

TOPPING OUT AT CARPENTER'S WHARF

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INSIDE...

Celebrating in style



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Meet our apprentices



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Charity treats



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CHIGWELL GROVE

FOR THOSE THAT LIKE THE BEST THINGS IN LIFE



A GATED DEVELOPMENT OF 60 LUXURY HOMES

SHOW HOMES NOW OPEN

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chigwellgrove.co.uk

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ANDERSON GROUP

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LETTER FROM THE CHAIRMAN

Welcome to our latest Newsletter which coincides with us celebrating 30 years in business.

A great party was held at Boreham House, Chelmsford, in January at which we had a fantastic turn out on an extremely cold night! Chatting through with so many members of our brilliant team, many of whom who have been with the company for much of the journey, made me feel extremely proud. Thank you to all of you who attended.

In my last notes I mentioned the concern I had about the effect Brexit could have on our industry and the uncertainty surrounding it. Six months on I feel there is less uncertainty

but have been really impressed with the general resilience and positiveness shown by all within our industry.

You will see from the Newsletter that our business is strong and very well placed going forward with both a strong order book and with our own strategic development sites coming through. This, combined with our continued investment in training across the business, clearly illustrates our intent to continually improve our efficiency going forward.

Finally, and once again before signing off, I would like to thank everyone reading this Newsletter for your commitment and support to our business.

**KIND REGARDS,
MARK**



POSITIVE PAUL

Paul Davies was named the 'Most Consistently Positive Learner' at an awards ceremony held by SVC Group.

Paul is one of 12 supervisors/managers undertaking the ILM (Institute of Leadership and Management) Level 3 Qualification as part of their continued professional development.

The course is designed to provide additional training/information to our supervisors/managers to enhance their leadership skills.

The whole course consists of five tutor-led sessions at SVC Group in Stanway, Colchester, along with gathering evidence to create a portfolio of work.

ANDERSON WINS NHBC AWARD IN THE SOUTH FOR THE SECOND YEAR

The team who has worked on the Berkeley Sevenoaks Site is celebrating, having been awarded the Regional NHBC Large Housebuilder Award.

Gary Gill, Head of Construction, said: "Thank you all for your contribution, which has led to a second regional quality award recognising Ryewood as the highest quality scheme in the south of England for two years running.

"This is testimony for the effort and attention to detail received from all trades associated with the Ryewood development."

Congratulations to Project Manager Andy Lewis and his team.

HIGH PRAISE FROM HIGH STEWARD



NEW STARTERS

KELLIE LEWIS
Document Controller

CARL TWIN
Site Manager

CHRISTO TUMA-MARAIS
Site Manager

KEVIN DAVENPORT
Project Manager

EMMA SULLIVAN
Site Administrator

DEBBIE HAY
Site Cleaner

GRACE COLE
Office Assistant

WAYNE HILLIER
Commercial Manager

ABDUL PARKAR
Project Engineer

CHRISTIAN CRISCIONE
Communications Officer

EVENTS

23RD APRIL 2017
Marathon London

10TH JUNE 2017
Bike Ride Chelmsford

17TH JUNE 2017
Dinner Dance Lion Inn

16TH SEPTEMBER 2017
Summer Ball Corinthia Hotel,
London

LATEST WINNERS OF OUR HEALTH, SAFETY AND QUALITY AWARDS

The Anderson Group acknowledges continuous good practice and, as a result the **Health, Safety & Quality reward scheme** recognises employees that have shown continuous good practice over a 6 month period.

This enhances an already established health, safety and quality culture. On a six monthly basis, all nominations are reviewed to a set criteria by a panel of reviewers. This consists of the Production Managers, Health & Safety Dept, HR Dept and Production Director. The award winners for the second half of 2016, who received their awards from Mark Stocking (Health & Safety) and Michael Keeley (Quality) were...



MICHAL KOPICZKO



STEVE MAY



IAN FROGGATT



DAVID LYTTLE



EDMOND PURTILL



ARDIAN MALOCAJ

H&S AWARDS

- Ian Cunnane - Site Manager
- Steve May - Site Manager
- Ian Froggatt - Site Manager
- Michal Kopiczko - Operative
- David Lyttle - Operative
- Gentian Ago - Operative

QUALITY AWARDS

- Scott Barrett - Site Manager
- Ryan Scofield - Operative
- Edmond Purtill - Operative
- Ardian Malocaj - Operative

WARREN IS OUR 'UNSUNG HERO'

Our congratulations go to Warren Stafford who was 'Highly Commended' in the Unsung Hero category at the annual CONSTRUCT awards.

