

Q4 2022

October, November & December

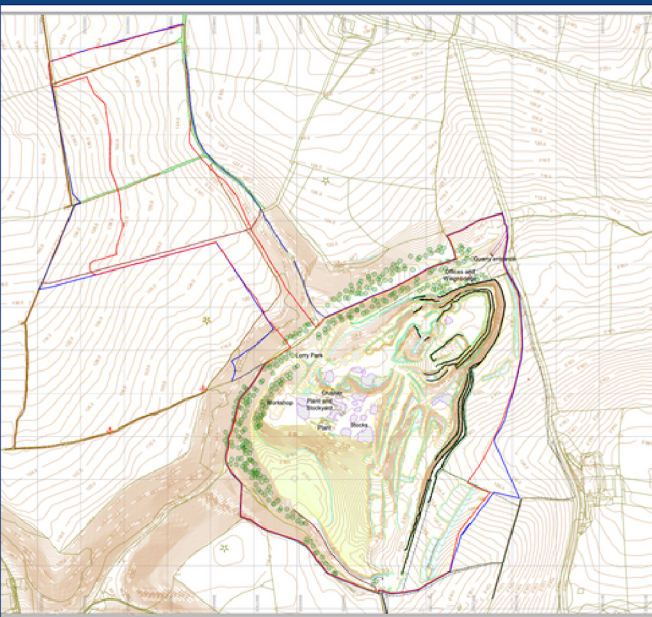
Date of issue: 17th January 2023



SUTTLE STANDARD

Raising the standards in safety, health, environment and quality | To contribute please email marketing@suttles.co.uk

Swanworth Quarry Extension Success!



After a lengthy 10 year battle, The directors and management team at Suttles are delighted to announce that planning permission for the extension of Swanworth Quarry was granted on the 21st November.

The Dorset Council planning team reviewed arguments in relation to the environmental impacts of bringing stone from distant sources, as well as the benefits to the local economy and employment, and voted unanimously for the application to be granted.

This secures the future for our quarry, and the wider Suttles team, over the next 25 years.

Suttles Stone Quarries Suttles Projects

Suttles Stone Suttles_Projects

@suttles_group

Suttles Suttles Projects Ltd Suttles Piling

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Did Someone Say... Double Award-Winner?

Earlier in the year, Suttle Projects' Managing Director; Joe Paine, with keen support from the rest of the directors, put Engineer Nick Olds forward for the 'Most Promising Trainee Civil Engineer' at the CECA South West annual lunch and 'Young Achiever Awards'.



Paul Santer and Phil Ramsden, Director and Chairman of CECA South West, pictured at The Grand Hotel in Torquay where the annual lunch is held

There were many entries, but we hoped that Nick would have a good chance given how much he has accomplished since he has been with us. We must also point out that Nick is no stranger to this event having won the 'Bath University Best Student Placement' award for his placement with Suttle Projects back in 2017. He then went on to graduate with First Class Honours.

Fast forward to the end of the summer and we discovered that Nick had won! As we had hoped, the judges were impressed by his success since joining us. However we chose to keep this a secret from Nick to give him a surprise on the day.

On the day, we had to arrive early for Nick to be able to do what he thought was a 'just in case you've won' interview, I think at this point he was starting to become suspicious as there were very few of us there plus a very enthusiastic Paul Santer, Director of CECA SW.

Nick's was the last of 6 awards; and his suspicions were soon confirmed when Paul Santer referenced Furzey Island, Poole Harbour and the Harbour Masters office at the River Hamble, all projects that

Nick has been heavily involved in. He described Nick as a recipient worthy of his nomination, and a 'brilliant young man', something that we couldn't agree more with. What followed was a gushing speech by Paul Santer and comments from Phil Ramsden, Chair of CECA SW:



Paul Santer announcing Nick as the winner

"Congratulations to Nick who has made an exceptional start to his career, full of enthusiasm and with the ability to succeed."



Nick with his award and CECA Chairman Phil Ramsden.

