

MENTAL HEALTH FIRST AIDERS



Sam Watts Customer Experience Specialist

Contact: 07754 200 034

I am also usually available on Teams and live local to Cannock if anyone wants a face-to-face chat.

I'm Sam, I have been at Briggs since 2012 and had various roles. I live with my partner, my daughter who is 4 years old and a Springer Spaniel, so my home life is pretty crazy! I have had many of my own experiences where I have needed support from others and been a MHFA is my chance to offer that support back. I know how important it is to talk about your feelings. I am always happy to be a listening ear.



Perry Hassan Engineering Manager

Contact:

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Perry.Hassan@briggsequipment.co.uk

My name is Perry and I am a Mental Health First aider. I am a 60 year old Engineering manager who looks after 21 engineers. I love animals and particularly dogs, I am married to Jill and have a cocker Spaniel called Honey. I love cooking and drawing pictures particularly dogs. I wanted to become a MHFA so I that I could help and support anyone in need. If you want to talk and need a friendly empathetic person to share your problems and point you in the right direction, please just pick the phone up and give me a call, it is good top talk.



Claire Molyneux Parts Administrator

Contact:

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Claire.Molyneux@briggsequipment.co.uk

I have worked for Briggs Equipment for almost 10 years. I am part of the Direct Parts team based in Haydock. I believe getting out into nature really aids mental health. I enjoy going on walks with my Miniature Dachshund Rolo.

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Tracey Hudson HR Business Partner

Contact:
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Tracey.Hudson@briggsequipment.co.uk

I'm a Business Partner working in the HR team and I have been part of the Briggs family for 19 years. Outside of work I love walking, reading and travelling both abroad or closer to home, exploring new places with my hubby, two teenage daughters and a mad but very adorable Staffy called Oscar. I am happy for anyone to contact me for help, guidance or just to listen.



Fleur Bowd National Credit Controller

Contact:
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Fleur.Bowd@BriggsEquipment.co.uk

I am passionate about helping people with their mental health and wellbeing. In my spare time, I loves to practice meditation, mindfulness and various other selfcare techniques that I find really helpful. I enjoy spending time with family and being out in nature.



Chris Dalby Apprenticeship Programmed Technical Trainer

Contact:
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Chris.Dalby@briggsequipment.co.uk

My name is Chris Dalby. I am one of the Briggs Equipment Apprentice Programme Technical Trainers. I have recently completed a MHFA training course, and as a result, am now a qualified MHFA. Upon completing the MHFA course I gained a much improved understanding of what mental health is and the various support options that are available to us. I can now access MHFA England support networks and services, as well as up to date information in this field. Please don't hesitate to get in touch if support is required and I will be more than happy to do my very best to help!

MENTAL HEALTH FIRST AIDERS



Sarah Heeley HR Business Partner

Contact:

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Sarah.Heeley@briggsequipment.co.uk

Hi, I'm Sarah Heeley and I work within the HR team, and have recently completed my Mental Health First aider course. Outside of work, I love spending time with my family and walking our 3 dogs, I live on a small holding with my husband and our 14-year-old son. In my spare time I like going to the gym, reading and watching movies as well as going out for Sunday lunch. I joined the HR team in Briggs in January 2021 and put myself forward to become a MHFA so I that I could help and support employees across the business. I am happy for anyone to contact me, whether that's for a chat or a catch up with a cuppa, I'm always here to listen.



Emily Magee Sales Administrator

Contact:

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Emily.Magee@BriggsEquipment.co.uk

I am a Sales Administrator for Briggs NI and have worked for Briggs for over 4 years. I am a wife and mother to a 3-year-old little girl. I am very interested in Mental Health and have a vast experience in helping others who may be in crisis or struggling with their mental health. If anyone would like to get in contact, you can email me on Emily.Magee@BriggsEquipment.co.uk or contact me on 07842320871.



Chloé Degville HR Advisor

Contact:

07514 719 629

Chloe.Degville@briggsequipment.co.uk

Hi, I am Chloé, I work in the HR Team and joined Briggs in April 2023. I am a dog-momma, newbie wifey and outdoor enthusiast. Away from work you'll most likely find me at the gym, walking or cuddling my dog. I studied Psychology at University which helped me learn more about Mental Health. Deciding to become a MHFA is the perfect opportunity for me to offer support. I am passionate about helping and listening – because a problem shared is a problem halved. If ever you would like a chat, I am contactable via 07514719629 & Chloe.Degville@briggsequipment.co.uk or pop into HR for a F-T-F.