Warren, who is the on-site logistics co-ordinator and gate man at Erith Hills, received a certificate commending him for his continued hard work and service on site. The award was presented by CONSTRUCT Chairman Steve Regan at a gala dinner in London in October 2016.



PICTURED (L-R): WARREN STAFFORD WITH CONSTRUCT CHAIRMAN STEVE REGAN AND GUEST SPEAKER GERALD RATNER



LIGHTS, CAMERA,
ACTION!

COULD YOU BE THE NEXT STAR OF ANDERSON'S NEW YOUTUBE CHANNEL? OR MAYBE SHOWCASE YOUR TALENTS ON OUR NEW FACEBOOK PAGE! IF OUR CHAIRMAN MARK ANDERSON CAN DO IT, SO CAN YOU!

We've been busy capturing all the excitement of some of our largest schemes on film – and now we're ready to share our stories with the rest of the world!

But first we want you to Like and Follow our Facebook page - facebook.com/AndersonGroupChelmsford – and subscribe to our YouTube channel via our website – andersongroup.co.uk. While you're there, you can check out our latest news and photos.

If you've enjoyed reading all our stories in this latest edition of the Anderson newsletter, we're sure you'll love the accompanying videos where you can hear interviews with those involved in our various schemes, including Luxborough Lane in Chigwell, Carpenter's Wharf in Roach Road – where we also had the topping out ceremony, plus Erith.

We're also grateful to our new apprentices who were keen to get in on the action too.

WILL YOU BE NEXT?

MAP PLANT – OPERATING REVIEW

map

We will continue to invest in new equipment throughout 2017 with our planned expenditure on plant, cars and vans expected to be in the region of **£2,500,000**.

One of our aims this year is to achieve the highest levels of health and safety possible within the Grays depot and with our equipment. This focus will be a priority for the MAP team.

Currently we are in the process of making a number of changes to the Grays Depot to improve our efficiency; this includes the installation of an automated front gate as well as increasing the size of the yard to allow for expansion.

After many months of debate we are now supplying workwear to our site operatives and management teams. This will be distributed as we receive orders from the supplier.

The new workwear (as shown) can be ordered through the hire team and should you have any problems with the new clothing range please let the team know, as it is important to ensure that the system works.

Darren Carter - Director



NICOLA OLLEY – ‘A DAY IN THE LIFE OF’

Nicola Olley joined Anderson Group over 15 years ago as an Office Administrator and progressed to the Hire Desk.

Her recent duties have seen her ordering new uniforms for members of staff and going out to site to receive all the measurements she needs to place the order. Nicola is also responsible for dealing

with any damages that take place on site. Nicola says the best part about working for Anderson Group is the relationships she has with the team and how everyone works together.

“Everybody has their own personalities and it's great to see everyone come together and complement one another's skills. My

work is very varied too, which means that no two days are ever the same for me!”

Nicola thoroughly enjoys her weekends, whether she is socialising with friends and family or spending quality time with her two year old son. On a Saturday night Nicola is also partial to a night in on the sofa with a refreshing glass of bubbly.

TOPPING OUT AT CARPENTERS WHARF



FACT FILE:

- 33,000 man hours have been spent on site
- 5,000m³ of muck have been dug out
- 4,000m³ of concrete have been poured
- 300t of steel have been laid

Visit the Anderson Group YouTube channel via our website at www.andersongroup.co.uk to hear more about Roach Road

www.carpenterswharf.com



Carpenter's Wharf, our new development on **Fish Island at Hackney Wick**, is now standing tall, occupying a prime position with stunning views over some of London's most famous landmarks.

The site on Roach Road is a mixed use scheme, with 44 apartments, an exhibition and performance space on the ground floor, alongside a waterside restaurant.

Chairman Mark Anderson and Group Managing Director Andrew Jay joined the construction team for a topping out ceremony of the six-storey building in November, when a Christmas tree was planted on top of the building.

