



# The **KeepWell** Awards



## 2021 FINALISTS

#TheKeepWellAwards





# The KeepWell Awards



**Copperfish**





# The KeepWell Mark™

Ibec is helping companies in Ireland embrace corporate wellness through our KeepWell programme. This programme focuses on the key areas of workplace wellbeing ranging from leadership, mental health and absence management to physical activity and healthy eating. On joining the programme, organisations receive our framework of standards in all areas of workplace wellbeing, tools to benchmark your organisation's current performance and invitations to our KeepWell community events and clinics for best practice sharing and expert advice.

The process to get your organisation accredited with The KeepWell Mark™ includes self-assessment, action plans and evidence gathering, site visits, a full assessment report and award of accreditation.

Join our KeepWell programme and get your organisation accredited with The KeepWell Mark™ - a workplace wellbeing accreditation from Ibec.

For more information and to sign up, visit: [www.thekeepwellmark.ie](http://www.thekeepwellmark.ie)

On behalf of Ibec and The KeepWell Mark we would like to extend our congratulations to our shortlisted finalists, who have received nominations for this year's KeepWell Awards ceremony. These companies have excelled in their wellbeing journeys and represent best practice across 6 awards categories: Nutrition, Leadership, Physical Health, Mental Health, Company of the Year – Large and Company of the Year – SMEs. Good luck!



# Companies accredited with The KeepWell Mark™

abbvie



ALEXION® *Alkermes*



BIOMARIN



Blackrock Clinic  
Member of the Blackrock Healthcare Group

NEW BOLIDEN



Boston  
Scientific  
Advancing science for life™



Bristol Myers Squibb™

BROWN THOMAS | ARNOTTS

CAPITA



Banc Ceannais na hÉireann  
Central Bank of Ireland  
Eurosysteem



Coca-Cola HBC  
Ireland & Northern Ireland



Comhairle Contae Chorcaí  
Cork County Council

CrowleysDFK



Bus Átha Cliath  
Dublin Bus



ENERCON



ervia



Energy for  
generations

( expleo )



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30 Years



gretb  
Bord Oideachais agus Oiliúna  
na Gaillimhe agus Ros Comáin  
Galway and Roscommon  
Education and Training Board



GILEAD  
Creating Possible



Global  
Shares



HEAnet  
Ireland's National Education & Research Network

HENRY J LYONS ARCHITECTS



HPRA  
An tÚdarás Rialála Táirgí Sláinte  
Health Products Regulatory Authority



Ibec  
For Irish Business



imro



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Mallinckrodt  
Pharmaceuticals



Gníomhaireacht Bainistíochta an Chisteáin Náisiúnta  
National Treasury Management Agency



NUI Galway  
OÉ Gaillimh



OBERSTOWN  
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CARE  
EDUCATION  
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QQI  
Quality and Qualifications Ireland  
Dearbhú Cáilíochta agus Cáilíochtaí Éireann



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In Home Care & Assistance



SANOFI  
Empowering Life



Saint John of God Hospital

St Patrick's  
Mental Health Services



ST. VINCENT'S  
PRIVATE HOSPITAL  
Elm Park

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Tallaght  
University  
Hospital  
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An Academic Partner of Trinity College Dublin

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WRIGHT  
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Xtratherm®  
More than insulation



# The KeepWell Awards 2021

## Shortlisted finalists

### ***Best in Class: Leadership***

Central Bank of Ireland  
Coca-Cola Hellenic Ireland  
Gilead Sciences  
Health Products Regulatory Authority  
HEAnet & EduCampus  
National Treasury Management Agency  
Quality and Qualifications Ireland (QQI)  
Unum Ireland  
William Fry

### ***Best in Class: Nutrition***

Alexion Ireland  
Alkermes Pharma Ireland  
Bord Gáis Energy  
Gilead Sciences  
Oracle EMEA  
Sanofi Waterford  
The Central Bank of Ireland  
William Fry

### ***Best in Class: Physical Health***

Alexion Pharmaceuticals  
Alkermes Pharma Ireland  
Boliden Tara Mines DAC  
Cork County Council  
Oracle EMEA  
Quality and Qualifications Ireland (QQI)  
Sanofi Waterford  
William Fry



***Best in Class: Mental Health***

Aldi Stores Ireland  
Alexion Pharmaceuticals  
Bord Gáis Energy  
Health Products Regulatory  
Authority  
Unum Ireland  
Sky Ireland  
St. Patrick's Mental Health  
Services