MENTAL HEALTH FIRST AIDERS



Andrew Buckley Driver Training Consultant

Contact:
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Andrew.Buckley@briggsequipment.co.uk

Good Day My names Andrew. I am one of Briggs operator training providers based in Northern Ireland. I enjoy Tabletop wargaming as a hobby and also enjoy volunteering for St John Ambulance.



James Franklin 2nd Line Technical Helpdesk

Contact:
07712 465 322

Hi, I'm James, I've worked at Briggs for the last 7 years and love the job and especially the people here it's the best place I've ever worked! I have had M.E (Myalgic Encephalomyelitis) & Fibromyalgia for 20 years so after work I don't have much energy left for personal interests other than resting but when I have the energy I love to be outdoors & walk which is the only safe form of exercise my body will allow. oh and meditation is a very useful tool. Apart from a background in Psychology & forensic mental health, before I came to work at Briggs, I would like to think my experiences & challenges of living with M.E and having a hidden disability has made me a better listener and more understanding of others hidden challenges which often are never voiced. I'm pleased to be of service to any colleague who needs support



Kenny Ritchie Specialist Technician H10

Contact:
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Kenny.Ritchie@briggsequipment.co.uk

I'm Kenny Ritchie a residential engineer in based in Diageo Leven, Scotland and recently became a Special Technician. I've been part of the Mental Health First Aider Team for 2 years and our team is just the best and very supportive. I have depression myself and I'm currently taking 100mg Sertraline to help enhance my mood. (In a great place and have been for a few years.) I find the role of MHFA to be very satisfying. I've received lots of phone calls from various roles in our business as well as customer employees. I feel very humble that people can call me or approach me and open about their own mental health. At the end of the day everyone has mental health, if you feel yours is needing a boost contact us, we are happy to help.

MENTAL HEALTH FIRST AIDERS



Maggie McPherson
HR Advisor

Contact:

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Margaret.McPherson@briggsequipment.co.uk

I'm Margaret McPherson, HR Advisor, Briggs Equipment, Northern Ireland. I have a special interest in Employment Law, and I am an Associate MCIPD. I'm passionate about helping individuals achieve/gain their goals, whether that be personal, or career driven.



Hannah Newman-Plummer
SHEQ & Facilities Coordinator

Contact:

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Hannah.Newman@askhitec.co.uk

My name is Hannah, I've been with Hitec Lift Trucks for five years and have been a MHFA for two of those. I thoroughly enjoy my work (as SHEQ and Facilities Coordinator) and make it my mission to get along with everyone. I'm an avid nerd and outside of work I can be found cemented to my Nintendo Switch, with my nose in a book, listening to audiobooks and podcasts (as well as an eclectic mix of music), playing Dungeons and Dragons, attending theatre, gigs and music festivals and spending time with my husband. Despite being a nineties child, I'm obsessed with the seventies (fashion, music, everything!) and I'm sure my colleagues would agree when I say I have an...interesting dress sense. I have lived with crippling anxiety and depression for a majority of my life and recently sought help with both, and better days are ahead. I'm a good listener and here to help, whether it's as a friend, a confidant or just to listen. We can always get better, and it's easier if it's together.



David Long
Field Engineer

Contact:

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David.Long@unitedplantservices.co.uk

David Long: Field Service Engineer at United Plant Services. Proud to be an advocate for mental health and wellness in the workplace.

MENTAL HEALTH FIRST AIDERS



Megan Titley Talent and Onboarding Coordinator

Contact:
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Megan.Titley@briggsequipment.co.uk

Hi I'm Meg and I have worked at Briggs for 5 years now. In my spare time I enjoy walking the dogs, spending time with family, music, shopping and watching football. I know we have a lot of Wolves fans at Briggs who will undoubtedly need support, so please feel free to reach out! In all seriousness, I believe no one should ever feel alone, and often just talking to someone is a huge help. I always have time for a chat, a problem shared is a problem halved.



