

Ed Syson – Director Gas Operations



Health and Wellbeing at National Grid

An international electricity and gas company

- Based in the UK and northeastern US
 - We play a vital role in delivering gas and electricity to millions of people safely, reliably and efficiently.
- One of the world's largest investor-owned utilities
- Approximately 19 million industrial, commercial and domestic customers
- Almost 28,000 employees
 - 63% work in the US; 37% work in the UK
 - 77% males; 23% females; 13.5% ethnic minorities



Working Well @ National Grid

Core Services

Occupational health

physiotherapy

Employee assistance programme



A



B



C

Service related campaigns



Stigma mental wellbeing



Serious fundraising



Future campaign cardiovascular



Future campaign cancer

Why



- People
- Engagement



- Employer of choice
- Social responsibility



- Return on investment
- Sustainability



A Darting Lion takes many steps

Steps Challenge Winners

Tracey Kelly, Gas Distribution Secretary led her team, named "A Darting Lion", to victory in the UK Shape Up National Grid Steps Challenge. Their total of 1,029,724 steps per team member was a result of numerous activities including team walks at lunchtime. "The secret to our success was team motivation", said Tracey, "We all supported each other and had great fun getting out, increasing our heart rates and working up a bit of sweat."

Jenny Galley, Tracey Kelly, Stuart Latham, John Kelly, Andy Pardoe, and Shaun Solomon
Gas Distribution Operations



We lost to win

Weight Loss Challenge Winners

How can losing make you a winner? Team Captain, Linda Toomer, led her team to first place in the Shape Up National Grid Weight Loss challenge. On average, each team member reduced their body weight by 7.1% over the twelve week period. "There is no secret to our success", said Linda, "A combination of more activity and a healthier diet meant that we now all feel great, lighter and healthier. It was a real team effort, we had great fun doing it and our strong team spirit kept us all going."

Laura Dobie, Owen Zambuko, Rob Westwood, Mike Greenow, Rimi Bassi, John Martin and Linda Toomer
Metering (Coventry)



I reached My Peak

Selina steps to success

In June 2009, Selina Saunders completed the Yorkshire 3 Peaks Challenge in aid of Heart Research UK.

"I'd attempted the 3 peaks in 2008", said Selina, "But although I'd completed all five checkpoints, I'd not completed the third peak so my only goals were to complete all three peaks and achieve as many steps as possible for me and my Shape Up National Grid team."

Selina Saunders - Gas Distribution, Operations



The summit of my success

Husband and wife on an all time high

In June 2009, John Harris of Asset Management and his wife climbed to the summit of Mount Kilimanjaro in Africa. The challenge took nine days in total, seven days going up and two days coming down. As well raising almost £2000 for MacMillan Cancer Support, John also made a huge contribution to his Shape Up National Grid team's pedometer steps and exercise minutes total.

"Even though I'm fairly old", said John, "I still managed to do this which proves that age is no barrier to keeping fit and healthy."

John Harris - Asset Management

Summary



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- Engagement



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