

ISSUE 15
SEPTEMBER 2023



● NEWSLETTER ●



Lubomir Teres & James Goddard mid 100km Ultra Marathon.

What an amazing effort from both of you.



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BEHIND THE SCENES



Eastbourne > Arundel
100 km & ~2170m climb



WE THANK U CARDS

We seem to have very low nominations for the Exertis Express, since the cards became available. They make it so much easier to nominate one of your colleagues. Please do nominate where they see people going above and beyond as this is a fantastic programme we should really make the most of. If there are any questions please do ask Steve (steve.savill@mtr.co.uk)

RUNNING CLUB

Running Club has really picked up in the last few weeks with lots of new comers and Laven consistently breaking his PB's. If you have never run before or just fancy a walk, ask Ben for more information. ben.hodgson@mtr.co.uk

EXERTIS ROADSHOW

Molly & Beth will be in the office on Wednesday 27th September for an event promoting the we thank u cards and their benefits. Look out for comms and posters advertising where and when they will be

ULTRA MARATHON

Congratulations to James and Lubo who both completed the 100km course and raised lots of money for charity in the process. If you wish to donate please scan the QR codes on the next page.

HR

Our new HR rep Anthony is on site Wednesday 20th September. His door will be open for anyone to go to and speak with him

MENTAL HEALTH WALKS

Due to the success of the recent Mental Health Walks in May as a business we have decided to continue this on a monthly basis. Walks will be held on the first Wednesday of every month at 12:30pm. This months walk is taking place on Wednesday 4th October.



Support James by scanning the above QR code or donate via link below
<https://www.justgiving.com/fundraising/james-goddard-ultramarathon-100km>



Support Lubo by scanning the above QR code or donate via link below
<https://www.justgiving.com/page/lubomir-teres-ultramarathon-100km>

Are you involved in any fundraising or charity events?

Please let us know so we can share your journey with the team and help raise awareness



CHRIS LAWRENCE

4GADGETS & REGRADING TEAM LEADER

Hello everyone, I hope I'm not the only one who's finding it mad how fast this year has flown already? Shortly we'll have the

Autumn season following through with the chillier weather, but at least we have Halloween, Bonfire Night and Christmas coming!

For those who don't know me and my rather crude and rather dry sense of humour, I'm Chris and I'm the 4gadgets Operations and Re-grading Team Leader. I've been selected for the header of this month's newsletter, so I'll share some insight into my experience here at MTR.

I haven't exactly had what you would call a linear directive in my tenure of almost 7 years here at MTR. I joined back in early April 2017 where my role consisted of being fluid between stocking in PO's and assisting in workshop tasks, repairing, building to old, data wipe, QC etc. As time progressed so did my role into eventually leading the small logistics in 2018. It was an interesting time because in this role, it led me to understand different aspects of a logistics department, from the sales and shipping down to the picking and packing.

After 2 years of heading this, in 2019 I decided to change my narrative and test my expertise in something a little different and progress further elsewhere. Early 2019 I moved into the 4gadgets team part time between re-grading phones and helping with Unit 12's security. After spending time delving into back ends and numbers and all the other boring stuff you'd find in every e-commerce operation, it increased my knowledge on how such an operation would work. Once confident enough, I was able to task myself into pushing for

the eventual team leader role after the departure of the previous manager.

Nowadays if I'm not pushing for numbers on 4gadgets you may find me on the pool table trying to hustle numbers in the pool league or tournament. I work with a great team who always know how to push the boundaries and achieve numbers we'd never anticipate we'd hit in such a short space of time.

When I first merged into the 4gadgets team officially back in late 2019 early 2020, we used to think that coming in on a Monday morning to 40/50 orders was a crazy busy day! Here in 2023 if we hit 50 orders on a Monday you'll probably find me at the Job Centre. Jokes aside, here 3 years later we're hitting 7 times that amount consistently every Monday, hitting records of shipping 849 orders in one day!

None of my succession throughout my years at MTR have come without their struggles, and none have come solely just off my own work, but with those who I work with closely or not, providing physical and mental support always pushing me to do more and showing my worth to MTR and 4gadgets. So to those who have been there to support me as a friend and colleague, I thank you.

