

News Release

January 2018

APEX HOTELS JOINS FORCES WITH MENTAL HEALTH SOCIAL ENTERPRISE IN SCOTTISH INDUSTRY FIRST

In a first for the Scottish hotel industry, Apex Hotels has partnered with MHScot Workplace Wellbeing C.I.C to deliver Scottish Mental Health First Aid courses throughout 2018 for members of the public.

The collaboration between Apex Hotels, who will provide training facilities at its Apex City of Edinburgh Hotel and MHScot, who will deliver the courses through specially trained instructors, came into being due to the hotel group's constant strive to provide pioneering training and support to its employees.

The open courses explore the meaning of mental health and provide attendees with the skills to speak confidently to both colleagues and friends who are experiencing poor mental health, and provide information on where to find help and support within the community.

Apex Hotels HR Officer, Jennifer Matheson, was the first of the hotel group's employees to take part in the two day course in September 2017, and immediately saw the benefits it would bring to both Apex Hotels and the hotel industry in general, by tackling stereotypes and stigma that can come with low mental health within the workplace,

The first two-day course took place on the 17th and 24th of January and was attended by 15 professionals from industries including, Dentons, Scottish Widows, The Salvesen Mindroom Centre, The Spartans Football Club and The Chartered Institute of Payroll Professionals along with a number of key Apex employees keen to learn skills needed to spot and support employees struggling with poor mental health.

Jennifer Matheson, Apex Hotels HR Officer, said: "At Apex, we continually strive to provide the best support and guidance for our employees. With mental health discussed more within the media and the increasing understanding of its impact and importance, we felt that creating a partnership with

MHScot would provide our staff with the skills to deal confidently and correctly with any issues that our team members may face.”

Catherine Eadie, Director of MHScot, said: “Working together with Apex Hotels benefits both organisations, as well as course participants from the wider community. Being able to run courses here at the Apex City of Edinburgh Hotel ensures that participants from far and wide not only have easy transport access to the course but can enjoy the excellent meeting facilities, whilst learning important new skills.”

Those who take part and complete the full two-day course will be certified Mental Health First Aiders and will benefit from the confidence to speak to individuals struggling to deal with a variety of mental health issues.

There are six more courses available throughout the year including March, May, September October November and December with a number of places open to the general public.

Bookings and costs for these open courses or enquiries for in-house training can be made by visiting Scotland’s Mental Health First Aid page - <https://www.mhscot-consultancy.co.uk/scotlands-mental-health-first-aid/>

Ends

www.apexhotels.co.uk

Note to Editors:

Apex Hotels is one of the UK’s leading independent operators of four star contemporary hotels. Headquartered in Edinburgh, the group operates 10 hotels in London, Edinburgh, Glasgow, Dundee and Bath.

Hotel portfolio:

Apex Grassmarket, Edinburgh 31-35 Grassmarket, Edinburgh, EH1 2HS	Apex City Quay Hotel & Spa, Dundee 1 West Victoria Dock Road, Dundee, DD1 3JP
Apex Haymarket, Edinburgh 90 Haymarket Terrace, Edinburgh, EH12 5LQ	Apex City of London, London 1 Seething Lane, London EC3N 4AX
Apex City of Edinburgh, Edinburgh 61 Grassmarket, Edinburgh, EH1 2JF	Apex London Wall, London 7-9 Copthall Avenue, London EC2R 7NJ
Apex Waterloo Place, Edinburgh 23-27 Waterloo Place, Edinburgh, EH1 3BH	Apex Temple Court, London 1-2 Serjeants’ Inn, London EC4Y 1LL

Apex City of Glasgow, Glasgow 110 Bath Street, Glasgow G2 2EN	Apex City of Bath, Bath James Street West, Bath, BA1 2DA
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