As Andrew explained: "The term 'topping out' comes from an ancient Scandinavian tradition which goes back to appeasing our forefathers who used to live in the trees so every building in ancient times used to have a tree put on the top of it to recognise what our forefathers did."

Mark also laid some concrete and dedicated it to the two key people involved with the project before its next phase – Darren Thompson and Jim Dooley, who led the project team for the groundworks and concrete frame.

Mark said: "This project is our first multi-storey project for our development business. We bought the land, we're building it and we're going to sell it. Historically we've been contractor-led and we'll still do contracting, but we want to do more projects like this and control our own destiny."

CARVING A FUTURE FROM THE PAST

The Carpenter's Wharf name of the site reflects its past as the home of luxury furniture maker A. Younger, who shipped timber down the canals for use in its designs. Wood and timber form the inspiration for the name and typography with the logo cleverly combining a 'C' and a fish symbol with the use of a dovetail joint.

Facing the river, the sweeping view takes in the whole of the Queen Elizabeth Olympic Park, including the former Olympic Stadium, now called the London Stadium and home to West Ham United FC. Also in view are the ArcelorMittal Orbit, and the London Aquatics Centre and the Lee Valley VeloPark.

Darren Thompson explained: "The site had previously been home to a renowned furniture maker and at one time an old shoe factory and it had a number of disused buildings. In keeping with our motto of 'Bringing life back to lost land', we're completely transforming the area."

KEEPING THE CHARACTER OF THE LOCAL AREA

Project Manager Matt Keep, in charge of Design and Build, said: "We are using three different façade materials, Siberian larch cladding, copper-coloured aluminium and traditional brickwork, with a pitched roof that echoes the character of the original canalside warehouses.

"One of our biggest challenges at the end of the project will be to bring the large oak frame for the front the building in sections by barge along the River Lea."

Our new development is already attracting a lot of interest from prospective purchasers with over 50% of the apartments reserved off plan. The scheme is due for completion in October 2017.

COMMUNITY GET INVOLVED AT THE QUARRY

The foundations have now been laid along the eastern boundary at **The Quarry in Erith, Kent**, for the first 47 properties, which will be ready for occupation later this year.

Working in partnership with London and Quadrant, we are constructing 600 much-needed houses and apartments on this former quarry site, enabling the construction of a primary school for 630 pupils, which will be ready for September 2018.

The quarry, which had been filled in with rubble and waste materials, had become overgrown with brambles and invasive Japanese Knotweed and had been left untouched for 30 years as its previous owners felt its restoration was too big a challenge.

Project Manager Shaun Barrett said: "We are making great progress on the site. The local community has also shown a real interest, with hundreds of people attending an open day last year that showcased our exciting plans for this development."



Ecologists are currently on site, moving newts, lizards and slow-worms to a wildlife area that has been created for such species. A suitable long term management regime will ensure the retention of a variety of habitats within the site.

PUPILS JOIN CIVIC LEADERS IN TREE PLANTING

On a cold winter's day in January, 28 pupils from Northumberland Heath Primary School braved the weather to help plant a variety of trees and shrubs at The Quarry, joined by the Mayor of Bexley Council, Cllr Eileen Pallen, and Council Leader, Cllr Teresa O'Neill.

The planting followed an assembly presentation by site arboriculturalist Sharon Hosegood, who taught the pupils the importance of looking after the natural world.

The children planted a total of 60 trees during their visit. Many more trees, shrubs and other plants are envisaged for this park, which will measure 3.25 hectares – the equivalent of three football pitches.

Cllr O'Neill commented: "The Quarry is an exciting development for the future of Erith and our wider borough, so it's right that the next generation have been involved in planting the first trees of The Quarry's ecology area."

The site is surrounded by protected trees and there will be play areas for children, walkways and cycle paths, with large areas of green space being retained.

Visit the Anderson Group YouTube channel

via our website at www.andersongroup.co.uk

to hear more about our Erith development





WORLD-LEADING SCHOOL TAKES SHAPE

Development is now well under way on our new state-of-the-art school for the **National Autistic Society**, being built by the Anderson Group at Chigwell in Essex.

The school for 128 children will have 16 classrooms and a gym and will

provide primary, secondary and post-16 education, as well as workshops and training. It is due to open in September 2017.

