



Mental health



Physical health



Financial



Lifestyle

Wellbeing Hub

Need to talk?

Reach out to your Mental Health First Aiders.

hills-group.co.uk/wellbeing-hub

ISSUE 2

Our first year of the Wellbeing Hub

Welcome to the second edition of the Wellbeing Hub newsletter – and what a milestone this is, as we celebrate the end of our first year of the Wellbeing Hub!

The past twelve months have been action-packed as we’ve continued to strengthen Hills’ commitment to wellbeing. From the launch of our volunteering scheme in March, to the Wellbeing Hub winning the BSG Occupational Health Award in June, and the full training of our Mental Health First Aider team in July. It’s certainly been a year of progress.

I’d like to take this opportunity to remind all employees that the Wellbeing Hub website is accessible on any device, without the need for a login. It’s a valuable online resource, available anytime and anywhere, offering a wide range of information to support your mental health, physical health, financial wellbeing, and lifestyle.

Remember that we also provide access to the Bupa Employee Assistance Programme, which offers up to six free telephone and six free face-to-face counselling sessions. In addition, the Westfield Health cashback plan allows you to claim up to £2,500 towards healthcare costs, including optical, dental, prescription, and therapy treatments, among others.

Thank you for being part of this growing community and for continuing to make wellbeing a priority across Hills.

Mike Hill, Chairman

hills-group.co.uk/wellbeing-hub

Access the Wellbeing Hub here:



All information provided in this magazine is sourced from external third-party organisations, websites and support agencies. The Hills Group accepts no responsibility for the validity of information collected from these external sources.



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Meet your Mental Health First Aiders

Our new Mental health First Aider (MHFA) team is here to listen and offer support. Trained to recognise and assist with mental health concerns, they provide initial help to anyone facing challenges until professional support can be accessed or the situation improves.

Mental Health First Aiders are not counsellors or medical professionals, but they are a first point of contact for any employee. You can reach out to any of our MHFAs, in-person or by phone, wherever you're based. Look out for the list of MHFA on your nearest Wellbeing noticeboard.

The reason why I became a MHFA...



Heather Eastwood

I first became an MHFA at my last workplace in the theatre. The post-Covid period was difficult for both staff and audiences. I could be there to support a variety of situations, and adapt my approach to their needs. I hope my colleagues here know they can approach me for a chat and that the MHFA team is here to listen, no matter how big or small the issue seems.



Ben Marlow-Bright

I became an MHFA to support others in construction, where suicide rates remain tragically high. I want to help create an industry where outdated attitudes don't add pressure, and everyone feels included, supported, valued and able to enjoy the role they play in the industry.



Why you should reach out to a Mental Health First Aider

It can feel hard to admit when you're struggling. You may worry about being judged, or unsure if it's 'bad enough' to reach out. That's exactly why having Mental Health First Aiders around is so important. They are here to listen for this very reason.

What MHFAs can do...

Access the Wellbeing Hub here:



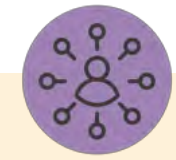
Be a listening ear, without judgment

Sometimes, all that's needed is someone who will listen, accept how you're feeling, and let you speak freely. MHFAs are trained to do this in a non-judgmental way.



Recognise early warning signs and offer early help

If you're starting to feel off, anxious, overwhelmed, low mood, etc, an MHFA can help you identify what's going on and suggest steps before things escalate. Early intervention can make a big difference.



Help you find appropriate support

MHFAs can signpost you to resources; professional services (e.g. counselling, doctors), self-help tools, or company wellbeing programmes. They don't replace therapy, but act as a bridge to getting help.



Restore perspective and reduce isolation

Mental health struggles often make you feel like you're alone or stuck. Talking things through with someone trained can help you feel seen, understood, and less isolated.

Do good to feel good

Our volunteering scheme launched this year.

We have received glowing feedback from our volunteering days so far. All employees are entitled to up to two days every year. We have a host of opportunities available to take part in coming up. Scan the QR Code at the bottom of the page to find out more.

March

Clearing weeds at Wiltshire Wildlife Trust's Lower Moor Farm

Our first team of volunteers volunteered with coppicing, bramble clearing and general tidying up at Lower Moor Farm, to support Wiltshire Wildlife Trust, a charity Hills has supported over a 35-year partnership.