MHR New EC220EL

In October our Mannings Heath Road depot received their new EC220EL. This new excavator has replaced an older one of the same model.

We strive to regularly renew and update our fleet in order to keep up with the latest standards and ensuring our vehicles are as environmentally friendly as they can be.



Mannings Heath New Volvo EC220EL



Suttles turn pink for Breast Cancer Awareness

This October we again participated in 'Wear it Pink' day, this year on the 21st October.

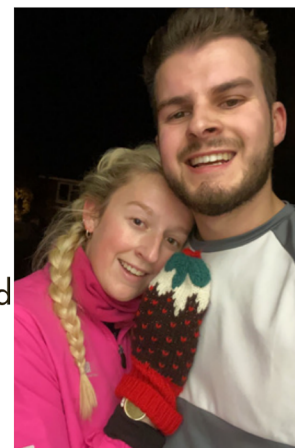
Did you know that Wear It Pink day has raised over £37.5 million over the last 20 years and is one of the biggest fundraising events in the UK!



This year, Instead of asking our employees to donate, we donated £5 on their behalf if they dressed up. Our final donation this year was £145. We had some great outfits and everyone made a lot of effort. Let's see if we can better it next year!

Ben & Enya's 200km Challenge!

Most of you will know Ben from our Mannings Heath Road Depot. Well... at the start of December he set himself the challenge of running 200km before the end of the month (roughly 6.5km every day) to raise money for Cancer Research.



A couple of months ago Ben & his partner Enya discovered that she had skin cancer. Fortunately it wasn't aggressive and she has had surgery, but it's been a scary few months for them and their families. This spurred them on to try and raise awareness of skin cancer and to help raise money for Cancer Research.



Amazingly, Enya joined Ben on every run & together they ran through the wind, rain, snow and ice, completing 208km in total - 8km over their target!

Through their incredible efforts, they have so far raised over £1680.

Courtney's Drive to Help the Homeless Continues

Thank you to everyone that has donated so far, your donations have been gathered, sorted and distributed by Courtney to the homeless community through organisations such as 'Routes to Roots' and through approaching and speaking to people in the street. If you would like to donate, please check our facebook page or speak to Courtney to see what we still need.



Electric Vehicle Update!

Over the past six months since we last updated you, we have again increased our fleet of electric vehicles!

In July 2022 we had...

22%
Electric



78%
Non-Electric



These figures include lorries, vans and cars.

This was an increase from July 2021 when we had 18% Electric and 82% Non-Electric.

Now, from the end of December 2022 we have...

25%
Electric



75%
Non-Electric



Which shows another 3% increase in electric vehicles in the last 6 months, another fantastic move forward.

Under the Spotlight... Telham Embankment

In the last week of October, Suttle Piling completed installing 2 lines of sheet



piles to stabilise the railway embankment at Telham during a 9 day blockade for BAM Nuttall.

The work was completed on budget & ahead of schedule! With our team on shifts working 24 hours a day and underneath some overhead power lines The work was completed using our new Komatsu PC490.

How much do you know about Suttle Rail?

Based in Polegate, Kent, Suttle Rail consists of: Tony, Marcus, Shane, Stephen and Jamie.

Suttle Rail are responsible for our role in the Structural Integrity Southern (SIS) Framework; a multi-contractor facility for maintenance of Network Rail infrastructure across the Southeast routes, Kent and Sussex.

Its primary purpose is to maintain masonry structures including bridges, tunnels and "arches", but it also features extension into other areas including maintenance of and better access to signal structures and the like.



Tony & Marcus at Polegate

Suttle Projects have been proud to be appointed to this framework, in spring 2021, as our first formal appointment of this type, after receiving our Principal Contractors Licence in the summer of 2019. It is offered here as evidence of our ability to work on the rail network under our own management and supervision, to maintain civil engineering infrastructure on behalf of Network Rail.

