctance to consult a doctor. Research has shown that men with health problems are more likely than women to have had no recent contact with a doctor regardless of income or ethnicity. This reluctance means that men often do not seek help until a disease has progressed, and late presentation can have serious consequences.

Movements such as Movember are changing the face of men's health. By 2030, the aim is to reduce the number of men dying prematurely by 25%. Awareness of male cancers is a huge part of this attempt. Male cancer is curable if treated in the early stages. Although there are more than 200 different types of cancer, some are more prevalent in men than women. Professor Gordon Wishart is a former cancer surgeon and the founder of Check4Cancer, a leading early cancer detection and cancer prevention organisation. Gordon has established himself as the voice of cancer support with Vitality and we are incredibly fortunate to be able to share his

valuable knowledge. During this event, Vitality will be focussing on three cancers for which men are more at risk – prostate, bowel and lung – touching on prevalence, risk factors, symptoms and treatment options.

There will also be a special guest appearance visit from a Vitality member who has been through cancer treatment. They will be sharing their experiences and will be offering some powerful advice. With more awareness, lives can be saved. We all have a role to play, and supporting and understanding cancer crusades is one way you can play your part in making a difference.

Be in with a chance of winning a £20 Amazon voucher if you answer our technical question correctly

October's Technical Question



The answer to July's technical question...

July's technical question was:

If a Dry-Type HV/LV Transformer is rated at 2000KVA AN / 2660KVA AF, what does the 'AN' & 'AF' stand for?

Answer: AN = Air Natural, AF = Air Forced



Well done to Robert Golcz who answered correctly!

Well done to Robert Golcz, Site Manager at 72 Welbeck Street who answered correctly! An Amazon voucher is on its way to you.



October's technical question is..

How long should an emergency light fitting be tested for during an annual test?



All correct answers will be entered into a prize draw

Anyone can answer our technical question – even if you aren't technical! Just find out the right answer (by whatever means) and send it in!



Well done to Robert Golcz (pictured above). Robert answered July's technical question correctly.

Answer October's technical question to win a voucher!

Get your answer in by 10th January 2022

If you have any ideas for future technical questions or even a technical quiz, we would be happy to hear them. Email Rebekka at rgough@jbs-ltd.co.uk, and if your question is tough enough, we will include it within our next newsletter!

Please keep your answers coming in - it's an easy way of winning an Amazon voucher, and also gives you a chance to get involved with our competition!

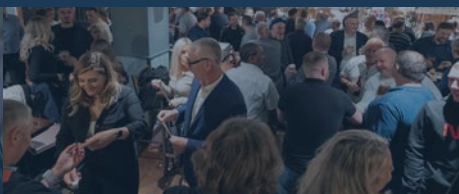
Thank you, as always to everyone who gets involved and answers our question, it's great to hear from you all. The answer to October's question will be revealed in January 2022.



Email your answer to
Rebekka at:
rgough@jbs-ltd.co.uk



Pictured: Jaguar's company event held at Pitcher & Piano, Cornhill on 7th October.
Thank you to everyone who attended. It was fabulous to see everyone in person, the atmosphere was great, and we got to meet some brand new Jaguar members - and celebrate with some familiar faces!



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