May

Coppicing at Wiltshire Wildlife Trust's Langford Lakes

The team set to work at Langford Lakes Reserve in Salisbury for our second volunteering day with the Wiltshire Wildlife Trust. Armed with secateurs and gloves, they tackled coppicing and bramble clearing.



June

Removing Himalayan Balsam with Cotswold Lakes Trust in Down Ampney

Armed with determination (and waterproofs!), our volunteers spent the day removing Himalayan Balsam, an invasive non-native species that threatens local biodiversity.



September

Supporting workers at Phoenix Enterprises

Our volunteer supported people with mental health issues, learning difficulties, and physical disabilities at Phoenix Enterprises, a not-for-profit social enterprise that enriches over 120 vulnerable adults' lives by building employability skills.



You can make a difference...

Future volunteering opportunities are available on the Wellbeing Hub



Been to the opticians...?

Did you get your money back afterwards through Westfield Health?



Whether it's a chiropodist appointment, a therapy session or the dentist, make sure you claim the cost back through Westfield Health

Chiropody	£75	Health screening	£250
Consultation	£450	Inpatient	£600
Day surgery	£200	Maternity	£200
Dental	£125	Optical	£125
Dental accident	£250	Prescription costs	£29.70
Flu jabs and vaccinations	£75	Therapy treatments	£275

Don't miss out on your cash!

Scan here for more



Prescription charges

Helping you with healthcare expenses

Claim back the cost of NHS or private prescriptions, up to the limits of your plan level.

Please check if this is included on your plan level before claiming.

The number of items you can claim will vary according to your plan level.

Find out more information on the My Westfield App

Did you know?

Between Apr 2021 and Apr 2022 1.14 billion prescriptions were dispensed in England.

Source: NHS

Doctorline

Speak to a GP 24/7 over the phone, arrange a video consultation and get prescription medicine, if required:

Discuss any health issues and receive confidential advice or a diagnosis

Call as often as you like: **Call 0345 612 3861**

or arrange a call via **doctorline.onlinegp.co**

Get medicine sent to you by post or an electronic prescription to pick up straightaway.

Call 24/7 from anywhere in the world!

Did you know?

In October 2022 61% of people couldn't book a same-day appointment with their GP.

Source: NHS

Health is calming your maze of midnight thoughts



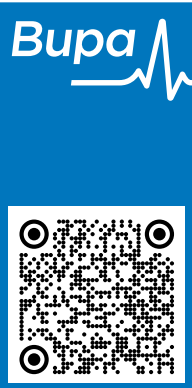
Everyone needs a little support from time to time, so there's a free, confidential helpline you can call to help take care of your mental health and wellbeing.

Our specialist advisers can even guide you towards support for money management and legal issues.

Call us for a confidential chat, 24/7
0800 269 616

bupa.co.uk/eaponline

Calls may be recorded and to maintain the quality of our service we may monitor some calls, always respecting the confidentiality of the call.



Wellbeing Hub 2026 calendar

January	February	March	April
 Mental Health	 Financial	 Lifestyle	 Physical Health
Man Down UK	Westfield Health Cash Plan	Digital Detox Challenge	Utilise your Lunchbreak
May	June	July	August
 Mental Health	 Financial	 Lifestyle	 Physical Health
Mental Health First Aiders	Renters' Rights Update	Connect with your Community	Move More Month
September	October	November	December
 Mental Health	 Financial	 Lifestyle	 Physical Health
Supporting Teenagers	Financial Wellness Challenge	Quit to Get Fit	Winter Ready



Take a break...

Why not grab a tea or coffee, sit down, and complete this quiz for a chance to **win a £50 Tesco voucher**.

Question 1: Up to how much money can you claim back through Westfield Health for flu jabs and vaccinations? _____.

Question 2: What did the Cotswold Lakes Trust volunteers remove at Down Ampney?
_____.

Question 3: When is the next volunteering opportunity? _____.

Question 4: How many Mental Health First Aiders are there? _____.

Question 5: How many over the phone counselling sessions can you have with BUPA each year? _____.

Finished? Good job! Scan or take a photo of this page and email us your correct answers at **comms@hills-group.co.uk**.

Alternatively, cut off this page, and send it to us via internal mail at County Park, Swindon. Competition deadline: **27/02/26**.