Martin Featherstone, Project Manager for the school, said: "The buildings have been designed to provide the most suitable accommodation for young people with autism, with classrooms

for small numbers of children, wide corridors and high ceilings, as well as plenty of sound and heat insulation.

"On a personal note, it's great to be part of a team headed by Mark Anderson, putting something back into the community, and I feel proud to be building what will ultimately be a great school for the students."



MARTIN FEATHERSTONE,
PROJECT MANAGER

NEW HOMES HELP FUND SCHOOL

The school has been enabled by the sale of 60 new homes that we are building on the adjacent site in Luxborough Lane in Chigwell, as well as from our own charitable giving and fundraising through the Anderson Foundation.

Brian Elles, Project Manager for the Chigwell Grove residential development, said: "It's great to see both sites moving along at a good pace and we've been getting lots of interest in the housing development because it's such a lovely location surrounded by trees, right next to the River Roding.

"Our first few houses are nearing completion, and we are working across the site – from concreting and underfloor heating at one end of the site, to brickwork and roofing on the other."

The high quality three, four and five bed properties are arranged around a broad green space, reflecting a typical Essex village plan on a site that was formerly used by Tottenham Hotspur FC as their training ground. The show houses will be opening in February to coincide with a sales launch which has attracted significant interest across the area.

Visit the Anderson Group YouTube channel via our website at www.andersongroup.co.uk to hear more about Luxborough Lane



BRIAN ELLES,
PROJECT MANAGER

STARTING OUR 30TH YEAR *in style*

This year sees Anderson Group marking its 30th anniversary, and with over 500 projects to date between 1987 and 2017 it is certainly something to celebrate.

To kick off the new year, Anderson Group staff let their hair down on the 20th January at our annual New Year Party held at Boreham House in Chelmsford. It was a fantastic night for all with a great atmosphere, food and entertainment. Here are some pictures from the evening.



ANDERSON APPRENTICES LAY FOUNDATIONS FOR THE FUTURE



Visit the Anderson Group YouTube channel via our website at www.andersongroup.co.uk to hear more from our apprentices.

A group of young people are making their mark on the world of construction after winning much-prized places on the **Anderson Apprenticeship Scheme**.

The nine-strong group have embarked on a two-year training programme, working at our residential building sites across Essex, interspersed with classroom training at college.

Steve Hammond, Anderson's Apprenticeship Co-ordinator, explained: "There is a massive skills shortage in the construction sector and the Government has set the industry a target to find an extra half million skilled workers by 2020.

"Our scheme is different to most other apprenticeship programmes because

we guarantee all our trainees a job if they are successful and pass the course. They also receive ongoing professional development throughout their career."

The Apprenticeship Scheme, for young people aged 18-25, has been running since 2003, ensuring that we continue to build our own workforce and promote from within.

We are also keen to encourage skilled workers to join the company and entice more women into the profession.

The students will cover a wide range of subjects during their apprenticeship, focusing predominantly on ground-working skills.

Each apprentice receives the support of a buddy and a mentor with many of those who have been through the apprenticeship scheme becoming

successful site managers and apprentice mentors themselves.

The Anderson Group also engages with charities who support young people who are not in education or training to encourage more people into the profession, and gives talks to schools.

We also provide on-the-job training for local authorities, provide site visits for construction colleges and deliver training in health and safety awareness.

Laurence Shearcroft, from Canvey Island, joined the scheme in 2012 and is now a supervisor training to be a site manager at the age of 23. He said: "It's a good career choice as you are building things every day. You have real pride in the job. Everyone helps each other which makes it a very friendly atmosphere."

OUR APPRENTICES



One of the youngest on the course, from Clacton, is Jack Vella, who is 18. Jack is working on Anderson's Brightlingsea site. Jack's father Phillip and older brother Matthew also work for Anderson and recommended the scheme.

"I was previously a hotel kitchen porter but couldn't see any future in it," said Jack. "So I applied for the apprenticeship scheme, which I'm really enjoying. I like seeing the progression both in myself and in the sites we are developing."



Apprentice Robbie Brooks, 19, from Canvey Island, is working on Anderson's construction site in Luxborough Lane, Chigwell, where 60 new homes and a school for autistic children are being built.