Efficient service and delivery of this framework depends on having infrastructure in the right places. This led to the creation and refinement of a new business unit based in Sussex. From a bespoke industrial premises in Polegate we can store and service vehicles, run a small efficient office, and retain equipment and materials for ongoing works. Set up with the primary purpose of serving



Network Rail, this facility allows us to minimise waste and generally behave sustainably around our ongoing workload. As well as storage of materials to maximise efficient usage we are able to charge electric vehicles and maintain tools and equipment. This office is linked by internal telephone and IT connections to our Dawkins Road head office, itself servicing Network Rail projects within the Wessex region.

Christmas Jumper Day!

Every year we support the 'Save the Children' Christmas Jumper Day, here are some of our favourite outfits from this year.



Christmas Tree Festivals

This year we participated in two Christmas tree festivals, Langton Matravers & Swanage.



Langton Matravers



Swanage



A close up

It's Party Time!



On the 10th December we held our first Christmas party since the Covid19 pandemic! With just under 100 in attendance, and even most of the team from Suttle Rail over in Kent, it was a great opportunity for everyone to get together. Suttle Projects in particular have a lot of people that have started since the last Christmas party, so it was also the ideal situation for people from all aspects of the business to catch up and in some circumstances, meet for the first time.

At the beginning of the party we were treated to a performance worthy of 'Strictly!' Site Operative Dimi's daughter Eleonora is a professional dancer, competing across Europe and we were fortunate enough to be able to see her & her dance partner in action. It was a fantastic way to start the evening and we wish her all of the best in her endeavours.

New Arrivals



Baby George Harley

On the 24th November, Suttle Projects' Commercial Director John Harley and his fiancé and Suttle's Finance Officer, Chloe Walker welcomed baby George, weighing 8lbs 7oz. Huge congratulations!

Congratulations!

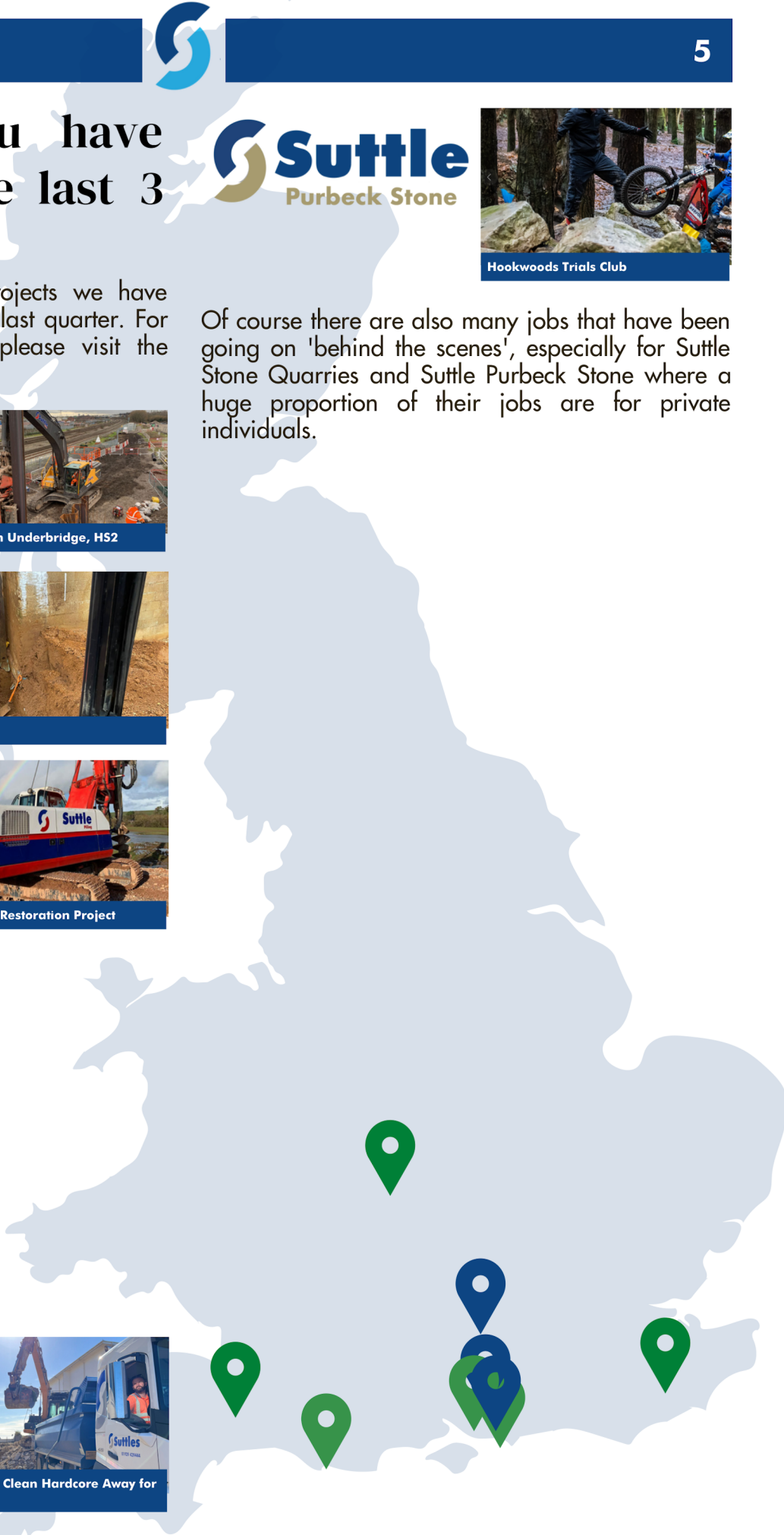
We would like to give our congratulations to Engineer Graham Spence and his wife Wendy after their marriage on the 16th December. We trust you had a wonderful day and wish you every happiness in your life together!

