

# Exceptional Efforts

As we wait with baited breath for the Prime Minister's announcement to advise the Country of it's plans to ease lockdown, we wanted to celebrate the achievements of our employees who have been furloughed and those who are continuing to put exceptional effort into their duties. We also want to continue to provide information that could help people to cope with their mental health and well being.

## Glowing client testimonial

It's something very special to receive a glowing client testimonial when we are in the midst of a global crisis.

Last week we received this from one of our clients in Glasgow and we would like to pay particular thanks to Karen and May for their continued dedication:

*I would just like to acknowledge their efforts in maintaining a high level of professional cleaning at our site during this difficult time of coronavirus.*

*They have assisted on more than one occasion to clean potentially contaminated areas, using all of the appropriate PPE. Also, and on top of their normal day to day duties, they have responded in doing additional touch point cleaning at site. Without their efforts our site could be restricted in performing our core activities.*

*There is lots of recognition of front line staff helping to keep the country safe, I would like to add both Karen and May's names to that list.*

*At Glasgow we are a team who ensures that supply of essential medical cylinders reaches our NHS and your staff, Karen and May, are part of that team.*

## Making the most of your time

Some of our furloughed staff have been busy at home taking up new hobbies, volunteering at local projects, home schooling, and much more. Here are some to share with you and for a bit of inspiration if you're running out of things to do!

*"I've been making the most of my daily exercise and the glorious weather by going on bike rides to try and stay active!"*

*Ellena Benson*

*"I have been watching Tiger King on Netflix and learning how to make cocktails".*

*Francesca Griffin*

## Looking After Your Mental Health

Here are a few ways in which you can look after your wellbeing and mental health during the coronavirus lockdown.

1. Try and see this as a different period of time in your life, and not necessarily a negative one. It's like a different chapter.
2. Keep connected to friends, family and colleagues through the use of social media, email, phone, video calls.
3. Create a routine that focusses on you. Try relaxing activities or simply just rest.
4. Eat a balanced diet and try and avoid increasing habits that may be detrimental in the long run, such as drinking and smoking.
5. Try to avoid speculative articles which can cause anxiety. Get information from reputable sources.
6. Be kind and help others - try to not make assumptions about other people. We're all dealing with different things.



## VE Day Celebrations

This Friday will mark 75 years since VE Day and the UK remembers the end of World War Two as peace was restored to the continent.

Whilst coronavirus lockdown has changed many of the plans people had made, there are still numerous ways you can celebrate at home.

- At 9pm tune in to see The Queen making a televised address. This will be followed by a UK-wide sing-along to 'We'll Meet Again'.
- Learn some wartime favourite dances via tutorials on Youtube.
- Create a 1940's themed meal and make some bunting to put up around the house.
- You could even get dressed up in a 1940's style and play some wartime favourite games or create a quiz.

## Keeping Intouch

Please direct all communication to the UK Hub by emailing [ukhub@indepth-cleaning.co.uk](mailto:ukhub@indepth-cleaning.co.uk)

**Thank you for your co-operation.**