He said: "I'm really pleased to be on this course because I know I have a good career and future ahead of me with the Anderson Group. I've always wanted to work in construction and this scheme is great because we get nationally-recognised qualifications at the end of it."



Max Turner, 20, from Chelmsford, was delighted to win a much-coveted place on the scheme, which had four people vying for every position. He now works on the Dunmow site and said: "This programme is perfect because it combines a good mix of learning and experience. Everyone has a laugh and there's great camaraderie."



At 25, Marc Keely from Clacton is the oldest apprentice on the scheme, having been a labourer previously. He is based at Anderson's Tollgate site in Stanway, Colchester. He said: "What I like about this scheme is that we do something different every day. It's great that they promote the apprentices internally and I'd really recommend the scheme to others interested in a career in construction."

OUR OTHER TRAINEES

Three of the trainees on the scheme are from Witham: Adam Bennett, 20, plus Cameron Short and Marley Valentine, who are both 18. Mitch Oliver, 21, is from Wickford and George Shread, 17 is from Romford.

Marley Valentine



Cameron Short



Mitch Oliver



Adam Bennett



George Shread



HAZLEMERE MARINA, WALTHAM ABBEY



Early last year and continuing our long standing relationship with Bellway Homes, we were awarded the contract for their site at **Hazlemere Marina, Waltham Abbey.**

The main site is situated off Lea Road with the rear of the development running adjacent to the River Lee navigation.

Previously the site was used as a lorry park with associated buildings that had to be demolished prior to commencement on site.

The site has also undergone extensive remediation works throughout with a complete overhaul and regeneration of the existing marina.

The site will consist of 114 units in total made up of 93 private and 21 affordable homes; there will be a mix 1 & 2 bed apartments and 3 and 4 bed houses.

Our works comprise of all infrastructure and deep drainage works including the installation of large attenuation tanks throughout the



site. Block A1 consisted of a single storey transfer slab constructed in R C concrete.

The remainder of the plot works are made up of piled foundations including all the associated groundworks and external works.

A unique design feature of the site is to use the void space beneath the block & beam floors to the new properties as an attenuation area to provide capacity

for the additional storage of any potential surcharge.

The project started in Q2 2016 and is programmed for a completion in Q3 2017.

Our site team is headed up by Kevin Russell, a senior site manager who has been at the business for over 16 years and is ably supported by all the team.

Glenn Potter - Commercial Director

KEY EMPLOYEES



MARCUS RAMSEY

As a Groundworker, Marcus is currently working in Waltham Abbey at the newly refurbished Hazlemere Marina where Anderson Group is constructing a variety of flats.

Marcus began working for Anderson Group in 1999 as a labourer in Waltham Abbey but went on to spend a few years away from the group where he worked on other projects. However, it turned out that he couldn't keep away and returned to Anderson Group in 2012.

Marcus's daily duties (aside from getting very wet and muddy) include working on drainage, kerbs and dealing with main bodies.

Marcus commented: "I enjoy every day working for Anderson Group. I thrive off the challenges faced and the fast paced environment. As long as I am doing something I am happy! I am an extremely hard worker and this is due to the support that Anderson Group has given me."

Marcus is a family man and enjoys spending time outside of work with his partner and children. Marcus's second love in his life is his motorbike, but commented: "I am leaving it to warm up whilst I spend precious time with my new-born baby."



KEVIN RUSSELL

Kevin's career within the construction industry began outside Anderson Group where he also previously worked as a Site Manager, but joined the company in 2000.

Kevin oversees the sites, health and safety measures, whilst also ordering materials and ensuring that plant and labour materials are available for upcoming projects.

This summer marks Kevin's 17th year with Anderson Group. Having begun his career as a Site Manager, Kevin has since progressed and is now in the position of Senior Site Manager.

Kevin comments that he enjoys working for Anderson Group due to its forward thinking approach and because of its continual focus on improving and developing the company and its employees.

Kevin generally enjoys spending his weekends outdoors, either carp fishing or cycling, which he has recently taken up.

MYDDELTON LODGE, ENFIELD



In mid-2016, we were awarded a prestigious contract from Base Contracts for their site at **Bulls Cross in Enfield.**

The scheme had been approved by Enfield Council for the building of a private lodge for player accommodation on a site adjacent to the Tottenham Hotspur Football Club training ground.

