

Most Inspiring Employee of the Year

Winner

Stuart Clack, National Grid Grain LNG

This category recognises an employee who has inspired their workplace by breaking down the stigma that surrounds mental health, and growing awareness of how positive mental health can help colleagues develop

Electrical technician Stuart Clack has a passion for looking after others, which ensures he is always involved in wellbeing at his workplace, National Grid Grain LNG. Having started as an electrical contractor in 2005, Stuart made the move to permanent technician staff in 2010. The terminal expanded rapidly, and Stuart was asked to become a Wellbeing Champion, a commitment that soon paid off. Having created the first ever wellbeing strategy for the site, Stuart continues to concentrate on fostering strong networks both internally and externally, while keeping up to speed with everything else involved in his role.

Stuart is well-placed to know about mental and physical wellbeing. A busy single parent of two, he suffered from asthma as a child, resulting in long spells of absence from school. Progress in class was affected as a result, and several different career paths followed, until an opportunity arose to attend college while working as an electrical assistant.

Pride in overcoming obstacles is an ethos that runs through Stuart's work, as well as a deep understanding of the struggles people experience in life and at work.

Recognised as a Better Medway Champion, he continues to forge strong ties with communities and local charities. Stuart has organised several town halls, impactful events with talks given by external speakers on mental health awareness. Colleagues describe Stuart as tenacious, dedicated and determined to



Stuart brings a deep understanding of people's struggles to his work. He is heavily involved with organising events to help communities in and around his workplace

Highly Commended

→ Alex Hyde
BIE Executive

Shortlisted

→ Jack Green
Accenture

→ Gemma Porter
Oliver Wyman

→ Liz Rotherham
Guy Carpenter

Judges' comments

make wellbeing at Grain LNG the best that it can be.

Achievements

Stuart's dedication to his roles both at work and in the arena of mental health are apparent in the results he has achieved. Aside from his role as Wellbeing Champion, his varied networking skills have led to numerous on-site training initiatives, including Mental Health First Aid, Mental Health 'Lite', Suicide Prevention Awareness (West Kent Mind), and 'Connect 5', a Medway Public Health & RSPH course that Stuart is trained to deliver. His knowledge and understanding have led him to help develop a mental health training course delivered by actors, designed to bring everyday issues to life. Alongside his own busy career at LNG, Stuart has also found the time for tireless fundraising, including cycling from London to Paris twice, as well as participating in charity runs and obstacle courses. To date he has helped raise more than £30,000.

He is heavily involved with the Community Team at Grain (CAST), which organises events for the benefit of the company's internal and external communities. This has included planning help for a local special needs nursery, volunteer reward lunches, and a scheme where employees give practical help and time to socially isolated residents. Current projects include planning a 'Time to Change' event at Slough Fort, uniting several local mental health charities to break down the stigma surrounding the subject. ■

Such an inspiring read, incredible work! Stuart's passion for wellbeing is obvious and his impact extends far beyond Grain LNG into his local community. He has gone above and beyond, and what he has achieved inside and outside of his organisation is nothing short of remarkable.

Stuart is an inspiring individual impacting those around him greatly.