***Company of the Year: SME***

Global Shares  
HEAnet & EduCampus  
Frylite Group  
Unum Ireland  
Quality and Qualifications Ireland (QQI)  
Value Retail Management Ireland  
Limited (Kildare Village)  
Xtratherm

***Company of the Year: Large***

Alexion Pharmaceuticals  
Alkermes Pharma Ireland  
Oracle EMEA Ltd  
Sanofi Waterford  
Sky Ireland  
St. Patrick's Mental Health Services



# Shortlisted company biographies



## Aldi Stores Ireland

With roots dating back to 1913, Aldi (short for Albrecht Discount) entered the Irish market in 1999. Aldi employs over 4,500 people in Ireland and one of the world's most successful retailers. We have a vast network of 145 stores across the country with ambitious plans to open many more. There are currently more than 6,200 stores across our international business including stores in the UK, Germany, Italy, Australia and the USA .

## Alexion



Alexion is a global biopharmaceutical company focused on serving patients and families affected by rare diseases and devastating conditions through the discovery, development and commercialization of life-changing medicines. As a leader in rare diseases for more than 25 years, Alexion has developed and commercializes two approved complement inhibitors to treat patients with paroxysmal nocturnal hemoglobinuria (PNH) and atypical hemolytic uremic syndrome (aHUS), as well as the first and only approved complement inhibitor to treat anti-acetylcholine receptor (AChR) antibody-positive generalized myasthenia gravis (gMG) and neuromyelitis optica spectrum disorder (NMOSD). Alexion also has two highly innovative enzyme replacement therapies for patients with life-threatening and ultra-rare metabolic disorders, hypophosphatasia (HPP) and lysosomal acid lipase deficiency (LAL-D) as well as the first and only approved Factor Xa inhibitor reversal agent. In addition, the company is developing several mid-to-late-stage therapies, including a copper-binding agent for Wilson disease, an anti-neonatal Fc receptor (FcRn) antibody for rare Immunoglobulin G (IgG)-mediated diseases and an oral Factor D inhibitor as well as several early-stage therapies, including one for light chain (AL) amyloidosis, a second oral Factor D inhibitor and a third complement inhibitor. Alexion focuses its research efforts on novel molecules and targets in the complement cascade and its development efforts on hematology, nephrology, neurology, metabolic disorders, cardiology, ophthalmology and acute care. Headquartered in Boston, Massachusetts, Alexion has offices around the globe and serves patients in more than 50 countries. This press release and further information about Alexion can be found at: [www.alexion.com](http://www.alexion.com).

## Alkermes



Alkermes plc is a fully integrated, global biopharmaceutical company developing innovative medicines in the fields of neuroscience and oncology. The company has a portfolio of proprietary commercial products focused on addiction and schizophrenia, and a pipeline of product candidates in development for schizophrenia, bipolar I disorder, neurodegenerative disorders and cancer. Headquartered in Dublin, Ireland, Alkermes plc has an R&D center in Waltham, Massachusetts; a research and manufacturing facility in Athlone, Ireland; and a manufacturing facility in Wilmington, Ohio. For more information, please visit Alkermes' website at [www.alkermes.com](http://www.alkermes.com).

## Boliden Tara Mines



Guided by Care, Courage and Responsibility we set out towards our vision to be the most climate friendly and respected metal provider in the world. Our purpose is to provide the metals essential to improve society for generations to come. Our values describe how we work together in our daily operations. It brings many different competences and skills together and forms our corporate culture towards a common purpose. Our overall goal is to create profitability and growth in a responsible manner with consideration for people, the environment and society. We contribute to sustainable metal production and a reliable supply of metals for society through our strategy of owning our own mines and smelters

## Bord Gais



Bord Gáis Energy is a utility that supplies gas and electricity and boiler services to customers in the Republic of Ireland. Bord Gáis Energy has been in operation in some form since 1976 and supplies over 750,000 customers with energy in Ireland. Since mid-2014 Bord Gáis Energy is also part of the global Centrica plc Group. Bord Gáis Energy has offices in Dublin and Cork as well as having boiler service technicians nationwide. Bord Gáis translates as "Gas Board", although is now a private company limited by shares and part of Centrica Global plc which also owns British Gas.