The accommodation is being built on the site of the former Myddelton Farm which the club had owned since 2007.

The design of the scheme will see the sensitive conversion of the farm, making full use of its key features and heritage, with the construction of a new crescent-shaped lodge.

Our complex works comprise of all sheet, contiguous and CFA piling, full basement excavation and construction of a curved R C concrete building incorporating all drainage and service works.



In addition to the above we also undertook some extremely intricate underpinning works to the existing listed farm and stable block.

The project started in Q2 2016 and is programmed for a completion in Q1 2017, with the exception of the external works which will be completed late 2017.

The site team is headed up by our project manager Alan Clarke who has been at the business since 1999; he is ably supported by Mark Connolly structures site manager, Halil Mjekiqi groundworks site manager, Bart Lewicki project engineer and all the site operatives.

Glenn Potter - Commercial Director

KEY EMPLOYEES



ALAN CLARKE

Alan enjoys working for Anderson Group because of the variety of activity in his role. He is always working in different places, on different projects and with different people. He is currently Project Manager on our Myddelton Lodge site in Enfield, overseeing the construction of the hotel for the Tottenham Hotspur training academy.

Alan comments: "The challenges always motivate me. Anderson Group has been a great business to work for since I began with them nearly 18 years ago. The company funded my degree and put me through all the relevant courses so I could gain qualifications to enable me to progress, which has been very beneficial to me."

Alan began his career in the construction industry in April 1999 with Anderson Group as an Engineers Assistant and has since progressed into the position of a Project Manager.

Each day Alan manages projects, oversees the Health and Safety of sites and ensures production, budgets and all resources are available and are being kept to schedule. Alan is also involved with meetings and planning sessions prior to projects beginning.

Outside of work Alan enjoys spending time with his three young daughters, watching the rugby (he had to give up playing a few years ago), and socialising with friends and family.



MARK CONNOLLY

Currently working at the hotel complex project at the Myddelton Lodge site in Enfield, Mark has worked for Anderson Group for four and a half years. He originally started his career as a carpenter; however he now holds the role of Senior Site Manager.

Mark's daily roles include ensuring health and safety regulations are being followed on site and also that all jobs go to programme effectively and efficiently, whilst managing a team of people.

Mark enjoys working with all his colleagues at Anderson Group and feels any problems are resolved with a team effort. He comments: "Anderson Group continually makes time for people. The company is dedicated to the development and progression of its staff, especially through training schemes, from a junior level right through to the senior level team."

Mark is a sports fanatic and likes to spend his weekends watching and attending horse racing, football and rugby.



HALIL MJEKIQI

Halil began working in the construction industry as a Site Manager for a different firm before joining Anderson Group in November 2012.

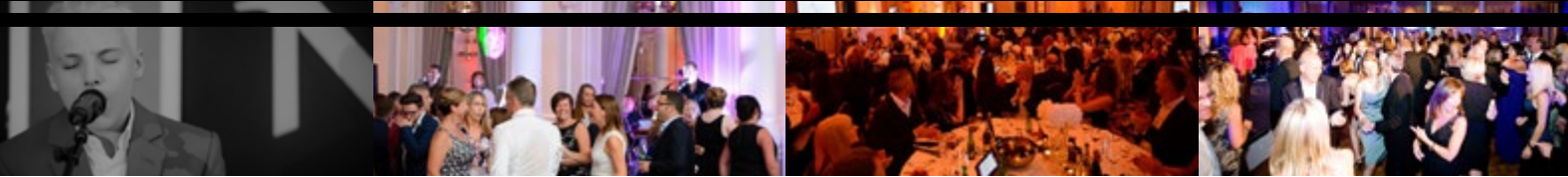
Anderson Group's highly regarded reputation and performance is what initially attracted him to the company when he joined as a Site Manager – a role which he still holds to this day.

Halil commented: "I love everything about my job, everybody is extremely friendly and the

management is great. Anderson Group really looks after its staff."

As a Site Manager, Halil's main duties each day include managing his team and the site that he is working on. He also ensures that all the work is carried out safely, within budget and timescale, but also to the highest quality.