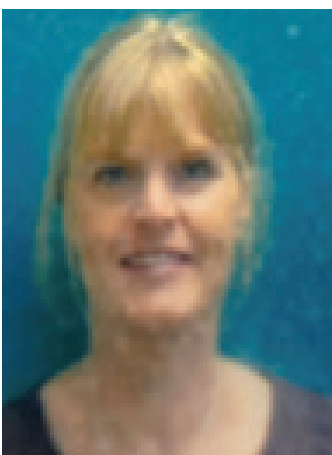
Rosie Leach HR Manager

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Rosie.Leach@briggsequipment.co.uk

I have been a Mental Health First Aider since 2019, I feel passionate about wellbeing as a whole and want to support people around me the best I can. For anyone reading this, I encourage you to save one person's number on this list and call when you need a minute.

We are stronger together #Belong

'Speak your mind even if you voice shakes' (Maggie Khun)



Janet Hemlock Senior Office Administrator

Contact:
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Janet.Hemlock@Briggsequipment.co.uk

Hello everyone, my name is Janet Hemlock from Briggs Equipment Liverpool (North-West M11 Team), I have worked for Briggs Equipment for 23 years as the Senior Office Administrator. I love my family and friends and like to socialize and go to a good concert when I can or live band. I am a down to earth person, very loyal, honest, and trustworthy. I try to keep fit by swimming and walking my little Patterdale dog. I love chocolate and M & M's which are my biggest weakness, I am so honoured to be a member of MHFA England as it is something I care about very much.

MENTAL HEALTH FIRST AIDERS



Jake Aston
Talent Advisor

Contact:

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Jake.Aston@briggsequipment.co.uk

Hi, I'm Jake and I work at Briggs Equipment as a Talent Advisor in the Recruitment Team. I have plenty of hobbies outside work to keep me busy such as playing in my band, cricket, running, going to gigs, walking my dog Brian and drinking Strawberry and Lime Cider. My heroes are Paul Heaton (singer of the Beautiful South), Queen, Elton John and Paul McCartney. I am a very approachable person who is always happy to chat to anyone.



Jamie Byrne
HR Business Partner

Contact:

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Jamie.Byrne@briggsequipment.ie

My name is Jamie; I am member of the HR team based in Dublin supporting the group ROI business's. I think anyone that's knows me, knows I am a good listener and always eager to help someone out in any way I can. Whether it be giving advice and support or simply just listening, my door is always open.



Casey Ramsden
Field Service Engineer

Contact:

Casey.Ramsden@briggsequipment.co.uk

I'm a Field Service Engineer in the Port of Tilbury. I enjoy watching and discussing football, however, as a West Ham supporter, the past year has been a challenging one. I once held the world record on Nintendo Wii for 'fastest turkey-plucker', a record I stubbornly held for approximately 2 minutes before it was broken again, leaving my dreams in tatters.

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Karen Jones Short Term Hire Developer

Contact:

Karen.Jones@briggsequipment.co.uk

I work out of the Haydock Dept in the Short-Term Hire Dept as a Rental Developer. I am also on the Haydock Charity Team. I own the Briggs Wellbeing Dogs and have worked for Merseyside Police for the Last 3 years.



Ben Witton HR Assistant – GB

Contact:

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Ben.Witton@Briggsequipment.co.uk

I am a HR Assistant working as apart of the HR Team and have been apart of Briggs Equipment for just under 1 year. I love football, especially my team Wolverhampton Wanderers. As well as this I love travelling, listening to music and hanging with Friends. If people want to contact me for support please feel free to do so.



Claire Powney England & Wales Service Centre Manager

Contact:

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Claire.Powney@Briggsequipment.co.uk

I'm Claire Powney, England and Wales Service Centre Manager, working within the Operations Team. In my personal time I'm normally running, walking or open water swimming, I always need to be on the go and have a work hard, play hard attitude to life. I became a MHFA to raise my awareness for when people are struggling and to have the tools to give them the right advice

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Dee Deo
Hiremech

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Dean Smith
Field Service Engineer

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I'm a 26 year old field service engineer working for Northern Forklift, where I started as an apprentice in 2014, across the central belt of Scotland.



Chloe Bodley
SHEQ Administrator

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