## The Central Bank of Ireland



Banc Ceannais na hÉireann  
Central Bank of Ireland  
Eurosystem

The Central Bank of Ireland serves the public interest by safeguarding monetary and financial stability and by working to ensure that the financial system operates in the best interests of consumers and the wider economy. Our vision is to be a central bank that is trusted by the public, respected by our peers and to be a fulfilling place to work for our people. Underpinning our public service mandate are our values of integrity and care, courage and humility, and teamwork and excellence.

Our annual wellbeing programme focuses on the three wellness pillars of mind, body and life, representing the holistic nature of wellbeing and promoting good physical, mental and emotional health. Throughout the past year in our response to the pandemic, we have sought to take a people first approach – to show care to our people by recognising and supporting them deal with the challenges they face and providing clarity so we each know what to expect, and what is expected from us at this time. We developed and continue to develop various supports and guidelines for our colleagues and people managers to help them through this very challenging time, not just in relation to our work but also in our personal lives as well.

We are committed to the health, safety and wellbeing of our people and are delighted to be part of the KeepWell Initiative receiving re-accreditation in 2020.



## Coca-Cola



The Coca-Cola Company is an American multinational beverage corporation incorporated under Delaware's General Corporation Law and headquartered in Atlanta, Georgia. The Coca-Cola Company has interests in the manufacturing, retailing, and marketing of nonalcoholic beverage concentrates and syrups.

The Coca-Cola Company (NYSE: KO) is a total beverage company with products sold in more than 200 countries and territories.

Our company's purpose is to refresh the world and make a difference. Our portfolio of brands includes Coca-Cola, Sprite, Fanta and other sparkling soft drinks. Our hydration, sports, coffee and tea brands include Dasani, smartwater, vitaminwater, Topo Chico, Powerade, Costa, Georgia, Gold Peak, Honest and Ayataka. Our nutrition, juice, dairy and plant-based beverage brands include Minute Maid, Simply, innocent, Del Valle, fairlife and AdeS.

We're constantly transforming our portfolio, from reducing sugar in our drinks to bringing innovative new products to market. We seek to positively impact people's lives, communities and the planet through water replenishment, packaging recycling, sustainable sourcing practices and carbon emissions reductions across our value chain. Together with our bottling partners, we employ more than 700,000 people, helping bring economic opportunity to local communities worldwide.

## Cork County Council



Comhairle Contae Chorcaí  
Cork County Council

Cork County Council, the largest local authority in the country in geographical area and with a population of 332,255, is the second largest Local Authority nationally, and the largest outside Dublin. The Council has a revenue budget for 2021 of €348m and current staff numbers of approximately 2,000 WTE.

The Council delivers a broad and diverse range of services, including Roads, Motor Taxation, Housing, Planning, Environmental Services, Economic Development, Tourism, Community Development, Arts & Heritage, Fire Services and Library Services.

Cork County Council received a Higher Distinction award and a Consistent High Achiever award at the 2020 National Irish Safety Organisation Awards. The Council's Safety Management System earned OHSAS (Occupational Health and Safety Management Assessment Series) 18001 certification in 2017 becoming the first Local Authority to do so. The accreditation lasted 3 years, during which time OHSAS 18001 was replaced with ISO 45001. Following its transition to the new Occupational Health and Safety requirements of the ISO standard, Cork County Council became a first-time achiever in its field once again, achieving ISO 45001 accreditation, while the organisation supported the County Cork community in its response to Covid 19.

Achieving yet another first for a local authority, Cork County Council was also accredited with the IBEC "Keep Well Mark" in November of 2020, due to dedicated efforts to promote health and wellbeing as part of the Safety Management System. The IBEC "Keep Well Mark" standard reflects success in the eight target areas of leadership, health and safety, absence management, physical activity, mental health, smoke free, intoxicants and healthy eating.

## Frylite



With 30 years' industry experience and today's market leader, we know a thing or two about the oil business. But while we know our products and their quality inside out, that's not what drives our success.

Today more than 7,000 food industry businesses across Ireland, from local independents to multi-national brands, trust us to deliver quality and service, week in, week out.

With 30 years industry experience and today's market leader, we know a thing or two about the oil business. But while we know our products and their quality inside out, that's not what drives our success. Building the business around our customers, Eamon went further to develop and deliver a ground breaking complete supply and waste collection service that is now the first choice for more than 60% of the food industry in the island of Ireland.

Frylite: Making Sure Freshness, Quality and Value are all on the Menu.