Halil thrives off of fitness and in his spare time enjoys exercising, playing football, cycling and frequently goes to the gym.



Anderson Foundation DINNER DANCE

Saturday 17th June 2017

at

Lion Inn

Main Road, Boreham, Chelmsford

18.45

Welcome reception

19.30

Three course dinner with cheese

Including a Comprehensive drinks package throughout the evening

Auction

Dancing to live music

01.00

Carriages

Tables of 10 – £1,950

For more information and to reserve your table contact Linda Bennett:
l.bennett@andersonfoundation.co.uk



Anderson Foundation Summer Ball

Saturday 16th September 2017



18.45

Champagne Reception



19.30

3 course dinner with cheese

Comprehensive drinks package throughout the evening

Grand Auction

Dancing to live music



02.00

Carriages

Table of 10 – £4,250

For more information and to reserve your table contact
Linda Bennett: l.bennett@andersonfoundation.co.uk

Corinthia Hotel,
Whitehall Place,
London



BAKING UP A TREAT FOR CHARITY

Tucking in... staff at Anderson Group's head office found plenty of tempting tasty treats on offer at our charity bake sale.

Thank you to everyone who created all the scrummy sweet and savoury delights and to everyone who donated money for our charitable causes.

A whopping £425.63 was raised which has been split between and Farleigh Hospice. The winner of the guess the dots was Claire Ellis.

Pictured is HR Advisor Daryl Bellingham, sampling the fantastic selection of goodies.



**WE ARE
MACMILLAN.
CANCER SUPPORT**



WEAR IT PINK

On 21 October the team at Anderson head office joined forces to raise money for Breast Cancer Now, as part of its national Wear it Pink day.

A raffle was held with some amazing prizes including tickets to a West Ham match, a Nikon camera, Bose music system, tickets to the O2 and many more.

An astounding £2,920 was raised for this very worthy cause, thank you to all that took part.



CHRISTMAS JUMPER DAY

Staff at head office got into the festive spirit for Save the Children on Christmas Jumper Day on 19th December.

Everyone joined in the festive cheer by wearing their favourite Christmas jumper, raising £110 for the cause.

Leigh Cummings, who donned a santa jumper and antlers, was chosen as the best dressed on the day; we loved Matt Steel and Richard Knight's reindeer jumpers too!



Save the Children

GETTING BEHIND TEAM ANDERSON!



Quick off the mark - a group of Anderson employees will be hot footing it to the London Marathon on Sunday April 23 to raise money for the company's own charity, the **Anderson Foundation** which primarily supports the **National Autistic Society**.

The 11-strong group have been receiving support from a personal coach as part of their training programme to get them through the gruelling 26.2 miles.

Anderson Group Managing Director Andrew Jay, who ruptured a knee ligament while skiing and had to drop out last year, is thrilled to be taking part this year.

He said: "We're all extremely excited and everyone has been training really hard. We hope families, friends and colleagues will all come along to support us as we take to the streets of London for this wonderful cause.

"Not only do sporting endeavours like this raise amazing amounts of money, they also bring people together in mutually supportive ways which enhances the overall spirit of teamwork within our business.

"Last year, we entered a team of seven people who enjoyed the event so much they told everyone about it so that this year we had 30 people competing for 11 places.

"We have runners of all abilities and from all parts of the business taking part and at least four runners are targeting sub four hour times which will be an incredible achievement. I am always humbled by the commitment our incredible team demonstrate every day!"

The London Marathon is the world's biggest marathon event, with 50,000 runners taking part. It starts at 10am at Blackheath and winds its way past the Cutty Sark at Greenwich and over Tower Bridge to the finish line along The Mall, with Buckingham Palace as the scenic backdrop.

Like last year, Anderson has hired a restaurant for the whole day for family and friends of the runners and Kayleigh Pozan should be contacted to obtain tickets to gain entry to La Figa Restaurant which is situated at the 14 mile point of the marathon and a short walk from the 21 mile point.

