



AVONDALE CONSTRUCTION NEWSLETTER

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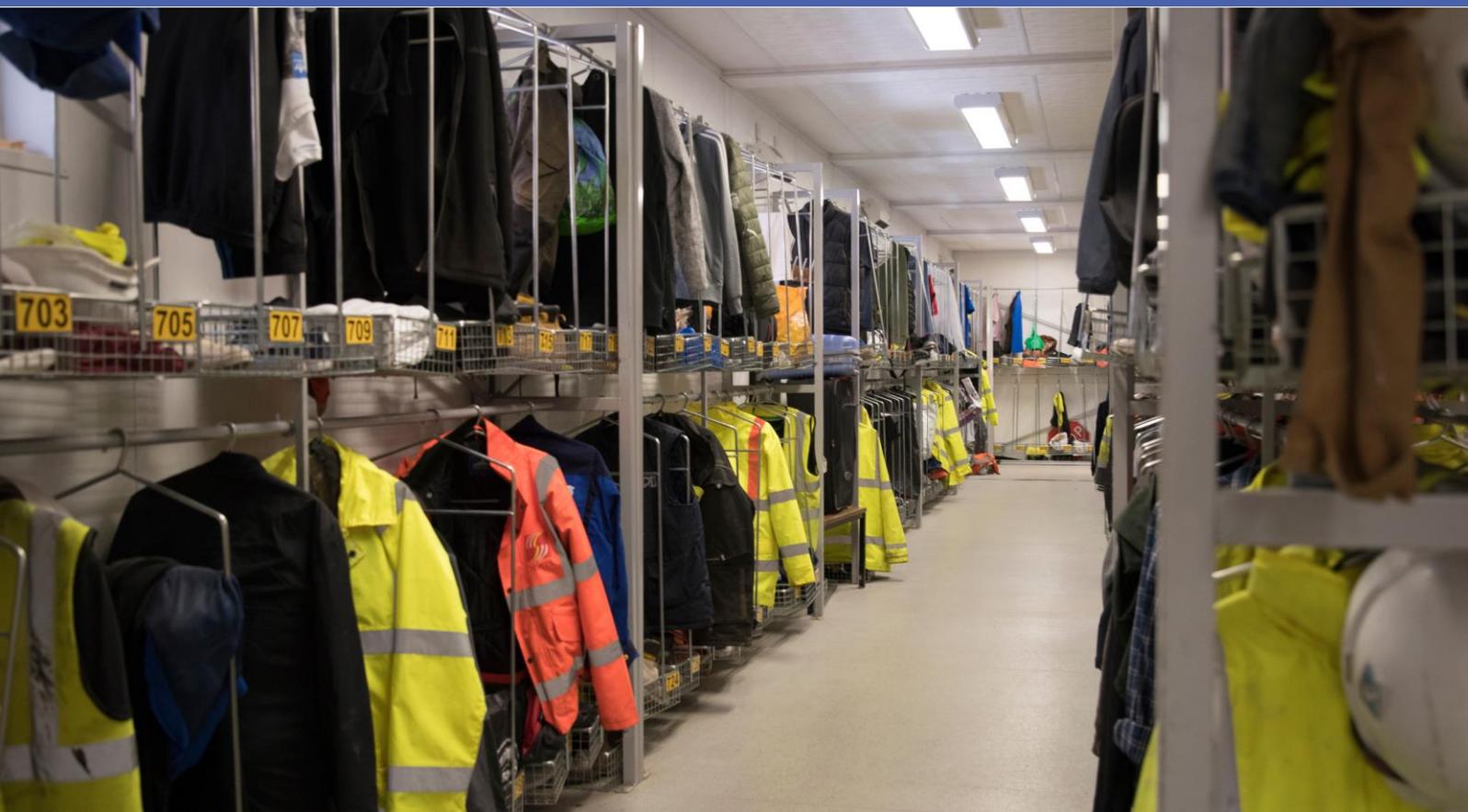
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MAY 2019



HSEQ UPDATES

ACCIDENT / INCIDENT STATS

MAY 2019

Accident Frequency Rate : 0

1 – Non-reportable Accident

0 – Incidents

0 – Near Miss

SUMMERS COMING!

To prepare for the hotter weather (a week or so in our case), our office manager Lee is looking at incentives to protect our workforce from a changing climate.

