

### Who says you can't learn anything playing games?

Have you ever considered how virtual reality (VR) could be used within our industry? Well, the Harbour Energy Contract Team recently supported our client in delivering Major Accident Hazard Awareness VR training.

The training mirrors various scenarios, with real time demonstrations of fires and hydrocarbon release ignitions/explosions.

Stork's HSEQ Advisor, Keith Jennings, has been fully trained in the VR system allowing for a collaborative inter-department approach to deliver the training to the vast amount of staff we have frequenting the assets and supporting the contract.



Keith Jennings hosting a VR session

### What's that? Another gold status

The ECITB Skills and Training Charter is an initiative by the [Engineering Construction Industry Training Board \(ECITB\)](#) aimed at affirming our commitment to the skills development of the workforce within the UK's engineering construction industry. By signing the charter, Stork pledges to train and develop our current and projected workforce.

Stork actively drives the skills agenda in partnership with the ECITB to secure the ECI skills and competencies both now and for the future. As part of our commitment, we have been awarded a gold standard status ECITB certificate for 2024.



### Skills and Training Charter

#### ECITB's Commitment

The engineering construction industry's most valuable asset is its people. They design, construct, maintain, renew and dismantle the UK's strategically important industrial infrastructure. It is therefore essential these individuals are highly skilled and are competent. It is also essential that their competence is properly recognised and validated.

The ECITB Skills and Training Charter provides the opportunity to affirm your commitment to the skills development of the workforce by signing a pledge. ECITB will work in partnership to ensure that clients, contractors and government have confidence that the engineering construction industry carry out their role safely, competently and efficiently.

#### Company's Commitment

**We will:**  
Identify the training and development needs of our existing workforce and set these out in an annual plan of action, to ensure future workload needs are met by building individual capability.

Recognise and plan for future capacity needs of our organisation and recruit and train sufficient individuals to meet current and future workload requirements.

Wherever possible commit to recruiting and training new entrants from work experience, scholars, apprenticeships and graduates.

### Paving the way for our future scaffolders

The tail end of 2023 saw 3 trainee scaffolders join our Aberdeen facility. Since then, all have progressed through the initial stages of their trainee programme, meeting the requirements of CISRS to be classified as Trainee Scaffolders.

To gain industry experience, they are now working across client assets in the North Sea, as they continue progressing towards completion of their scaffolding qualification.

Over the next 18 months, they will gain further offshore experience thanks to our clients Harbour Energy and Dana Petroleum Limited, who have supported us to develop the next generation and provide opportunities for young people to enter the energy industry.



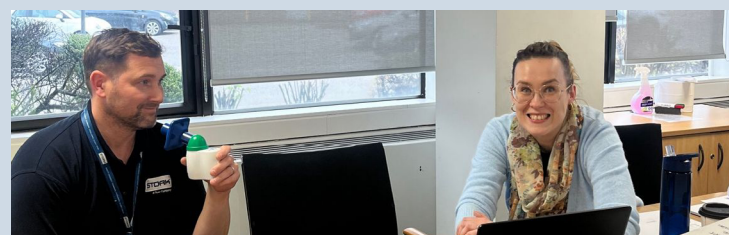
Lee Davidson and Jack Bruce

### One big breath

[Amplivox](#) recently attended our Aberdeen office to host an Occupational Spirometry workshop. Spirometry is carried out periodically to assess the condition of a person's lungs, particularly in workplaces where respiratory sensitizers are present and can influence lung function.

Zoe Meldrum, Occupational Health Nurse commented:

"The Occupation Spirometry course ran over 1.5 days and allowed the attendees to gain valuable, hands on experience Spirometry is a vital aspect of our health surveillance package the feedback following the course has been positive and the attendees are looking forward to receiving their certificates".



Team members with Amplivox

## Tees Business Awards

The [Tees Business Awards](#) took place in April and we were shortlisted within the Training and Apprenticeships category. The awards are a prestigious celebration of enterprise and entrepreneurs across Teesside and the Tees Valley.