TEAM ANDERSON

Andrew Jay
Luke Read
Adam Williams
Tom Pike
Matthew Keep
Joe Hurn
Gareth Downs
Wayne Saunders
Darren Thompson
David Daly
Ryan Thompson

INLAND HOMES

David Parson
Claire Fahey

CHIGWELL CONSTRUCTION

Paul Bullen

THANK YOU TO OUR KEY SPONSORS

D and B Scaffolding
Harris and Careford
Tarbin Plumbing
Longman Electrical
C and W Fencing

GET YOUR WHEELS TURNING AND JOIN US ON THE NEXT ANDERSON CHARITY BIKE RIDE



On the 10th June we will be hosting our charity bike ride to raise money for the National Autistic Society.

The 55 mile ride will begin at our offices in Chelmsford and will head into the surrounding villages, through country lanes, and back to head office to celebrate with friends, family and a party.

You don't have to be an expert cyclist to join us, so cycling fanatics Mark Stocking, Contracts Manager and Paul Davies, Site Manager have provided some top tips to help you get on your bike and train for this brilliant event.

To enter this you will need to raise a minimum of £150.00. To registrar your interest contact Leila Stammers on l.stammers@andersongroup.co.uk or 01245 399999



TRAIN, TRAIN, TRAIN

- If you can, it is important to train on the roads at least 2 to 3 days each week for 5 to 10 miles each ride. If the weather isn't great why not attend a spin class instead?

GET THE GEAR

- We would suggest buying yourself a decent pair of padded cycling shorts; you may think a big padded seat will do the job, but it's all about the shorts! The narrower the seat the better!
- If you are riding in the dark make sure you have lights on your bike and on all rides you should wear bright hi-vis clothing so you can be seen by everyone. To get the most of your ride it should be reasonably tight fitting.
- Cycle helmets are a must! Even the best of us have mishaps.
- On your feet you should wear a comfortable pair of trainers, or alternatively, for the more daring, a pair of clip on shoes and pedals, or cleats as they are otherwise known.

FUEL YOUR BODY

- Your body needs to be fuelled with the right things to give your all the energy you need.
- Staying hydrated is very important so drink plenty of fluids, water or fruit drinks. If you want to replenish lost salt, from all the sweating you will be doing, add electrolyte tablets to your water.
- Here's the good part, keep consuming food every 30-45 minutes, we suggest foods that give you lots of energy such as bananas, cereal bars, flap jacks and energy gels.

BE PREPARED

- Don't get caught out, learn how to look after your bike and ensure you do vital checks before you ride.
- Check the tyre pressures are correct, PSI can vary so check what your bike's tyres require
- Clean and oil your chain regularly to ensure smooth running.
- Ensure the brakes are working correctly.
- Learn how to fix punctures. No one wants to be caught out, so it's worth investing in a puncture repair kit.

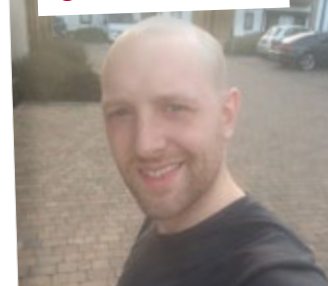
THE MOST IMPORTANT THING

Have fun! This will be such a fantastic event for a brilliant charity, so get on your bike and enjoy! More information about this event can be found on the next page and we hope to see you there!

JOE HURN AND WAYNE SAUNDERS



GARETH DOWNS



ADAM WILLIAMS



ANDREW JAY



TOM PIKE



LUKE READ



GOOD LUCK TO ALL OUR RUNNERS!

L-R MATTHEW KEEP, DAVID DALY, RYAN THOMPSON, DARREN THOMPSON





SADDLE UP FOR THE NEXT ANDERSON CHARITY BIKE RIDE

Get on your bike and start training for this fund raising event for the National Autistic Society. Cyclists of any ability are invited to join the challenge and to raise money for this important cause, so whether you're a bicycle novice or the next Jason Kenny or Laura Trott, make sure you get signed up.

The rides will start at our office in Chelmsford and take participants on a journey around the surrounding areas, through numerous pretty villages and quiet country lanes, before finishing back at HQ where friends and family will be waiting to congratulate you.

To reward the hard work of the participants and supporters at the end of the bike ride, everyone is invited to enjoy a delicious BBQ, some drinks from the well stocked bar and music from a DJ. There will also be bouncy castles and treats for the children.



**TO REGISTER CONTACT LEILA STAMMERS ON:
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