You may also have the displeasure of seeing and hearing myself hogging the karaoke sections of any work events that include this. I will apologize for what you may hear, but not for doing karaoke. Even if I do sound like someone throwing a cabinet full of China plates down the stairs.

We're moving forward now to our last quarter of the calendar year so for those

that are feeling the burn, don't forget to take the time to take care of yourself and mental health. There are many of us around that have tough and dark days but come into work with a brave face because we think "it's just easier if I act like nothing's wrong". This is a recipe for our own disasters and personal implosions. It's okay to not be okay, but we also need to speak up if something's wrong, there's no shame in communication. To anyone who needs to hear this, you've got this!

We only have 3 more months of hard work and pushing, then we can sit down and all collectively enjoy the hard earned time off over the Christmas period with our families and enjoying festivities. Not together of course, that...would be weird wouldn't it... or would it? I don't know.

MTR Christmas dinner anyone?

Anyway here's my cheesy quote: "There are 86,400 seconds in every day. Don't let someone's negative 10 seconds ruin the other 86,390 seconds"

Chris Lawrence

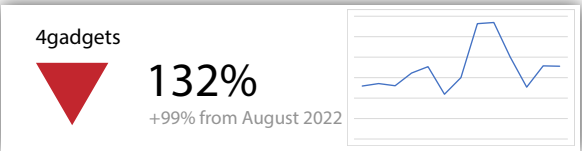
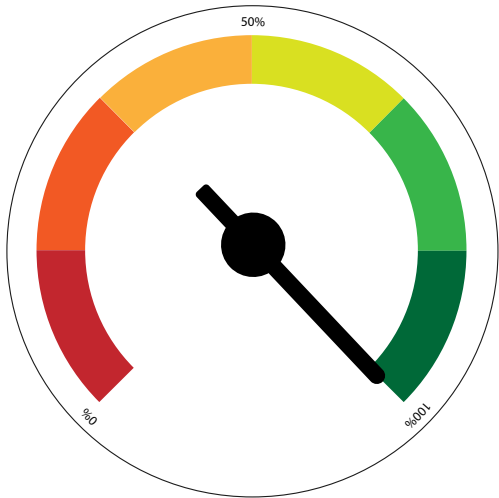
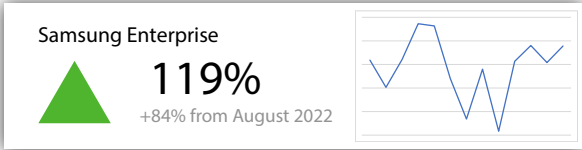
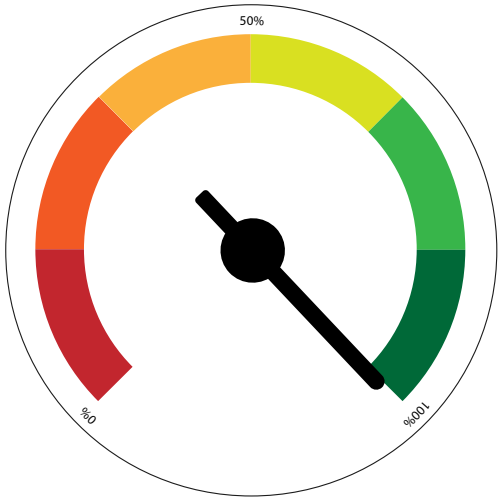
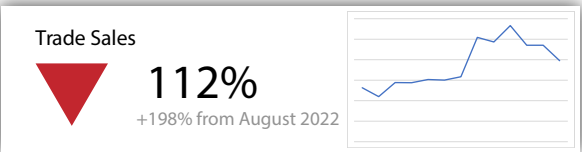
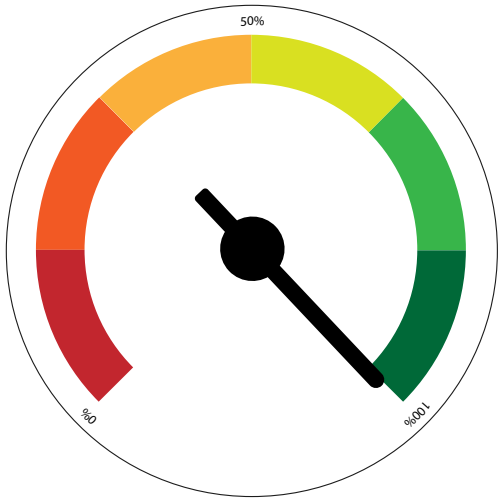
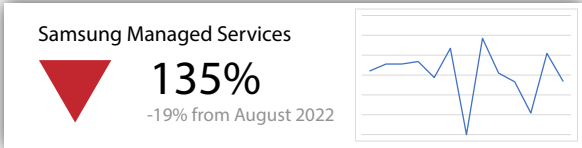
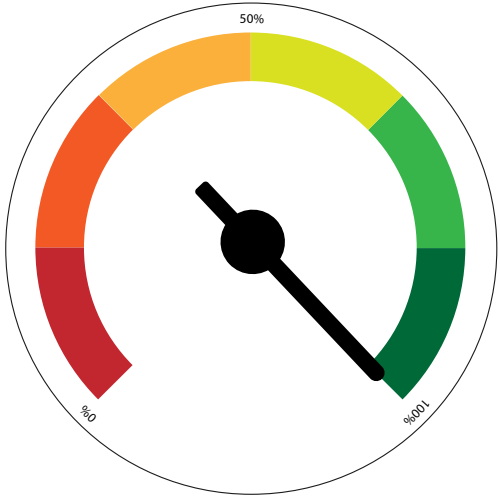
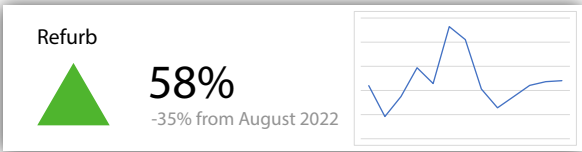
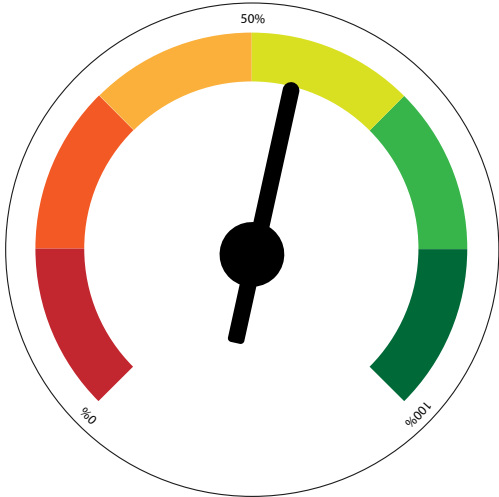
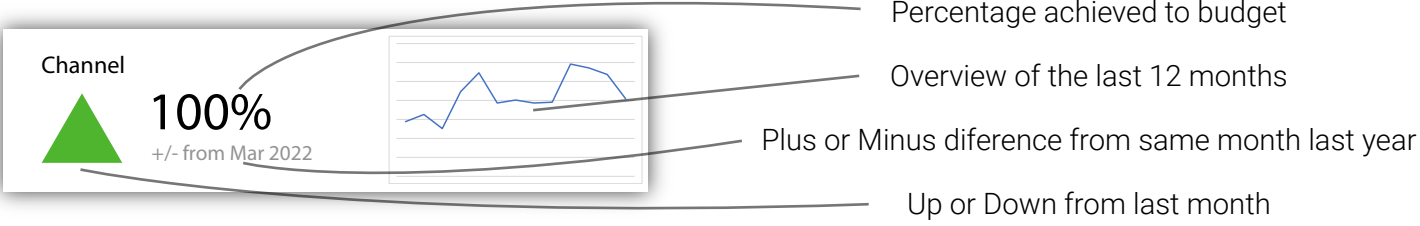


Accurate as of 18/09/2023

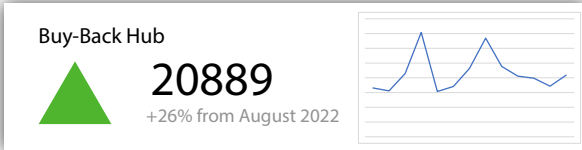
MONTHLY RECAP

AUGUST 2023

Guide



20889



Incoming Call

2402





A new scheme to recognise and thank colleagues

You may have already heard about our We Thank U initiative – and we're pleased that it has been gone live across all of our businesses for the last couple of months!