Although we didn't take home the win, it was our first time entering the accolades - a great achievement to be recognised for our dedication to the local area. As an organisation, we ensure our people work towards being multi-disciplined, so that alongside their trade they gain additional skills, which will enhance their development and support their future careers.



Steve Hunt with Teesside Teammates

## What does it take to get a Safer Together Gold Award?

It takes a best-in-class safety performance, while delivering innovations / improvements to our safety culture and practices. Billy Jamieson, Services Supervisor on the CNOOC Buzzard platform has done just that, demonstrating his ongoing commitment for our [Safer Together](#) values.



During his time on the Buzzard installation, Billy took it upon himself to run countless voluntary green hat training sessions.

**Green Hat Definition:** New-starts to the oil & gas industry and to an offshore installation wear high visibility green hat covers for 2 operational weeks and a green hat for the rest of the

## Q2 Safer Together Awards

We take pride in the achievements of our colleagues and want to recognise and celebrate all their successes. Keep nominating your teammates for their great work and going that extra mile. Let's shout about success!

[Safer Together's Recognition Awards](#) congratulate excellent performance and outstanding efforts at any time of the year.

## Take the Lead Awards

DRIVE's [Take the Lead Awards](#) celebrate those who go above and beyond their day to day role and demonstrate our core values: Integrity, Teamwork, Excellence and Client Focus. Nominations can also be made via the [YourBenefits](#) platform or by scanning the QR code.

## DRIVE Week 2024

Back for 2024, DRIVE Week ran from the 3rd to 7th of June, with interactive employee engagement and HSEQ activities taking place up and down the UK. All sessions were designed around the 5 pillars of DRIVE - Development, Recognition, Inclusion, Voice and Engagement, as well as the principles of Safer Together - We Care, We Support and We Protect. Session recordings are available for anyone who was unable to attend DRIVE Week. Click on the links below to check out the videos and if you have any questions, please email [DRIVE](#).

### [Drive Week 2024 - Stork Delivers: The Demo Zone](#)

### [Lifetime Planning - Retirement & Financial](#)

### [Neurodiversity And Me - Sam Ivers](#)

### [What We Do To Make a Difference - UK Sites](#)

### [YourBenefits - Site and Offshore](#)

### [Westfield Health Cash Plan](#)

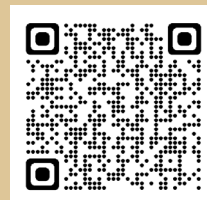
### [Snapshot: YourBenefits](#)

[Check terms and conditions for eligibility.](#)

6-week operational period. [Click here](#) to view Step Change in Safety's Green Hat Policy

The training is available to all green hats new to the industry and platform. It touches on numerous topics including, Control of Work, Behavioural Culture, Task Preparation, Toolbox Talks, Hazard Perception with a lot of Interactive videos included in the powerpoint. The sessions have been well received by the attendee's as well as CNOOC offshore and onshore management.

Alongside the Gold Safer Together Award, CNOOC's management team wanted to share Billy's success externally and therefore put him forward for the [Offshore Safety Awards](#). We're delighted to share Billy has been shortlisted within the Workforce Engagement category. The awards will take place on the 2nd of July in Aberdeen and we wish Billy the best of luck!



Scan me to submit an award:



Scan me to submit an award:

## Scaffolding, a 30 year career and counting

Gary Moody, a Scaffolder on Rough field/Easington terminal recently celebrated 30 years of service. We caught up with Gary to reflect on his time in the role:

### How did it all begin?

I joined right back in Rigblast days, they didn't have many advanced scaffolder positions and I was the only one on site at the time. Over the years the team has grown and we now have an array of advanced scaffolders working alongside the team. We recently also welcomed a trainee.

### Have there been any challenges along the way?

Over the years I have worked in challenging environments and faced 3 big incidents, there were lessons learned from Piper Alpha that meant the situation didn't escalate. Over the years, I've seen safety continue to be the top priority and collectively as a team we support each other and move forward. I really enjoy reading the HSEQ campaigns released by the company and implementing them into my daily role.

### Final reflections?

I've been very fortunate in my role. I've been kept in work by a decent company. Both Stork and the client, Centrica support us here on site, it's a great working environment and that's what makes us want to stay and keep doing what we do. The team as a whole have long service, we are a great team and I'm proud to be part of it.



