

Huhtamaki has recently completed a year-long programme investing in staff health and wellbeing. So often, businesses look after the operational safety side without considering mental wellbeing. The course run by Beth Gibb Associates ( [www.bethgibbassociates.co.uk](http://www.bethgibbassociates.co.uk) ) and Lisburn City Council focused on alleviating stress as well as providing signposts to various specialist services such as: debt counselling, healthy eating, the importance of exercise, domestic abuse awareness, stop smoking.

Whilst the course has now finished, we appreciate that this is just the start.

Huhtamaki is proud to say that we are committing not only to our employees' operational safety but also to their mental wellbeing.

