

First US2U Podcast—Mental Health in the Workplace

Always keen to enhance the way that we engage with our clients, we are pleased to launch our first podcast.



As it's our first in the series we have focused on the topical but sensitive subject of Mental Health at Work. Please watch the video or listen to the recording and let us know which version you prefer.

[Read here for full details.](#)

Supporting a Thai Boxing Group in Great Yarmouth

As part of our Norfolk Day 2019 celebrations we are proud to become a sponsor of the Union Thai Boxing Group based in Gorleston, Great Yarmouth, England. Our sponsorship has helped them buy new equipment. Full details are [here](#).



Celebrating 25 Years of ABC Taxis in Norwich

US2U Consulting congratulates ABC Taxis on their 25th anniversary of doing business and providing outstanding services to the community. US2U Consulting have worked closely with ABC Taxis for the last 10+ years to help enable their success and are happy to share this significant milestone. [Full details here.](#)



Celebrating at City College Norwich Graduation Ceremony

In particular our congratulations are offered to Katarzyna Izabela Mydlik on being presented with the HE Student of the Year Award, pictured with Rachel Blackburn. Rachel said "Having been a mentor for Kasia back in 2016, it was great to see how she has worked to achieve success in challenging circumstances and we wish her all the best for the future." [Details here.](#)



Mental Health First Aid Training

Please let us know if you would like to introduce Mental Health First Aid in your workplace. Over the summer we delivered a number of training days for clients to enable key people to be able to provide support to people who may be experiencing mental health issues such as depression, anxiety and psychosis. This training is accredited by MHFA England. In fact Rachel Blackburn is now a Mental Health First Aider so is well placed to advise you of the options available to support your well-being strategy.