Before 1988, the vegetable oil supply industry can only be described as poor, products were inferior and customers were indifferent. Eamon McCay saw all of those challenges as opportunities to create a brand new, complete oil management system that was ground-breaking in its simplicity. Putting the customer at the heart of the business, Frylite set out to challenge accepted practice and improve service with new ideas and innovative technology. Today, that commitment to and investment in innovating for our customers continues and Frylite is well-known as the industry leader across the island of Ireland.

## Gilead Sciences, Inc.



Gilead Sciences, Inc. is a biopharmaceutical company that has pursued and achieved breakthroughs in medicine for more than three decades, with the goal of creating a healthier world for all people. The company is committed to advancing innovative medicines to prevent and treat life-threatening diseases, including HIV, viral hepatitis and cancer. Gilead operates in more than 35 countries worldwide, with headquarters in Foster City, California.

## Global Shares



Global  
Shares

Global Shares manages employee stock plans for some of the world's biggest companies. With headquarters in Clonakilty, offices in Cork City and 14 international locations worldwide, its team of 460 employees and award-winning fintech solution helps companies harness the power of employee ownership. It exports to 100+ countries worldwide.

# Employee Benefits that will make your Team Smile

Dental Insurance is now positioned as one of the fastest growing corporate benefits in Ireland and we are proud and committed to playing a critical role in this development as the only dedicated dental specialist provider in Ireland.

Our TeamCare and EyeCare by DeCare plans are highly worthwhile, appreciated and affordable employee benefits.



**Empowering our  
Members ...One  
Smile at a Time.**

Providing Dental benefits for over 20 years, helping our members to manage the cost of routine dental bills.



**Promoting  
Clear Healthy  
Vision**

As well as detecting eye health problems, employees who see well, perform better and make fewer errors.



**Empowering a  
Healthy Lifestyle**

Embed wellness into your culture as work places have the power to change peoples lives.





## HEAnet & EduCampus



HEAnet is Ireland's National Education and Research Network ([www.heanet.ie](http://www.heanet.ie)).

HEAnet CLG, Ireland's National Education and Research Network, was incorporated in November 1997 and provides Internet connectivity and associated ICT services to education and research organisations throughout Ireland, including all primary and post-primary schools. We deliver high-speed internet connectivity and IT shared services to all levels of the Irish education sector.

EduCampus Services was set up in April 2015 by the Higher Education Authority as a subsidiary company of HEAnet CLG. EduCampus' mission is to deliver top class IT shared services. Our objective is to deliver value for money through efficiencies at multiple levels, including economies of scale, aggregated demand, and synergies with our parent company, HEAnet CLG.

The Irish education sector, encompassing approximately 210,000 students and staff at third level and approximately 900,000 students and staff at first and second level. HEAnet connects these Irish learners and researchers to the Internet, online educational resources, and to peer educational and research networks in Europe, the USA and the rest of the world. Over one million students, researchers and staff relying on our national education network every day.

Our vision is enabling Ireland's digital ambition. Our mission is delivering common, repeatable, shareable solutions for all of education. Our core values are positive impact; future focused; empowered decision making; enjoy it; equality & fairness and we share.

## The Health Products Regulatory Authority (HPRA)



We are the Health Products Regulatory Authority (HPRA) and our role is to protect and enhance public and animal health by regulating medicines, medical devices and other health products. It is also our role to monitor the safety of cosmetics.

We are a state agency that puts the health of people and animals at the core of everything we do. We use our scientific and clinical expertise to review and monitor health products available in Ireland or exported abroad. Our aim is to make sure that health products we regulate are as safe as possible and do what they are intended to do.

Formerly known as Irish Medicines Board (IMB), we became the HPRA in July 2014. Our new name better reflects our broader remit and regulatory functions which have expanded over a number of years to include:

- Human medicines
- Veterinary medicines
- Clinical trials
- Medical devices
- Controlled drugs
- Blood and blood components
- Tissues and cells
- Cosmetic products
- The protection of animals used for scientific purposes
- Organs intended for transplantation

The HPRA functions matrix outlines all of our key functions for each of the products / areas we regulate. Additionally, the video below provides an overview of our work.

## National Treasury Management Agency



Gníomhaireacht Bainistíochta an Chisteáin Náisiúnta  
National Treasury Management Agency

The NTMA is a State body which operates with a commercial remit to provide asset and liability management services to Government. It has evolved from a single function agency managing the National Debt to a manager of a complex portfolio of public assets and liabilities.