We wanted to create a culture of recognition which allows all colleagues, no matter what their length of service or role, to feel appreciated.

We Thank U incorporates a multitude of ways to ensure you can benefit from more recognition opportunities at an organisational as well as a local level.

Please do fill out the cards that are located in the kitchen areas of Unit 10 and Unit 12.

Each colleague that receives a card take a photo of the message and scan the QR code to be in with a chance of going on an amazing all paid for holiday with other recognised colleagues.

Previous winners from MTR include, Pietro, Dom, Andrea and Henal. Speak to them if you have any doubts.



And, three great reasons to nominate

- 1 It's a fantastic way to **recognise** well-deserving colleagues
- 2 If you're nominated, you could win £100 voucher OR an all expenses paid trip!
- 3 If your nomination is successful, not only will the winner join the exclusive trip, but **YOU will win a £50 voucher***



Monday 2nd October

David Weston

Tuesday 3rd October

Sylwia Zajac

Tuesday 10th October

Rakim Moore

Wednesday 11th October

Erzsebet Schmidl

Monday 16th October

Perry Kennard

Tuesday 17th October

Karolina Graczkowska

Wednesday 18th October

James Goddard

Tuesday 24th October

Samantha Scott

Saturday 28th October

Liwa Belghaj

Saturday 28th October

Marius Podareanu





To join the MTR FPL League
Use this code:
IPUYTD

Rank	Team & Manager	GW	TOT
1	Mati Mateusz Szmitko	49	314
2	Nile FC Sami Norine	62	306
3	You're Taking LeTiss Steven Savill	38	299
4	Pending Moderation Matt Fitzgerald	46	296
5	Swinndon Town FC Billy Swinn	50	291
6	Rahted Joe Saville	59	288
7	Hodgson XI Harry Hodgson	37	282
8	Cordys11 Sam Corderoy	40	279
9	Lallana Del Rey Ellie Wood	42	274
10	Hodgson's Hotspur Ben Hodgson	52	274
11	Garnacho Cheese Andy Douglass	39	273
12	Dierbolical Rakim Moore	27	269
13	Dunk N Donuts Vicky Wood	49	269
14	The Dominator Dom Ferro	38	266
15	Team Arsenal David Ansell	32	260
16	Cookies XI Jordan Cook	34	259
17	Chazzels XI Chaz Hodgson	34	254
18	Bad Decisions FC Agnes Juhasz	31	250
19	Barbie Goals Christabel Moore	47	240
20	Robin's Blue Too Robin Lozeau	22	187

Gameweek 6: Sat 23 Sep 13:30				
All times are shown in your local time				
Saturday 23 September 2023				
Crystal Palace	15:00	Fulham		
Luton	15:00	Wolves		
Man City	15:00	Nott'm Forest		
Brentford	17:30	Everton		
Burnley	20:00	Man Utd		
Sunday 24 September 2023				
Arsenal	14:00	Spurs		
Brighton	14:00	Bournemouth		
Chelsea	14:00	Aston Villa		
Liverpool	14:00	West Ham		
Sheffield Utd	16:30	Newcastle		



Games have been played thick and fast.
Updated results and tables are below

Group A			
James Goddard	X	X	
Matt Fitzgerald	X		X
Steven Savill	X		X
Theo Styliandes		X	
James Goddard	X		X
Steven Savill		X	
Matt Fitzgerald	X	X	
Theo Styliandes			X
James Goddard	X	X	X
Theo Styliandes			
Matt Fitzgerald		X	
Steven Savill	X		X
Jon Loveday			X
James Goddard	X	X	
Jon Loveday			X
Steven Savill	X	X	X
Jon Loveday			
Jon Loveday	X	X	X
Theo Styliandes			

Group B			
Benjamin Hodgson	X	X	X
Olakunle Taiwo			
David Ansell			
Jarod Strevens			
Benjamin Hodgson			
David Ansell			
Olakunle Taiwo	X	X	X
Jarod Strevens			
Benjamin Hodgson	X	X	X
Jarod Strevens			
Olakunle Taiwo			
David Ansell	X	X	X

