

EMPLOYEE OF THE YEAR 2021 MARK BIRD



Many congratulations to Mark Bird who has been selected as our Employee of the Year 2021. Mark is a Supervisor at Bristol Airport and has been an ICTS staff member for over 13 years.

Mark has been recognised for his valuable contribution to the ICTS Mental Health and Wellbeing Programme at Bristol Airport which was introduced during the Covid-19 pandemic.

The pandemic really highlighted the importance of wellbeing and the need to support one another during such trying times. A Wellbeing calendar was launched packed with social events and 'Wellbeing Wednesday' events, during which topical health and wellness related issues are discussed and promoted to the ICTS Team.

Helen Jones, who is ICTS Deputy Station Manager at Bristol Airport and leader of the Mental Health and Wellbeing Programme for ICTS staff at the Airport, commented, "Mark's contribution, skillset and support have been nothing short of fantastic."

From bowling evenings, coffee mornings to cake sales, Mark has been at the heart of activities, responsible for boosting morale and making a real difference. Mark has organised and participated in all the organised walks: the Strawberry Line Walk, Leigh Woods Walk, Ashton Court Walk, Blaise Castle Walk, Worlebury Woods Walk and Cheddar Reservoir Walk. He has focused on the benefits of exercise not only on physical health, but also mental health.

Mark said, "We have tried lots of different things and the walks worked well and attracted a diverse workforce. It was nice to see staff attend together with their families".

When asked what he enjoys most of the programme, Mark responded, "I enjoy the walks in the fresh air and contact with nature. I feel it is important that we end the stigma around mental health and have those conversations with our colleagues, checking they are ok and that they have

Mark is also an active member of the Bristol Airport Wellbeing Group, which is attended by other business partners of the Airport.

Team ICTS participated in the 'Run the Runway' charity event held on 5 October 2021 and organised by the Bristol Airport Wellbeing Group, raising more than £640 for Aviation Action. Aviation Action is one of the leading mental health and wellbeing charities specifically set up to support the Aviation community.

Mark's professional involvement in mental health and wellbeing stems from when in 2019, he was selected by ICTS to participate in a two-day Mental Health First Aider course. He applied for the course as he had "always had an interest in mental health and had a direct personal experience with dealing with mental health in children."

*All of us at
ICTS would like
to congratulate Mark
for his hard work
and contribution.*

