



November Newsletter

We're excited to share the latest edition of our monthly newsletter! Inside this issue:

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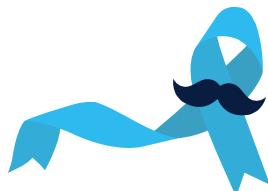
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Movember and Men's Health Awareness Month

Promoting Men's Health and Wellbeing



November marks Movember and Men's Health Awareness Month, a time to raise awareness of men's physical and mental health issues. The campaign encourages conversations around topics that are often overlooked, including mental wellbeing, prostate cancer, testicular cancer, and the importance of regular check-ups.

Employers are encouraged to create supportive workplaces where male colleagues feel able to discuss health concerns openly and access appropriate resources. Initiatives might include awareness campaigns, wellbeing workshops, fundraising activities, or promoting access to health services..

By engaging in Movember, organisations can help break down stigma, encourage healthy behaviours, and demonstrate a commitment to employee wellbeing. Supporting men's health benefits individuals and fosters a more inclusive, caring, and productive workplace.



A Global Leader in Hospitality and a Great Place to Work

Hilton (NYSE: HLT) is a leading global hospitality company with a portfolio of 24 world-class brands comprising more than 8,600 properties and nearly 1.3 million rooms, in 139 countries and territories. Dedicated to fulfilling its founding vision to fill the earth with the light and warmth of hospitality, Hilton has welcomed over 3 billion guests in its more than 100-year history, was named the No. 1 World's Best Workplace by Great Place to Work and Fortune and has been recognized as a global leader on the Dow Jones Sustainability Indices.

This month, we are proud to highlight Hilton's recent **Great Place to Work** certifications. In Europe, Hilton achieved the #2 top spot overall, making it the **number one hospitality employer across Europe**. In the UK, Hilton continues to shine with the following rankings: **#1 Great Place to Work UK, #2 for Development, and #3 for Women**.

These achievements reflect Hilton's commitment to creating an inclusive, supportive, and inspiring workplace where colleagues can grow and thrive, delivering world-class hospitality while championing diversity, equity, and inclusion.

Remembering Those Who Served



In the UK, Remembrance Day on 11 November marks the armistice of the First World War in 1918, while Remembrance Sunday, observed on the second Sunday of November, is when most public ceremonies and services take place across towns and cities. Both occasions honour the service and sacrifice of members of the armed forces. While the official days are specific, the spirit of remembrance can be observed throughout November, reflecting on the contributions of those who served and the impact on communities nationwide.

World Diabetes Day



World Diabetes Day, observed annually on 14 November, serves as a reminder of the growing impact of diabetes across the UK and worldwide. The day highlights the importance of raising awareness about prevention, early diagnosis, and management of the condition. Employers and communities are encouraged to share information, promote healthy lifestyles, and provide support to those living with diabetes, helping to foster understanding and reduce stigma.

For workplaces, World Diabetes Day is also an opportunity to focus on employee wellbeing. Initiatives could include sharing resources on nutrition and exercise, offering health screenings, and encouraging open conversations about living with chronic conditions. By recognising the challenges and supporting colleagues affected by diabetes, organisations can contribute to a healthier, more inclusive environment.

Lung Cancer Awareness Month



November is Lung Cancer Awareness Month, a time to shine a light on one of the most common cancers in the UK. It's all about raising awareness, spotting the signs early, and sharing support for those affected. Whether it's encouraging health checks, sharing useful resources, or simply checking in with colleagues, there are lots of ways workplaces can get involved. Taking a moment to focus on lung health helps create a supportive, caring environment where everyone feels looked after.



SAAB

SAAB UK

Shaped by Expertise, Strengthened by Collaboration

Saab UK is part of Scandinavia's largest defence company, uniting the strengths of Swedish and British innovation to deliver world-leading solutions across defence, aviation, space and civil security. With more than three decades of continuous presence in the UK and over 550 employees, Saab UK has established a nationwide footprint that supports customers with robust, future-ready capabilities. Its eight major facilities span Training and Simulation in Wiltshire, Seaeye underwater robotics and Sensor Systems in Fareham, Public Safety Solutions in Hull, the Software Technology Centre in Farnborough, BlueBear's autonomous swarm technology in Bedford, and its London headquarters.

Working in Partnership

Saab UK's approach is built on long-standing collaboration with UK customers, government and industry. As part of Saab AB's global operations – encompassing more than 22,000 employees and activity on every continent – the UK business draws on significant international expertise while maintaining the agility and innovative mindset of a fast-growing organisation. This enables Saab to deliver effective, reliable and scalable solutions to complex challenges, supporting partners in anticipating and addressing emerging threats.