Businesses managed by the NTMA include:

- borrowing for the Exchequer and management of the National Debt;
- the State Claims Agency;
- NewERA;
- the Ireland Strategic Investment Fund; and
- the National Development Finance Agency.

The NTMA also provides staff and business support services to:

- the National Asset Management Agency;
- the Strategic Banking Corporation of Ireland; and
- Home Building Finance Ireland.

## Oracle



Are a cloud technology company that provides organizations around the world with computing infrastructure and software to help them innovate, unlock efficiencies and become more effective. We also created the world's first – and only – autonomous database to help organize and secure our customers' data. Oracle Cloud Infrastructure offers higher performance, security, and cost savings. It is designed so businesses can move workloads easily from on-premises systems to the cloud, and between cloud and on-premises and other clouds. Oracle Cloud applications provide business leaders with modern applications that help them innovate, attain sustainable growth, and become more resilient. The work we do is not only transforming the world of business—it's helping defend governments, and advance scientific and medical research. From nonprofits to companies of all sizes, millions of people use our tools to streamline supply chains, make HR more human, quickly pivot to a new financial plan, and connect data and people around the world. At work, we embrace diversity, encourage personal and professional growth, and celebrate a global team of passionate people developing innovative technologies that help people and companies tackle real-world problems head-on.

## QQI



Quality and Qualifications Ireland (QQI) is the independent State agency responsible for promoting quality and accountability in education and training services in Ireland.

Our work supports public confidence in the quality of education and training, promotes trust in the National Framework of Qualifications and drives a culture of continuous improvement by education and training providers. We are committed to working enthusiastically and purposefully towards a vision of Ireland that offers extensive high-quality education and training opportunities, enabling learners to fulfil their potential by achieving qualifications that are valued nationally and internationally.

## Sanofi



Sanofi is dedicated to supporting people through their health challenges. We are a global biopharmaceutical company focused on human health. We prevent illness with vaccines, provide innovative treatments to fight pain and ease suffering. We stand by the few who suffer from rare diseases and the millions with long-term chronic conditions. With more than 100,000 people in 100 countries, Sanofi is transforming scientific innovation into healthcare solutions around the globe. In Waterford, our team of more than 700 professionals work at a state-of-the-art biopharma and medical devices campus from where products are supplied to patients worldwide.'

## Sky



Sky is Europe's leading media and entertainment company and is proud to be part of the Comcast group. Across six countries, we connect our 24 million customers to the best entertainment, sports, news, arts and to our own award-winning original content.

Our technology, including the market leading Sky Q, connects people to everything they love in one place, easy. Our streaming service, NOW brings viewers all the enjoyment of Sky with the flexibility of a contract-free service.

We believe that we can be a force for good in the communities in which we operate. We're committed to being Europe's first net zero carbon entertainment company by 2030 and we're proud to be a Principal Partner and Media Partner of COP26. We take pride in our approach to diversity and inclusion: we've been recognised by The Times and Stonewall for our commitment to diversity and we've set ambitious 2025 targets to continue to increase diversity and representation. . Sky employs approximately 1000 people in Ireland across a range of areas, including marketing, finance and customer service."

## St. Patrick's Mental Health Services



St Patrick's Mental Health Services (SPMHS) is Ireland's largest independent, not-for-profit mental health service provider. It provides community and outpatient care through its Dean Clinics and day patient services through its Wellness & Recovery Centre. A multidisciplinary inpatient service is provided through its three approved centres: St Patrick's University Hospital (241 beds), St Patrick's, Lucan (52 beds) and Willow Grove Adolescent Unit (14 beds). SPMHS also offers a homecare service and remote access to its services through phone, video or online channels.

SPMHS' vision is to see a society where all citizens are empowered and given the opportunity to live mentally healthy lives. It works to provide the highest quality mental healthcare, to promote mental wellbeing and mental health awareness, and to advocate for the rights of those experiencing mental health difficulties. This is achieved through a human rights based approach, through the enhancement of evidence-based knowledge and by striving to be at the cutting-edge of new initiatives and advances in the field.





Our vision at Mental Health First Aid Ireland is through education and training, to create supportive communities in Ireland with a willingness to address mental health problems when they arise and enable recovery in a supportive and empathetic way. You can join us on this journey and learn an invaluable set of new skills that foster a mentally healthy workplace.

