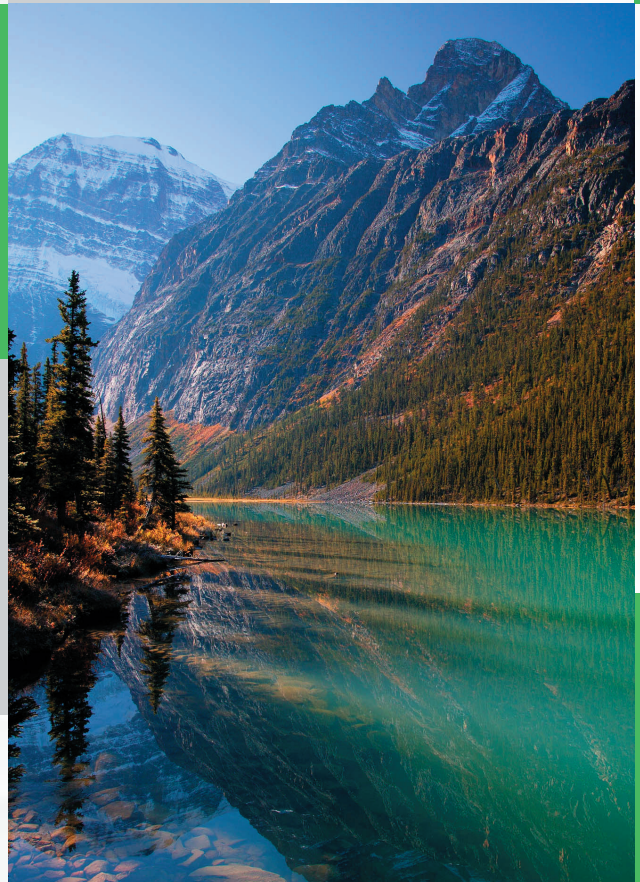


NEWSLETTER

“If we wait until
we’re ready, we’ll
be waiting for the
rest of our lives”



Issue 25
October 2024

Peter Lukacs

What is in this months issue:
Business Updates
November Birthdays
Recognise & Engage
Last Month Overview
Upcoming Events

COLLEAGUE CORNER

MONTH TO DATE

It's me, the guy from the top right picture! Since I started to work at MTR 6 years ago in 2018, chances are that we already ran into each other at least once in the hallways. But just in case we missed each other, let me introduce myself. My name is Peter Lukacs and I work as Stock controller here at MTR. In a nutshell, I'm a father, an everyday geek and the husband of Mrs Newsletter July 2023.

I was born in Hungary a lifetime ago, when black and white TVs and dial disc phones were still commonplace.

Unfortunately, I don't have an exceptional story of how I got to where I am to share or some sort of a great feat of strength to tell you about. I am an average person. The most extraordinary thing about me is that I'm lucky. Sadly, it doesn't mean that I won the lottery or anything, but every step of my life I was lucky enough to be surrounded by people who I was able to learn from. I'm done putting people on a pedestal, but I feel like being able to see the merit worth adapting not just in people of extraordinary character, but even in people I didn't particularly like helped me tremendously. I was also lucky that I had enough struggle in my life to make me independent and self-reliant.

I feel thankful and blessed that I got to meet people throughout my life in Hungary and here at MTR who felt like they can put their trust in me to whatever big or small extent.

So, if we got the pleasure of working together in the past or if we are yet to do so, I want to say an honest thank you. Your hard work makes it possible for the company to thrive and for me to have a place to come to work every day. I am convinced that good things come to those who struggle and push themselves.

I will spare you the motivational monologues about working hard even though I'm fond of them. Ben already summarized and articulated that message in his Townhall speech far better than I could. There is only one thing I would like to add to his talk and that has to do with the fear of the unknown, whether it's a new job role, going back to school or any other challenge in our life. Attempting a high-stake task for the first time puts us under considerable stress, anxiety and can easily lead to inaction out of fear of failure.

I can only speak about my experiences in this regard, but I hope you can take away something from them. Hope it won't be too lengthy.

In my opinion the fear of tackling a task for the first time comes from not feeling prepared to do them. Lucky for us, this is something under our control and we can study and learn about what we fear. Chances are the dragons in our head are a lot bigger than they are in reality. Breaking down big projects to smaller steps helps a lot. If doing these make you feel overwhelmed, just stop, take a deep breath and create a priority list. Focus only on what's at the top of the list than move on to the next one. Knocking just one or two things off your list will ignite your "I got this under control" mentality and help you through these dark feelings.

