

NEWSLETTER WASHROOM

1st May 2025


washroom
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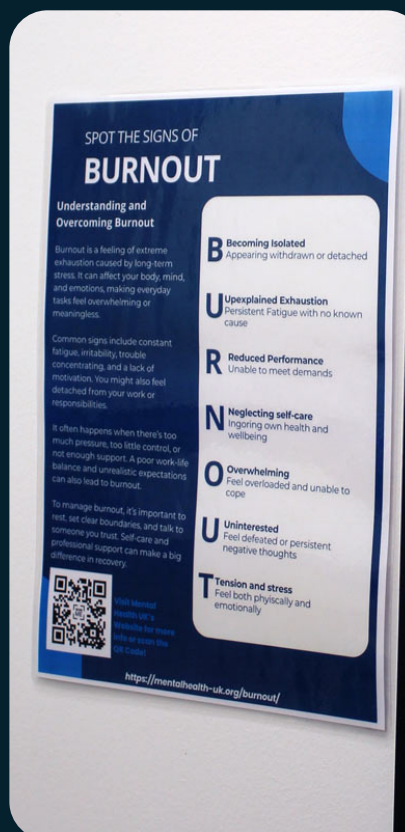
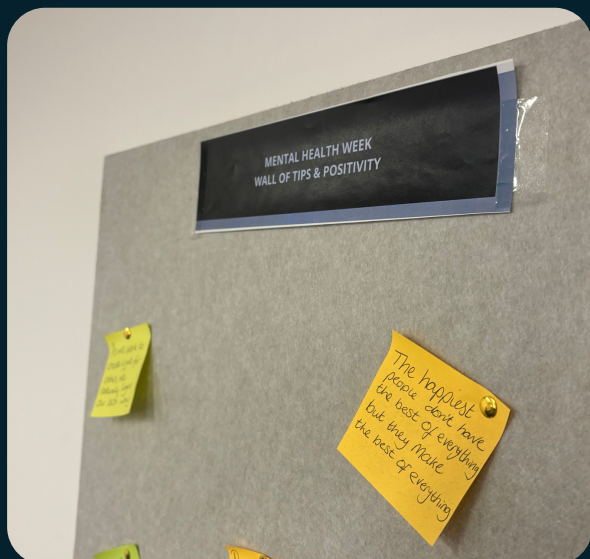
MENTAL HEALTH AWARENESS WEEK

At Washroom Washroom, supporting our team's well-being is part of who we are. For Mental Health Awareness Week, we're highlighting the importance of mental health in an industry known for long hours and high-pressure deadlines, and launching initiatives to build a more connected, supportive workplace.



HEALTHY SNACK TABLE

We know what we eat affects how we feel, so we've added a healthy snack table with fruit, protein bars, and other nourishing options to keep our team fuelled and focused. Nutrition supports physical and mental well-being; making healthy choices easy shows how small changes can have lasting impact.



WALL OF TIPS

Our new wall of tips shares practical advice, uplifting messages, and well-being strategies from the team. It's become a source of encouragement, sparking conversations and helping normalise discussions around mental health.

AWARENESS POSTERS

At Washroom Washroom, mental health is a daily priority. Awareness posters and our trained first-aiders, Michelle Wylie and Mark Such, provide support and guidance, helping build a caring, resilient workplace where everyone can thrive.