#### **Mental Health First Aid Training**

Learn a new set of skills on our 2 day internationally recognised course that will enable you to help a colleague who is developing a mental health problem, experiencing a worsening of an existing mental health problem or a mental health crisis.

#### **Mental Health First Aid Refresher Training**

Refresh your Mental Health First Aid skills on our 3.5 hr MHFA Refresher course.

This training should be completed by anyone who originally completed a Mental health First Aid course over 2 years ago.

The course provides an opportunity recharge your skills and learn from others.

#### **Mental Health Manager Awareness Training**

This course is designed to enhance managers and leaders understanding of mental health and mental illness, give them the ability to recognise the common signs of mental health problems and enable them to engage in a conversation with a member of staff they may be concerned about.

#### **Mental Health Staff Awareness Training**

This course is designed to enhance staff awareness and understanding of mental health. It gives staff the ability to recognise the signs and symptoms of mental health problems in themselves and others. Become aware of how best they can support their wellbeing in both the workplace and when remote working and how they can support their colleagues.

**All our training can be delivered online or face to face**

Unum Ireland serves as a Centre of Excellence for strategic software development and services centre. We play a vital part in developing critical business applications at scale.

We are ambitious and you should be too. We want talented people that are willing to go that extra mile. You will be challenged and in return we provide you with the best tools and leading technologies available, an industry competitive salary, health insurance for you and your family, a pension among other benefits.

At Unum Ireland, there is culture of openness, honesty and respect. We are one of the very few Fortune 500 companies with a base in Ireland located outside of Dublin. This allows the added advantage to our staff of having a competitive Dublin salary with the much lower cost of living in Carlow.

Another advantage of working in our Carlow base is the ease of commute. New hires always remark that the commute time rarely fluctuates so they know how long the journey is going to take them unlike previous work commutes in large urban areas like Dublin or Cork.

Following the latest House price report from Daft.ie the average house price in county Carlow is half of the average house price in county Dublin making it a great destination for those looking to make the big purchase.

Lastly, Unum encourages employee participation in local charity work and regularly donates to local charities. The latest charities to benefit are St Clare's Food Kitchen, Eist, An Gairdin Beo, Charlie Curran Race, Carlow Volunteer Centre, Christmas Rotary Tree & Carlow Order of Malta.

## **William Fry**

### **WILLIAM FRY**

At William Fry, our client-focused service combines technical excellence and a practical, constructive approach to business issues. We advise leading domestic and international corporations, financial institutions and government organisations. We regularly act on complex, multi-jurisdictional transactions and commercial disputes. Strong client relationships and high-quality advice are the hallmarks of our business.

We are ranked by international directories, clients and market commentators alike as being a leader in our main areas of work: Corporate & M&A, Banking & Finance, Litigation & Dispute Resolution, Asset Management & Investment Funds, Real Estate, Insurance, Competition & Regulation, Tax, Projects & Construction, Employment & Benefits and Technology.

Our head office is in Dublin. We have offices in Cork, London, New York, San Francisco and Silicon Valley and are members of a global law firm network to service our clients at home and abroad. Through our alliance with Tughans, Northern Ireland's largest law firm, we provide an all-island solution.

Achieving results for clients is our priority. Continued investment in people and technology help us provide practical and prompt solutions

## Kildare Village



Kildare Village is home to a unique edit of 100 fashion and lifestyle boutiques offering savings of up to 60% on the recommended retail price, all year round. Set in the beating heart of horse-racing country, the Village is located just an hour south-west of central Dublin and perfectly situated for routes to important tourist destinations in the region including Cork, Limerick, and Galway. A bastion of Irish talent, Kildare Village strikes an astute balance between gentle regional charm and an artful spread of homegrown and international brands. Services include Virtual Shopping, Personal Shopping, Tourist Information, a luxurious VIP Lounge, Hands-free Shopping, and Valet Parking. With a range of restaurants and cafés in the Village, guests can unwind and discover with the celebrated Irish hospitality. Learn more about Kildare Village, a member of The Bicester Village Shopping Collection, at [KildareVillage.com](http://KildareVillage.com)

## Xtratherm



At Xtratherm, our greatest resource is our people. Each team member is key in the promotion and implementation of our initiatives to improve sustainability in the Xtratherm operation. We identify and foster talent within the business through personal development programmes, offering apprenticeship in all aspects of operations, production and administration which have fostered strong team ethos with many employees having service for over 20 years.

