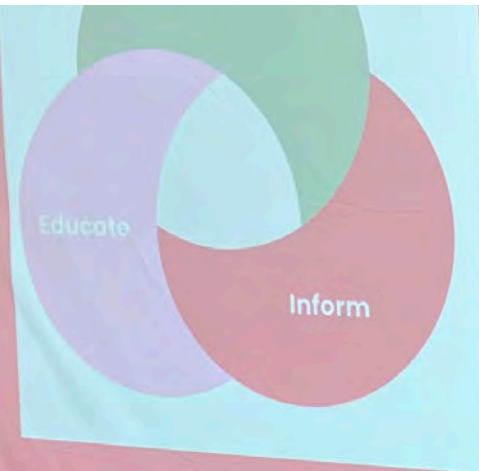


**MACMILLAN**  
CANCER SUPPORT



## PTSG's Workplace Wellbeing Support



### Founded 2020

The Menopause Charity works to make sure everyone understands menopause and the impact it can have.



# PTSG's Workplace Wellbeing Support



Premier Technical Services Group Ltd (PTSG) has completed a series of training initiatives designed to strengthen its culture of care and support across the business — with a focus on mental health, menopause awareness, and workplace challenges linked to cancer.

## **Menopause Champions**

Six team members across PTSG have now been trained as Menopause Champions — a peer support network available to all colleagues across the Group. This initiative, led by Business Development Director Tanya Matthews, aims to break down stigma and improve understanding of the impact of menopause in the workplace. Champions offer confidential listening and signposting support and help identify where small adjustments can make a big difference.

These initiatives reflect PTSG's commitment to fostering an inclusive, supportive and mentally healthy workplace, where wellbeing is embedded in both policy and practice.

## **Macmillan at Work Champions**

Eleven employees have completed the Macmillan at Work Masterclass, gaining vital knowledge on how to support colleagues affected by cancer — whether personally, as a carer, or during bereavement. The course focused on sensitive, practical guidance to help managers handle some of the most challenging conversations in the workplace, including reasonable adjustments for long-term illness. The initiative was supported by Sarah Steel, Operations Director of PTSG's Access & Safety Testing Division, and Group Health and Safety Director Terry Wilcock.

## **Mental Health First Aid (MHFA) Training**

Following a recent MHFA course delivered by Terry Wilcock at PTSG's NSS office in Altrincham, the Group now has 62 trained Mental Health First Aiders across its network. These individuals are equipped to support colleagues experiencing mental health challenges and direct them to professional help if needed. A further four training courses are already scheduled for 2025 across PTSG's Castleford, Trinity, and Scotland training centres.