Where may you have seen us over the last 3 months?



Have a look at some of the projects we have worked on across Suttles over the last quarter. For more information on each job please visit the interactive job map on our website.

Of course there are also many jobs that have been going on 'behind the scenes', especially for Suttle Stone Quarries and Suttle Purbeck Stone where a huge proportion of their jobs are for private individuals.





Close Calls over the last 3 months

Top Close Calls

- No light on top of jib. The site was close to a military camp, a flight school and the beach for sea and rescue.
- A sandbag, which had been thrown from a bridge, had landed on the railway track
- Customer got out of his cab, without any Hi-Viz on, and walked under the shovel bucket while it was being loaded

Month	Total Number of Close Calls	Total Number of People Raising Close Calls
October	14	8
November	9	5
December	19	11

Why should you report Close Calls?

If we look at Heinrich's Bird's Triangle, otherwise known as the Accident Triangle. It shows the relationship between serious and minor accidents and near misses. This theory proposes that if the number of minor accidents are reduced, then the number of severe accidents will proportionately be reduced too.

As an example, for every 600 close calls, there will be 10 minor injuries, and 1 serious injury. By



reducing the number of minor injuries, we reduce the serious injuries.

It is important to remember that there is a no blame culture in the reporting of Close Calls. You are reporting to keep yourselves and your site safe to reduce the number of minor and serious accidents.



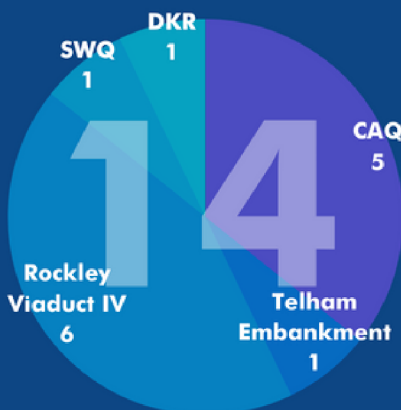
Everyone should be making at least one Close Call per month. As an example, in December we had just 11 people making a Close Call, but that's not to say that there were only 11 Close Calls to report!

This theory highlights the importance of Close Calls.