Apologies if all this sounded preachy, but this is what I noticed about myself as an anxious person who passed up a lot of opportunities and stayed stagnant in my comfort zone out of fear of the unknown challenges and failures. I don't know about you, but I certainly have way more room to grow if I push myself. Who knows, maybe the Mid-year reviews just made me reflect a bit too much on the past year. :)

As I write this, the Halloween pumpkin carving contest is still ahead of us and knowing how many creative minds work at MTR I'm really looking forward to see what designs you come up with. I hope to see most of you on the Christmas party later this year for a drink and a round of unacceptably off-key Karaoke songs! Anyone up for a duet?

I decided to switch things up a little and instead of my favourite motivation quote, I would leave you with something a bit more actionable in the form of recommending a movie, a book and a song for the month.

Enjoy!

Movie: The Secret Life of Walter Mitty
Book: Booker T. Washington – Up from slavery
Music: Nightwish – Elan



Peter
Lukacs
Stock Controller

*Peter
Lukacs*



DUKE HOUSE

Duke House, Perry Road, Harlow,
Essex CM18 7ND

Office Space: 5,130 ft²

Warehouse Space: 23,662 ft²

Floor Size: 28,792 ft²

Parking: 65 spaces

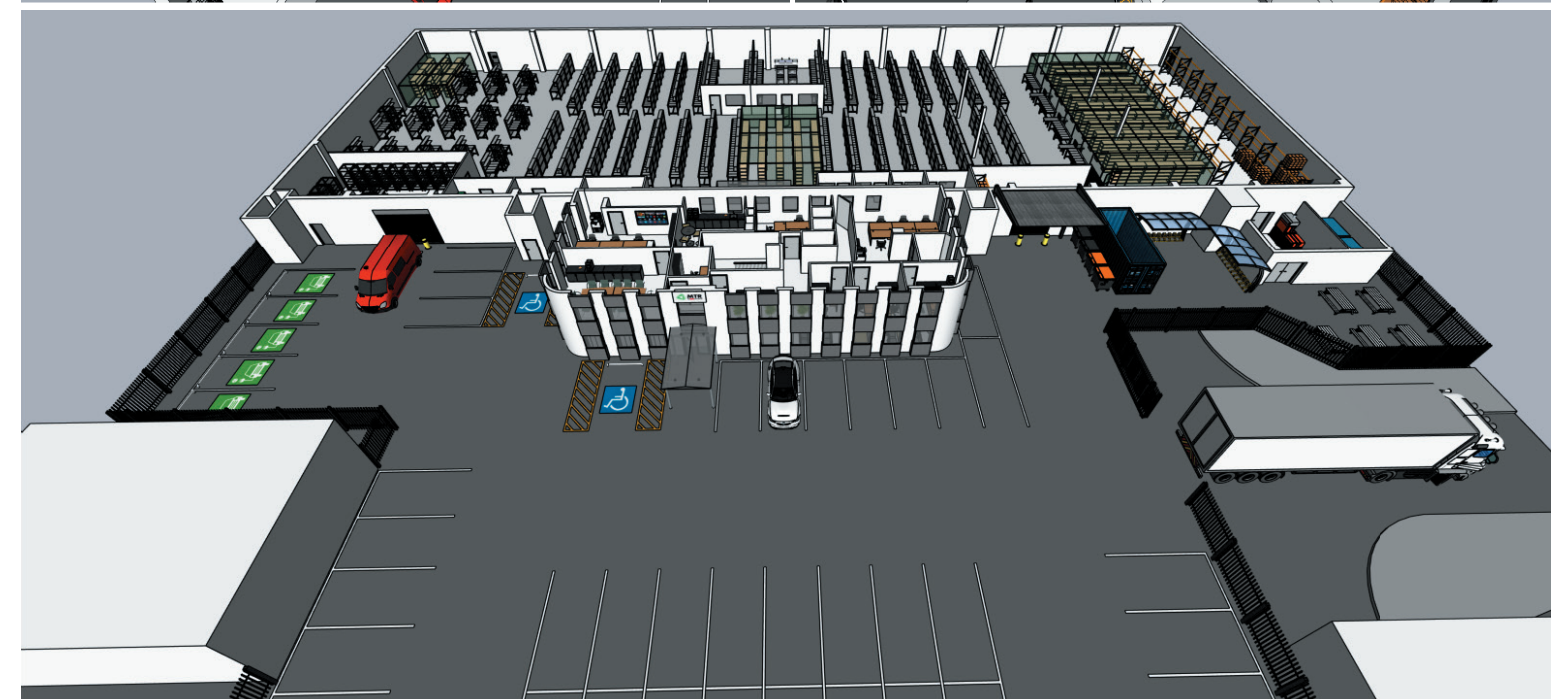
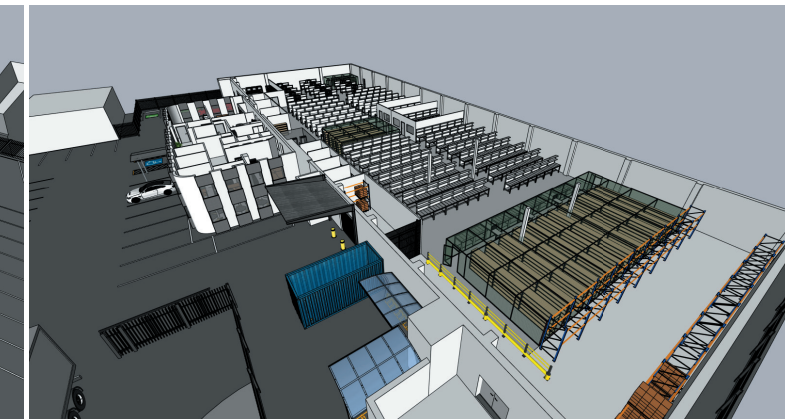
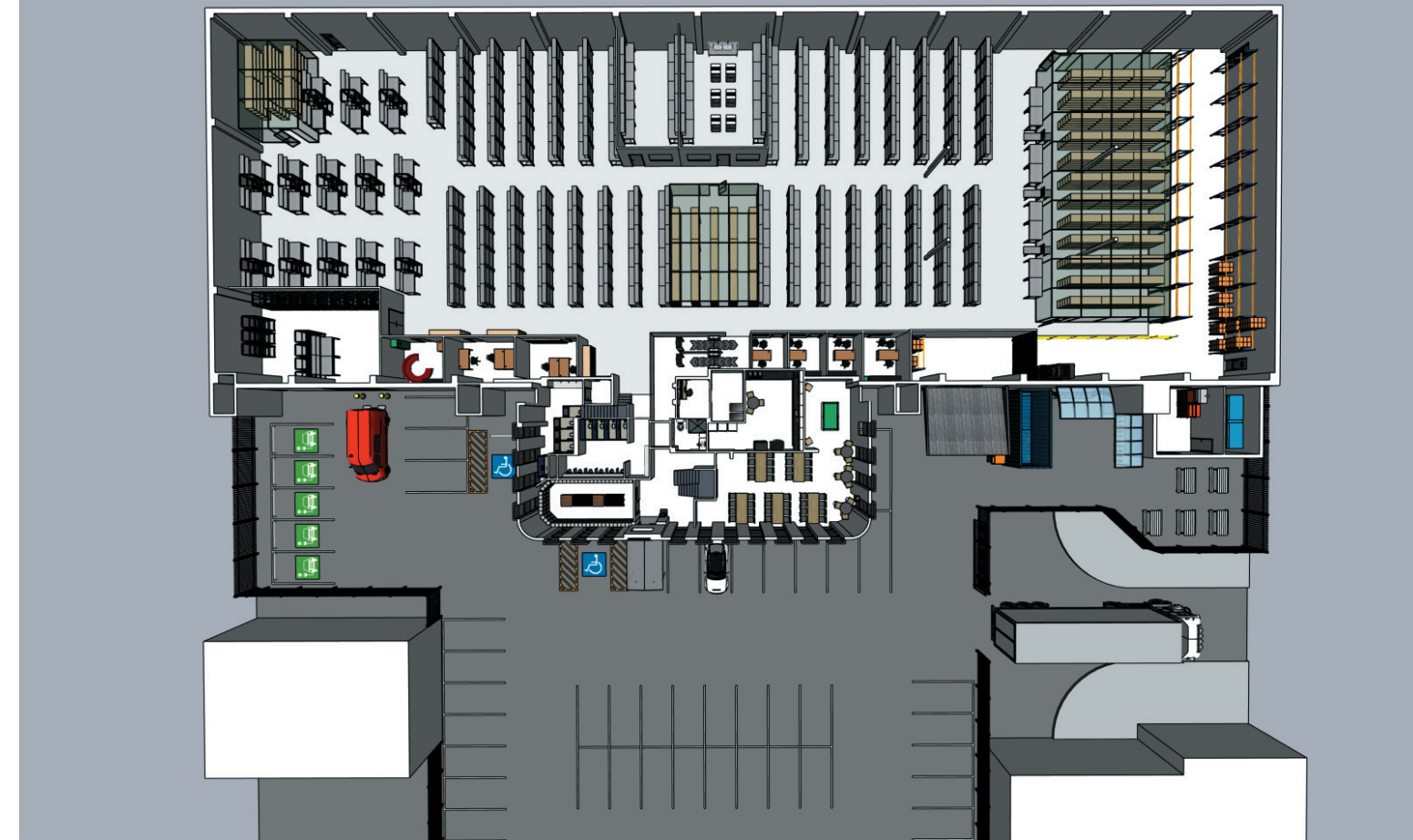
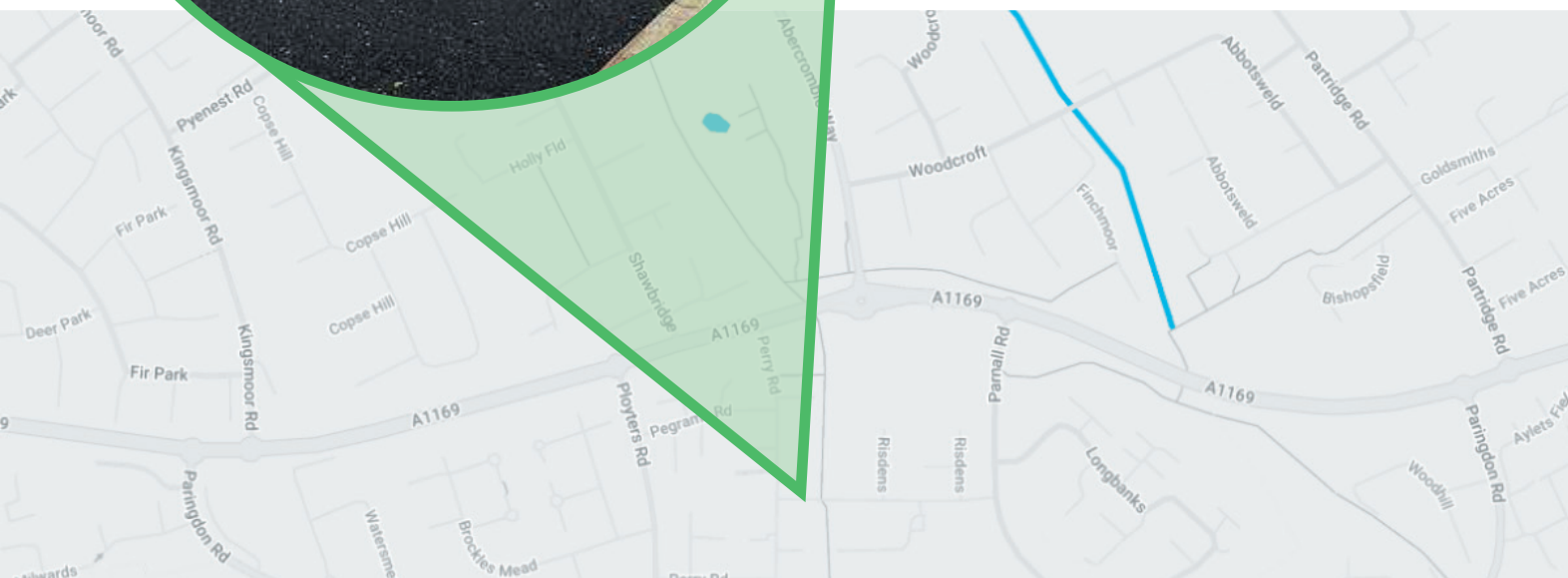