Garry Moody, Scaffolder

## Mick Hodgson, Senior Inspection Engineer, ConocPhilips, Teesside

### Inspector Mick

Mick began his career as a welder, where he completed an advanced trade to foundation degree. Then through ICI, Mick continued his education in welding inspection, gaining standard and advanced Non-Destructive Testing (NDT) qualifications. Mick's career developed, and he worked his way up to senior inspector. This experience led him to write several published technical papers.

After 12 years, as a category 2 SIE, Mick was awarded category 1 SIE & Competency Assessor status, due to his extensive work on major systems (boilers).

### Dancer Mick

In Mick's 40's, with his son's grown up and more time available, it was suggested he take up dancing and this is when dancer Mick emerged. Alongside his partner Deborah, the pair took up ballroom dancing, primarily to fill evenings and weekends.

In January 2020, Mick and Deborah turned professional under the dance school "White Rose Dance". When Covid hit they undertook their professional teaching qualifications, enabling them to teach. In 2021, they entered the British Professional Classical Sequence Championship in Blackpool and won the coveted trophy.

Today, they teach private lessons in Ballroom, Latin, Classical /Modern Sequence and Argentine Tango. Not only that, but they also teach couples their first dances for weddings and adjudicate up and down the country.



Mick with Emma Fergusson, Senior HR Advisor



Mick with his partner, Deborah

## Employee network groups

Our employee network groups are open to all staff and give you the chance to engage with like-minded colleagues who are interested in sharing experiences, providing advice / support and who want to learn more. You don't have to be an expert to join, our networks are open to those both with personal experiences and those who wish to be allies. An ally is someone who stands up for, supports and encourages the people around them. Our aim is to create networks across the UK business, which in turn will enable our inclusive culture to flourish.

The areas covered by the 6 groups include the following:



If you'd like to join our employee network, [click here](#).

## Our energy transition story

We recently shared our energy transition story with the [Aberdeen & Grampian Chamber of Commerce](#), as part of their 39th Energy Transition Survey. The survey is a comprehensive report on confidence, investment and transition in the energy sector delivered in partnership with ETZ Ltd and KPMG LLP.

Guided by our purpose, ['Maintaining a Better World'](#), we are committed to creating meaningful change. *'Maintaining'* is what we do; *'a better world'* is the value we add for all our stakeholders. Our case study covers our journey to date, how we are decarbonising our own footprint and ultimately supporting our clients' goals. [click on the image above to read the full article.](#)



## Our hunger heros

The [Trussell Trust](#) Network operates UK wide. In April 2022 and March 2023, foodbanks in their network provided almost 3 million food supplies to people in crisis, a 37% increase on the previous year. Therefore, we would like to encourage all our teams, no matter where you're located throughout the UK, to get involved. From donating food, volunteering your time or taking on a fundraising challenge, there are lots of ways to get involved with raising awareness of poverty and helping end local hunger. Find your nearest foodbank [here](#).



### Aberdeen:

The Business Development Team visited their local foodbank to spend a morning sorting through donations, ahead of them being turned into food parcels for those in need. The experience was completely humbling and it's such a worthwhile cause to get involved with.



Business Development team

"It's important we acknowledge there are families out there who struggle daily. We should all take time to lend a helping hand and ensure that everyone has access to food, which is a fundamental necessity." James Allan, Digital Marketing Advisor.

### Teesside:

The team in Teesside, headed up by CSR Rep. Alfie Foxton-Smith, Project Engineer, held a foodbank drive to gather essential items to donate to their local foodbank in Redcar.

Alfie commented, "Donating to the foodbank has been a great way to get everyone at the branch involved in supporting the community. It was clear from the amount of food donated that the need to help resonated with our colleagues."



Alfie Foxton-Smith

### Climbing for CALM:

Richard Booth, Rope Access Team Leader on the North Everest asset, along with a group of 10 colleagues took on the [National 3 Peaks Challenge](#). The team were raising money for [Campaign Against Living Miserably \(CALM\)](#), a mental health and suicide awareness charity that Harbour Energy support.