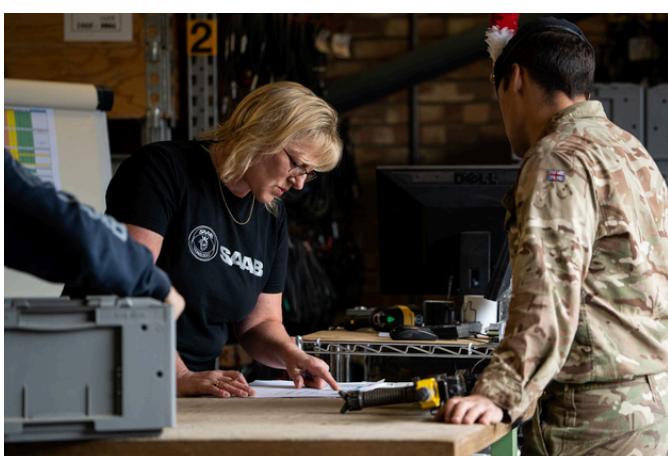
Investment and Innovation

Innovation is central to Saab's offer. In the last year, Saab has reinvested 17% of its annual revenue into research and

development, strengthening its ability to collaborate with UK industry and academia on new capabilities. Alongside this, Saab has committed £100 million to UK investment, reinforcing its role as a trusted strategic partner with a long-term commitment to the UK's security and technology ecosystem.

Working with Saab UK

Saab UK fosters an environment where talent can progress and where diverse perspectives help shape future solutions. While supporting professional growth, the company also recognises the importance of balance, enabling individuals to thrive both within and beyond the workplace. For partners, this culture translates into a dependable, forward-thinking organisation ready to deliver high-quality outcomes built on shared ambition, innovation and integrity.



Keeping people and society safe



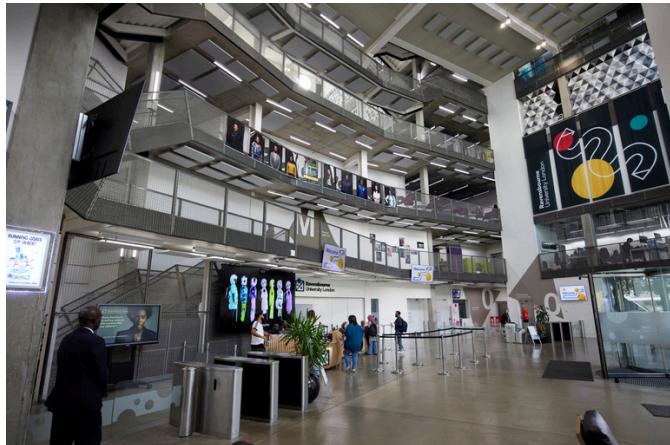
Ravensbourne University London

Built for Industry, Shaped by Creativity

Ravensbourne University London is a dynamic institution at the intersection of creativity, business, and technology. Based in London's Design District in the heart of North Greenwich, it is home to a diverse, global community in one of the capital's most vibrant creative and business hubs.

Learning with Industry

At Ravensbourne, industry and education work hand in hand: "We learn with industry; industry learns with us – and together we transform lives." With cutting-edge facilities and strong industry connections, the university empowers students with the skills, knowledge and experience needed to thrive in their careers. Courses are designed to foster collaboration, innovation and real-world learning, preparing graduates to become leaders across the creative, technology and business sectors.



accreditation for both Architecture and Interiors courses.

With 89% of graduates in skilled work or further education within 15 months of graduation, Ravensbourne's industry-led approach ensures students are ready to enter their chosen fields. Nominations in the Postgraduate and International categories at the 2025 Whatuni Student Choice Awards further highlight its commitment to world-class education.

Working at Ravensbourne

Ravensbourne offers a range of staff benefits including a hybrid working model, competitive pension scheme, employee assistance, and cycle-to-work, as well as generous annual leave entitlements.

If you are not afraid to think bold, act big and celebrate difference, Ravensbourne University London could be the place for you.



Recognition and Impact

Recognised for excellence, Ravensbourne has been ranked Top 10 in the UK for student employability by Uni Compare, named a Top 5 University in London by Student Crowd, and holds a Silver rating in the Teaching Excellence Framework (TEF). It is also the only university worldwide to receive RIBA

Noteable Dates



All month:

Movember

Men's Health Awareness Month

Lung Cancer Awareness Month

9th November: Remembrance Sunday

11th November: Armistice Day

14th November: World Diabetes Day

16th November: International Day for Tolerance

19th November: International Mens Day