Morning

**Wellness**

Jill has also posted information about an NHS to help people to assess/better understand any feelings of anxiety/depression they may experience particularly as a result of our lives changing in such a short space of time, including lockdown and managing the stresses of working from home, furloughing, financial worries etc. <https://www.nhs.uk/conditions/stress-anxiety-depression/mood-self-assessment/>.  This may be useful to you or a family member and as it is an external link the results are not accessible by AAT.  Once you have completed the assessment tool some useful resources will be identified.  You can also speak to your line manager, Karen/Jilly or utilise the Employee Assistance Programme:  [www.healthassuredeap.com](http://www.healthassuredeap.com) or contact 0800 030 5182.  To gain access to the Health and Well-being Portal you will require the below login credentials:  Username: **A.A**   Password: **Thornton.**

**Privett Household**

Marianne’s daughter invested her £25 winnings from the Office Olympics II in a Lottie doll, some toy money and Chitty Chitty Bang Bang on DVD. That is quite a mix!

**Competition time**

We are back to the regular competition slot filler of Where’s Ian?   Normal rules apply.  Mark you X where you think my head is located and return your guess for a chance at that huge £25 cash prize.  If you win, will you spend as wisely as Marianne’s daughter?



*Guess need to be submitted by 10am on Monday.*

Enjoy the long weekend!

**BC Contacts**

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The BC Team

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| COVID-19 - At AA Thornton we are well equipped to proceed with business as usual, and to provide uninterrupted, high-quality service to our clients. Please click [here](http://www.aathornton.com/covid-19/) for our latest update. | |

