

## Welcome to the first newsletter of 2021

I am delighted to wish all our clients past, present and future a happy 2021. What a year we have all endured. Let's all start this year by focusing on the positives and our mental health. We look forward to what will hopefully be a near to normal year.

We are now located at our new premises, 2 Alloway Place in the heart of Ayr. We have renamed the building to "The Wellington Wellness Centre", this is to encompass additional services brought to you by AMS and by our very own charity The Wellington Health and Wellness trust.

Together our two companies can help you with PTS Medicals, Substance Testing, Counselling and Therapy, Vaccinations, and more importantly help you maintain a positive outlook for the year ahead.

All the team at AMS & Wellington Wellness wish you the very best for 2021.

- Roseanne Savage

### Upcoming Events

#### January National Walk Your Dog Month

Get Out and Get Active

#### February – National Heart Month

We offer Healthy Heart talks

#### 04/02/21 – Time To Talk Day

A day focusing on Mental Health. Do you have an employee that's struggling? Call us we can help.

### 10% OFF PTS Testing

Are you booking your PTS Random testing for your 2021 RISQS audit? Book now and get 10% off!

### Secure your 2021 Flu Jobs

Book 2021 flu jabs today and receive 2020 pricing!  
A great incentive to keep your staff safe this winter.

#### AMS Partner Promo

### McKerral Consultants HR Consultants

Contact  
Rhona McKerral | t. 07971 096 088

As COVID continues to bite, Rhona and her team would like to offer a free HR Audit of your HR documentation and procedures and policies across your organisation.

This will include a detailed review of your existing HR practices and legal compliance. This audit allows you to understand your organisational risks and identify any gaps in your HR compliance. It is completely confidential and you will receive a complimentary report detailing any recommendations.



### Drug & Alcohol Services

Misuse of drugs & alcohol lead to a higher risk of accidents in the workplace.

Drugs and alcohol causes a negative effect on the brain. Impairing judgement, co-ordination, putting both the user and co-workers at risk.

#### Our Services

- Instant Result Tests
- Chain of Custody
- For Cause Annual Agreements
- Awareness Training



### PTS Medicals

A PTS Certification is required for anyone wishing to work on UK Network Rail Tracks.

A system of safer working practices employed within the UK designed to ensure the safety of railway workers who must work on the lineside.

#### Our Services

- Full Medicals
- Drug & Alcohol Testing
- Certificate Publishing
- Authorised by RISQs



### Safety Critical Medicals

A common sense approach to comply with construction health & safety legislation.

We undertake rigorous medical testing which covers everything from baseline health all the way through to mental health assessments.

#### Our Services

- Confined Space Medicals
- At Height Worker Medicals
- Plant Operator Medicals
- Questionnaires & Screenings

# Prioritise Positive Mental Health in 2021.

wellington  
mental health & wellness trust

We believe that looking after your mental health is just as important as your physical health. With our personal approach, individuals can learn to appreciate and understand their own feelings and become the person they want to be.

We offer bespoke counselling services that offers a quick appointment service and gives you the opportunity to understand and discuss how you are feeling and work with the health professionals to engage with the support you need for the future.



## Our Top Tips



### Talk

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.



### Keep Active

Exercise makes you feel good. Regular exercise can boost your self-esteem and help you concentrate, sleep and feel better.



### Ask For Help

We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things get too much, ask for help.

## Are you struggling with stress, anxiety or low self-esteem?

We can help you. Not all stress is bad. Being just that little bit under pressure can motivate us to get that long awaited task done or to plan our day better. When we get to the point where stress is taking over our lives and we are feeling pressure both mentally and physically, we need to act.

- Stress Management
- Hypno Therapy
- Hypno-Oncology
- Hypnobirthing
- Bowen Therapy
- Anxiety Management
- Phobia & Fears
- Weight Management

For more information contact  
01292 262 770 | [info@ayrshiremedical.co.uk](mailto:info@ayrshiremedical.co.uk)

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