We are currently looking into a new facility for the operations and wanted to keep you all in the loop as to what this may look like.

Duke House is off Perry Road behind the BP garage at Staple Tye so should be more convenient for those of you that walk/cycle into work.

For those that drive you will be happy to know there are 65 parking spaces so there shouldn't be any fighting for spaces or being blocked in.

We are still putting a business case in to Exertis but the initial feedback has been positive. If all goes well and everything is approved we will look to start working on this facility by March 2025 and moving in starting Dec/Jan 2026



BUSINESS UPDATES

MENTAL HEALTH WALKS

Despite the weather the walks will still be going ahead and will NOT be postponed. The next walk is taking place on Wednesday 6th November

4GADGETS

4gadgets ahve been nominated for Best Customer Lifecycle Journey award at this years Dotties (Marketing Excellence Awards)

MTR TOWNHALL

The next MTR Townhall is taking place on 24th January 2025.

CHRISTMAS PARTY

This years Christmas Party is taking place on Friday 6th December at Canons Brook Golf Club in Harlow at 6pm

Please compelte the link via the QR code to confirm your attendance.



JOB OPENING

We have had a couple of spaces open up within the Enterprise team. There are job specs in the canteen areas of both units. Please read them and if you feel up to a new challenge email your CV to nicole.healy@mtr.co.uk

HEALTH & SAFETY

Can we all be aware of our surroundings.

Personnel with a safety-first mindset proactively keep an eye out for safety issues. Anything you see please report to your line manager.

Keep yourself and everyone else safe by always focusing on the situation ahead, avoiding potentially dangerous situations.

MTR COMMITTEE

From December we will be asking each area of the business to put one member of the team forward to for the new MTR Committee.

The Committee is being put in place to understand employees' perspectives and making recommendations to leadership on ways to improve. Focusing on boosting morale, retention, productivity, and company culture.

If this is something you would be interested in being a part of please let your Team Leader/Manager know.

NOVEMBER BIRTHDAYS



Nathan Holman

Fri 15th November

Tyler Teese

Sun 17th November

Jackson O'Brien

Tue 26th November

Dianne Whitbread

Wed 27th November

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

EVENTS

FPL



Thursday 31st July
4pm - Unit 10 Canteen area
Sweets and Goodies will be available

Bring your carved pumpkin into work
and the most liked will win the choice of
an Apple Watch Series 9 or a Samsung
Galaxy Watch 6



Friday 6th December
6pm - Canons Brook Golf Club

DJ and Karoke
Paid Bar
Finger food available

	Rank	Team & Manager	GW	TOT
●	1	Los Porro Hermanos Steve Savill	66	560
●	2	Cordys XI Sam Corderoy	59	558
●	3	Hodgson's Hotspurs Ben Hodgson	76	556
●	4	Cookie's XI Jordan Cook	71	534
●	5	Nile FC Sami Norine	41	518
●	6	Swin City Billy Swinn	55	512
●	7	Backstreet Moyes FC Matt Fitzgerald	71	509
●	8	We are David Ansell David Ansell	52	501
●	9	Anges Army Rakim Moore	76	500
●	10	David Speckman Nathan Holman	62	486
●	11	Chazells XI Chaz Hodgson	47	484
●	12	2 Girls 1 League Cup Andy Douglass	61	465
●	13	Hodgsons XI Harry Hodgson	54	451
●	14	The Dominator Dom Ferro	46	440
●	15	Dunk N Donuts Vicky Wood	47	371

Those that want to enter can pay £5
into a prize fund. From those that have
entered winner takes all.

Last entry once the January transfer
window closes

Gameweek 10: Sat 2 Nov 11:00			
All times are shown in your local time			
Saturday 2 November 2024			
Newcastle	12:30	Arsenal	
Bournemouth	15:00	Man City	
Ipswich	15:00	Leicester	
Liverpool	15:00	Brighton	
Nott'm Forest	15:00	West Ham	
Southampton	15:00	Everton	
Wolves	17:30	Crystal Palace	
Sunday 3 November 2024			
Spurs	14:00	Aston Villa	
Man Utd	16:30	Chelsea	
Monday 4 November 2024			
Fulham	20:00	Brentford	



GAMES

Why do ducks have feathers
on their tales?

To hide their butt-quacks

SUDOKU

Put each of the numbers 1-9 once in every row,
column and 3x3 box.

		9		6	5			
			3					
5								4
		3						7
	8		4			9		
				1	7			
		5			6	8		
7	2					3		

NUMBER WORKOUT

Fit the numbers 1-6 once in every hexagon so that
where the hexagons touch, the numbers are the
same. No number is repeat in any single hexagon.