## Running for Thommo

On the 19th of May, Team Thommo, which comprised of 7 Essar employees and Stork's Jon Summer, Tank inspector on the contract, took part in the Chester Half Marathon. The Chester Half is one of the UK's longest established and most highly regarded half marathons, starting and finishing in the historic Roman/Medieval international destination city of Chester.

The team were raising money for the Chester and District Samaritans, in memory of their colleague, Peter Thompson, who sadly passed away last year. This run helped the team to remember Peter in a positive way, for all the great things that he did and amazing, funny memories that he left behind.

"I am proud to have been part of this team and the £3,394 raised is going to a fantastic cause in memory of Thommo. It was a fantastic turn out and great effort from everyone involved. A special mention needs to go to Simon King from Essar who setup Team Thommo'. – Jon Summer Tank inspector



## HSEQ Q2 Campaign

This year we are taking a different approach to our HSEQ campaigns, with each quarter exploring a different aspect of health and wellbeing. Our second campaign will look at the importance of **emotional health and wellbeing**.

We all have emotional health, it refers to how we think and feel, how we cope with life events and how we recognise emotions in ourselves as well as others. In a lot of ways, our emotional health can be similar to our physical health. It can sometimes be affected by things that are beyond our control, but if we train it then just like a muscle, we can make it stronger, improving our capability to deal with challenges that life can throw at us.

## Know when to reach out for help:

You don't have to handle negative emotions or difficult situations on your own. Knowing when and how to ask for help is a useful skill. If you're not feeling your best or struggling to cope, please reach out to any of the following Stork support services:

- Your Line Manager
- [The Occupational Health Team](#)
- One of our [WeCARE colleagues](#)
- Your HR Advisor
- [The Employee Assistance Program \(EAP\)](#)

## 5 top tips for your emotional health



### Physical Health

Emotional health and physical health are absolutely connected. If you make positive changes to your physical activity levels, improve your sleep and try to eat a balanced nutritional diet.



### Positive Attitudes

Being able to hold onto positive emotions for longer, focusing on what's important to you and appreciating the good times can help us build our resilience and keep us emotionally well.



### Forgive and Forget

This applies to yourself and others – try not to dwell on things, we all make mistakes. Learn from what went wrong and accept that some actions, behaviours and situations are out with our own control.



### Me Time

Go easy on yourself - negative thoughts will pull you down, so focus on the positives and celebrate achievements. Take time to look after yourself and do the things that you enjoy.



### The Right Connections

The communities we interact with have a huge influence on our emotional health. Try to surround yourself with positive and supportive people, who will be there for you if you ever need them.

## Click on the links for further information:

[5-4-3-2-1 method](#)

[DRIVE Week - Relaxation Techniques](#)

[How to reframe unhelpful thoughts \(NHS\)](#)

## On your marks, get set... the Stork triathlon is back!

Running from the 5th of June until the 20th of September, the triathlon is a series of challenges that all Stork employees can participate in over the next few months to be in with a chance of winning fantastic prizes! All activities are based on the three key elements of Safer Together: We Care, We Protect and We Support.

### How to get involved:

- Fully read the [guidance information](#), which can be found on the HSEQ SharePoint site or in the link above, to learn more about the activities.
- Record these on your [triathlon scorecard](#), which is located at the back of the guidance information. Tell us what you've done and the date it was completed. All activities carried out during 2024, can be used within your scorecard.

- When you've finished the full scorecard, simply submit it before the deadline to our [Occupational Health Team](#) and you'll be in with a chance of winning the below prizes.

### Prizes:

- 1st name drawn: £750 voucher and an invite to the Safer Together Awards\*
- 2nd name drawn: £500 voucher and an invite to the Safer Together Awards\*
- 3rd name drawn: £250 voucher and an invite to the Safer Together Awards\*
- 4th - 10th names drawn – Invitation to the Safer Together Awards\*.

\* The Annual Safer Together Awards 2024 will be held on the 31st of October in Aberdeen. All winners will be offered the choice of an invite or a £100 voucher alternative.