Wrist bands and helmet stickers which change color dependent on UV composer which is a good indication when its necessary to top up sun cream.

NEAR MISS REPORTING

After the success of our electronic Daily Briefing form, we decided to start on a Near Miss reporting version. You may agree, using paper based forms are time consuming, potentially get damaged and could get lost.

Switching to electronic versions will not only record data but see the increase of reporting on site. This is due to the increase of phone usage and can be reported anywhere on site at any time, even without Wi-Fi connection.

Reporting more incidents will only create a safer environment for everyone.



Before

After

MENS HEALTH WEEK

Men's health week is 6-10th June. The Men's health forum is leading an awareness to prevent issues and encourage men and boys to seek professional advice for health-related problems. The focus this year is on diabetes. One in 10 man has diabetes and the disease is expected to increase sharply in the next 20 years for the middle-aged men.

Men's Health Week 2019 takes up that challenge.

The first number we need to know is 10: Men's Health Week begins on 10th June and ends the 16th.

The Men's Health Forum are raising awareness of:

7 numbers that all men need to know and 5 statistics that policy-makers and service-providers need to know if they're to reach men effectively.

Man MOT, is a new interactive manual that enables men to check their own health and then challenges them to do better. Man MOT has 25 health challenges in total.

Key numbers for men:

37 - a waist size of 37 inches or above puts you at increased of heart disease, diabetes and cancer.

150 - men should aim for 150 minutes of moderate physical activity a week.

5 - we should aim to eat 5 portions of fruit and veg a day.

14 - maximum 14 units of alcohol a week.

10 - cigarette smokers die 10 years younger on average than non-smokers.

120/80 - normal blood pressure.

75 - 75% of suicides (3 out of 4) are by men.

Key numbers for policy-makers and service providers:

1 man in 5 dies before the age of 65

2 men in 5 die before the age of 75

3 out of 4 suicides are by men

Men in unskilled work are 3 times more likely to take their own lives than men in senior management

The richest men live on average 10 years longer than the least well-off men".

For further information please go to the Men's health website

(<https://www.menshealthforum.org.uk/mhw/>)

EMPLOYEE OF THE MONTH



Our Employee of the Month for May 2019 is **SERJ MAKOJAN** at Arundel Great Court.

Serj has been recommended on site due for a number of reasons; he's punctual, never complains when given jobs he's not down to do, he's friendly to the public and is a great asset to the company. He has decided to donate his prize to a charity of our choice with his consent. Just proves what a kind man he is.

Thanks for your hard work and dedication.
Well done!

AWARDS / CHARITY



Down Syndrome Extra 21

On Saturday 25th May, Charles, Victoria and George took part in this years 6 Hour Endurance Kart Race at Buckmore Park, Kent. A enjoyable day out that helped raise funds for Down Syndrome Extra 21!

Last year's event raised £12,000, were hoping this years event brought matched success. Thanks for our invite!

Good Practise!

The compactor we installed on 1 Bank Street takes the following waste streams:

- Mixed Recycling
- General Waste

The reasons for installation were primarily to improve the management of our logistics area in the basement as it reduces traffic movements for skip delivery and exchange. By installing the static compactor, we have saved 10 skip collections per week (based on skip usage prior to installation). We estimate that this is approximately 80 miles of travel saved per week which results in the approximate saving of 117 tonnes of carbon per week. Over the course of the project this should mean a carbon saving of 5031 tonnes That's the equivalent of 7 people living carbon neutral for their entire lifetime! (The average UK individual's carbon footprint is 9 tonnes per year)

CANARY WHARF CONTRACTORS

Environmental Best Practice

In January 2019, Avondale installed a compactor on site for waste management. The compactor takes the following waste streams:

- Mixed Recycling
- General Waste

The compactor allows us to fit more waste into one container by 'squashing' bulky materials therefore allowing us to fit more waste into the same space. The reasons for installation were primarily to improve the management of our logistics area in the basement as it reduces traffic movements for skip delivery and exchange.

By installing the static compactor, we have saved 10 skip collections per week (based on skip usage prior to installation). Therefore we have saved 10 return journeys to the depot we use at London SE14. We estimate that this is approximately 80 miles of travel saved per week which results in the approximate saving of 117 tonnes of carbon per week.