Group C			
Chris Lawrence			X
Mark Healy	X	X	
Billy Swinn			
Jes Camp-Shonibare			
Chris Lawrence	X		X
Billy Swinn		X	
Mark Healy	X	X	
Jes Camp-Shonibare			X
Chris Lawrence	X	X	X
Jes Camp-Shonibare			
Mark Healy	X	X	X
Billy Swinn			
Mark Healy	X	X	X
Brandon Smith			
Bradon Smith	X		
Jes Camp-Shonibare		X	X
Chris Lawrence	X	X	X
Brandon Smith			
Brandon Smith			
Billy Swinn			

Group D			
Pietro Correnti			X
Lubomir Teres	X	X	
Vicky Wood	X	X	X
Sam Corderoy			
Pietro Correnti			X
Vicky Wood	X	X	
Lubomir Teres	X		X
Sam Corderoy		X	
Pietro Correnti			
Sam Corderoy			
Lubomir Teres	X		X
Vicky Wood		X	
Jordan Cook			
Pietro Correnti	X	X	X
Lubomir Teres	X	X	
Jordan Cook			X
Jordan Cook	X	X	X
Vicky Wood			
Sam Corderoy		X	
Jordan Cook	X		X

Group E			
Liam Freeman		X	
Dom Ferro	X		X
Perry Kennard			
Andy Douglass			
Liam Freeman	X	X	
Perry Kennard			X
Dom Ferro			X
Andy Douglass	X	X	
Liam Freeman	X		X
Nassim Saidy		X	
Nassim Saidy	X	X	
Dom Ferro			X
Perry Kennard			
Nassim Saidy	X	X	X
Andy Douglass			
Nassim Saidy			

Group A								
		P	W	L	F	A	FD	PTS
1	James Goddard	4	3	1	8	4	4	10
2	Steven Savill	4	3	1	8	4	4	10
3	Jon Loveday	4	2	2	7	5	2	8
4	Matt Fitzgerald	4	2	2	5	7	-2	8
5	Theo Styliandes	4	0	4	2	10	-8	4

Group C								
		P	W	L	F	A	FD	PTS
1	Mark Healy	4	4	0	10	2	8	12
2	Chris Lawrence	4	3	1	9	3	6	10
3	Jes Camp-Shonibare	3	1	1	3	6	-3	4
4	Brandon Smith	3	0	3	1	8	-7	3
5	Billy Swinn	2	0	2	1	5	-4	2

Group E								
		P	W	L	F	A	FD	PTS
1	Dom Ferro	4	2	2	7	5	2	8
2	Nassim Saidy	3	2	1	6	3	3	7
3	Liam Freeman	3	2	1	5	4	1	7
4	Andy Douglass	1	1	0	2	1	1	3
5	Perry Kennard	3	0	3	1	8	-7	3

Group B								
		P	W	L	F	A	FD	PTS
1	Benjamin Hodgson	2	2	0	6	0	6	6
2	Olakunle Taiwo	3	1	2	3	6	-3	5
3	David Ansell	1	1	0	3	0	3	3
4	Jarod Strevens	2	0	2	0	6	-6	2

Group D								
		P	W	L	F	A	FD	PTS
1	Lubomir Teres	4	4	0	8	4	4	12
2	Jordan Cook	4	2	2	6	6	0	8
3	Vicky Wood	4	2	2	6	6	0	8
4	Pietro Correnti	4	1	3	6	6	0	6
5	Sam Corderoy	4	1	3	4	8	-4	6

Accurate as of 18/09/2023

Accurate as of 18/09/2023

Just4Fun

Whats Big, Grey and doesn't matter?

An Irrelephant

"It is often the small steps, not the giant leaps, that bring about the most change"
- HRH Elizabeth II



Name the colleague?

WINTER IS COMING...

NO, WAIT, WARM AGAIN. OK ITS COLD, WINTER IS COMING...NOPE, WARM AGAIN

Dolomite Mountains, Italy



Tranquil Moments

WHERE'S WALDO?

Hint..... He is not here