Our full team are dedicated to getting quality insulation manufactured and delivered to the satisfaction of our customers. There are always demands on our time, skills and talents, but at Xtratherm we firmly believe that happier, healthier staff are more productive and able to cope better working in a highly competitive industry such as ours.

We are delighted to receive the The KeepWell Mark™



# Good 4U

## Naturally Boost Your Day

No Added Sugar

Nut & Gluten Free

100% Natural

Vegan

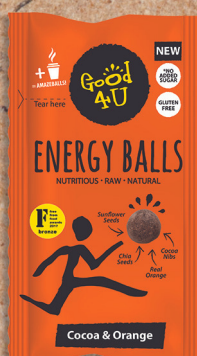
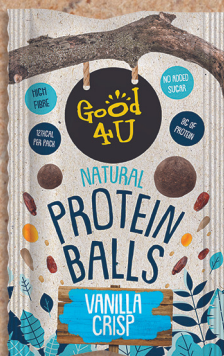
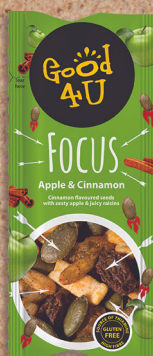
High Protein

High Fibre

### Brekkie

'We got you covered'

100% RI Vitamin D per portion



## Healthy Snacks

Guilt free snacking to satisfy that sweet tooth between meals

## Meal Topper

Crunchy roasted beans and peas





# Many thanks to our sponsors

**DeCare Dental**  
**[www.decaredental.ie](http://www.decaredental.ie)**



DeCare Dental is Ireland's only specialist dental insurance and oral health company. For over twenty years, DeCare has provided dental insurance products, services and wellbeing programmes to our global customer base in Ireland and the United States. Our specialist products and services are delivered by our team and have enabled over 400 companies in Ireland to help their staff to look after their oral and general health by lessening costs and increasing health awareness.

Globally, DeCare Dental is a trusted brand, administering dental benefits for over 40 years and supporting over 10 million dental members worldwide. DeCare is a subsidiary of Anthem, the largest health benefits provider in the U.S and a brand that is recognised for innovation and service. In Ireland, this global strength and experience backs our local team, products, service and oral health expertise.

TeamCare and EyeCare by DeCare is a dedicated corporate benefit, which combines a comprehensive range of dental and vision insurance products. DeCare offers a range of dental and vision insurance plans to suit every company budget with options for fully-corporate paid, flex and employee-self-pay schemes. Our comprehensive dental insurance products encourage regular dental visits and provide financial protection for minor and major treatment. An eye exam does more than to alert you to whether you need glasses. It's essential for detecting eye health problems early such as glaucoma and high blood pressure. Most importantly, employees who see well, perform better and make fewer errors.

For more information on our corporate benefits contact Gavin Greaney, 086 2105539 or visit [corporate.decare.ie](http://corporate.decare.ie)

Wellness from DeCare offers a range of general health clinics including dental wellness programs. We offer expert advice on wellness services to suit your company and deliver them in a cost effective and timely manner.

For more information on wellness services, contact David Casey, 083 1002890 or visit [wellness.decare.ie](http://wellness.decare.ie)

## Mental Health First Aid

[www.mhfaireland.ie](http://www.mhfaireland.ie)



MHFA Ireland is the exclusive provider of mental health first aid training in Ireland. Mental Health First Aid (MHFA) is the initial help given to someone who is developing a mental health problem, a reoccurrence of an existing mental health problem or may be in crisis with their mental health.

We don't teach people to be experts, but we do teach you how to listen, reassure, instil hope and even respond in a crisis. To date, this evidence based training has been received by over 4,500 people in organisations and companies throughout the country. Outcomes include reduced stigma, increased knowledge and understanding, the increase of helping behaviours.

Irish businesses are using MHFA Training to underpin a wider shift towards a supportive workplace culture. Our goal is to help support these workplaces empower employees to help themselves, and each other, in their mental health, through our training. Why not join the nearly 3 million people around the world who have trained in MHFA skills.

## Good4U

[www.good4u.ie](http://www.good4u.ie)



Good4U are a family-run health food company based in Sligo, on Ireland's Wild Atlantic Way.

Taking inspiration from the natural beauty of their surroundings, they use all-natural ingredients to create super-nutritious products that are specifically tailored to give you functional health benefits, making sure to cater for a variety of age ranges and different flavour palates. There's something for everyone!





# The **KeepWell** Awards