Over the course of the project this should mean a carbon saving of 5031 tonnes

That's the equivalent of 7 people living carbon neutral for their entire lifetime!
(The average UK individual's carbon footprint is 9 tonnes per year)

Waste sent away via the compactor is then sorted and segregated at the depot, reaching a 98% diversion from landfill rate which supports our BREEAM certification and evidence. This also results in a notable cost saving as there is only one waste collection now required per week.

There are also safety benefits for our staff as by reducing the number of skip exchanges, we are reducing the people and plant interface on our site. The compactor also has the ability to tip the bins into the compactor itself therefore reducing the manual handling involved with loading a standard skip.

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Mates in Mind aim to provide information to employers on support and guidance for mental health, mental illness and mental wellbeing issues.

Avondale's current aim is to train all site management as competent mental health first aiders, as part of our continued focus on the mental wellbeing of our workforce and fellow contractors.

HUMAN RESOURCE AND TRAINING



SECURITY GUARD

Location: London

Pay Rate: As per contract

Length: Duration of site contract

Requirements:

- SIA license – 2 years remaining
- CSCS with minimum 2 years remaining
- CRB check cert

For more information, please call our HR department on the number below.

JOB FAIRS

This month Debbie and Victoria visited 2 job fairs which proved to be worth while.

First job fair was in City of Westminster College who run a security job fair. Due to a number of recent new projects won, there was a requirement for new employees. In total a number of 3 guards were employed through this incentive.

Later on in the month, they visited Workplace Employment in Newham and managed to place 2 laborer's on our sites.

Job fairs are often successful and we advertise when we are attending on our social media platforms.

Make sure you keep a look!

TRAINING OPPORTUNITIES

Avondale Construction Ltd is a rapidly growing company that continues to evolve within the industry, and our success has always been our people. We are constantly looking for competent professional, semi skilled and skilled operatives.

Please give us a call on 0207 485 3475 for all current job opportunities.



Debbie recently attended a Assist 2 day suicide prevention course with Mental Health Learning.

“Being a Mental First Aider I found myself questioning on numerous occasions how I would deal with facing a situation when someone who only thought a way out was to end their life. With this in mind I attended a two day ASIST Suicide Prevention Course (Suicide First Aider) run by Tower Hamlet Community Education Provider Network at Mile End Hospital. Out of which I gained a valuable tool kit. The course itself is very intense thought provoking and soul searching. The knowledge and experience of the trainers was mind blowing coupled with the participant of the class added to a wonderful knowledgeable experience. Through this learning experience I am currently looking to roll out Safe Talk: Suicide Alertness for everyone in order to encourage this taboo subject to be out in the open and limit the amount of danger it could potentially cause”.



WHAT ELSE HAS BEEN HAPPENING...



PITCH TO WIN

Jamie and Debbie attended a “Get Ready to Supply” workshop organized by Newable Group. Not only did we get a good overview of what a good pitch entails but we were given the opportunity to put our new found skills to Mace Group.

As employees who are office based, it was a good insight to business pitches and get a sense of how important a pitch really is.

A simple structure to deliver a good pitch;
Speak about YOU.

- YOUR company.
- YOUR products / services.
- YOUR price.
- YOUR company values.

Case studies are also effective to include to your pitch and how past projects have benefitted from your services.

Finally, ending with what YOU want from the client... Big thanks too to the trainer Patrick and Etc Venues for excellent hospitality.



OFF SITE HS MEETING

We held Mays monthly H&S meeting on 1 Bank Street which was kindly organised by Giedrius, one of the site managers.

Management from head office and other projects were invited along to see the final stages of 1 Bank Street coming together. It allows office management to get a feel of what really happens on site.



EU SETTLEMENT SCHEME

In light of the UK's decision to leave the EU, Avondale recognises that our labour force is made up of 80% EU nationals which is why we're here to give the guidance and information regarding BREXIT.

What is the EU Settlement Scheme?

In line of the draft Withdrawal Agreement, if you are a EU citizen, you and your family members will be able to apply to the EU Settlement Scheme to continue living in the UK after 31st December 2020.

This scheme will allow EU citizens to continue to work, study and live in the UK. This means you will be eligible for public services, pensions, public funds and British citizenship If you want to apply and meet the requirements.



For more information on eligibility, applying for British citizenship and the application process, visit <https://www.gov.uk/settled-status-eu-citizens-families>

Avondale employees can speak to our payroll or HR department for extra guidance if needed.

Contact our head office on 0207 485 3475 for more information.