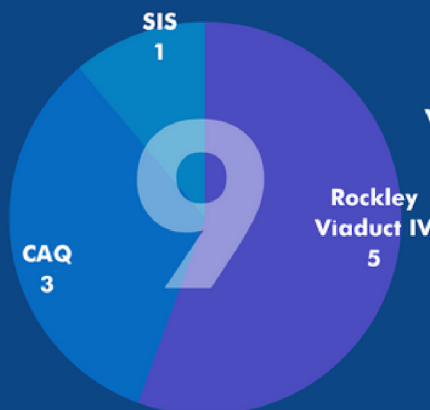
You can report over email; closecalls@suttles.co.uk or through your reflow app under 'other forms'.

TOP SCORES BY SITES:

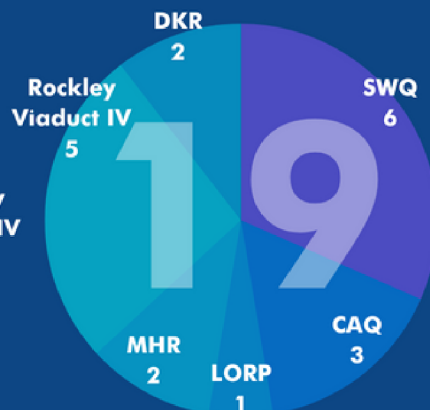
October



November



December









Safety, Health, Environment & Quality

For this issue we wanted to cover various different topics from the past 3 months.




MOVEMBER

We know 'Movember' has finished for this year, but it's never too late to be more aware of the signs to look out for in detecting testicular cancer, the number 1 cancer in young men. When caught early it is highly treatable and highly curable.

Lumps and swellings in the testicles are not usually caused by anything serious, but you should always get checked by a GP if you have:

-  A lump in your testicles.
-  Swollen testicles.
-  A change in the shape of your testicles.
-  A change in the way your testicles feel.
-  One testicle has become bigger than the other.
-  Aching or discomfort in your testicles that does not go away.

Go to A&E immediately or call 999 if you have:

-  Sudden, severe pain in a testicle.
-  Testicle pain along with feeling sick, being sick or pain in your tummy.
-  Testicle pain that has lasted more than an hour or continues when you're resting.

MENOPAUSE

More than 3 out of 4 women experience menopause symptoms at some time. However, menopause isn't something just women need to know about, men should be aware too so they can support colleagues, friends and family.

Did you know...

51

is the average age women reach menopause

1
IN
4

women experience serious symptoms

2
IN
5

women said their menopause symptoms had been worse than they had expected

1
IN
100

women reach menopause before the age of 40

8
IN
10

women of menopausal age are in work





Many women find managing symptoms of the menopause in the workplace very challenging and often find it difficult to talk about the menopause at work, menopausal women are now the fastest growing workforce demographic.

All women experience menopause differently. Symptoms can be physical, such as hot flushes, headaches, poor sleep and erratic periods, or psychological, such as anxiety, low mood, lack of confidence and poor concentration.

Almost half of women don't seek medical advice and the majority of women don't feel comfortable talking about the menopause with their managers.

MENTAL HEALTH & SUICIDE PREVENTION

There are things we can all do in situations where we are worried about someone who we think may be at risk of suicide. Talking can really make a difference. Here are some suggestions that can help:

-  Watch out for signs of distress and changes in behaviour.
-  It's ok to ask someone if they're suicidal. Evidence shows that if you ask someone if they're suicidal, it can help protect them. By asking directly about suicide, you give them permission to tell you how they feel and let them know they are not a burden.
-  Always listen and take them seriously. If someone does tell you they are having suicidal thoughts.
-  Arrange to speak to them again. If you can, at a specific time. This will show your ongoing support and will make them feel valued. It also gives them something to look forward to.

Simple actions can help you be there for someone who is experiencing suicidal thoughts. People who have felt suicidal will often say what a huge relief it was to be able to talk about what they were experiencing. It's also important to encourage them to seek professional support and know when to step back to look after themselves.

If you are feeling like ending your life or feel unable to keep yourself safe, please call 999 or go to A&E and ask for the contact of the nearest crisis resolution team.