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This year marks 150 years of BHSF making a difference to the lives of working people across the UK.

This year marks a significant milestone for BHSF as the company celebrates 150 years of service.

BHSF was founded in 1873, with the guiding vision of making a difference to the lives of ordinary working people when healthcare was often inaccessible to many. Today, we remain committed to our customers and those that benefit from our products and services. We will continue to provide best-in-class health and wellbeing services in an ever-changing landscape.

The BHSF Festival

As part of our birthday celebrations, we hosted the BHSF Festival. It brought together colleagues and their loved ones from across the country to enjoy great food, good company, and live entertainment.

Together we celebrated not just our 150 years of history, but also the amazing journey that has brought us here. A journey that has only been possible through our fantastic people.

The event took place in the beautiful Castle Bromwich Hall Gardens. It included fun-filled activities for the whole family. Children had a blast on the bouncy castle and enjoyed lawn games and face painting. Grown-ups enjoyed music from local Midlands band, The Party Crashers, and comedy from Britain's Got Talent semi-finalist, Barbara Nice.

And that's not all. Moreover, colleagues were able to indulge in our on-site food and drink trucks, along with a variety of stalls to look round. St Basils, a BHSF charitable partner and customer for 40 years participated in the event to help raise awareness for youth homelessness. We value our relationship with St Basils and we are committed to providing the highest quality of care and services. Our Group CEO, Heidi Stewart, recently became a Trustee on their Board of Directors.

We would like to say a huge thank you to everyone that made this event possible as well as a special thanks to our volunteer organisers.

150 Pledges

Throughout the year, some of our colleagues have been facing some of the toughest challenges as part of our 150 Pledge. The Big 150 Pledge offers anyone at BHSF the opportunity to actively participate in our celebratory year and do something meaningful for a cause dear to them.

Our Product Delivery Manager, Luke Roberts, will be jumping out of a plane on 22 September, despite having a crippling fear of heights. He's doing it to raise money for the Stillbirth and Neonatal Death

Charity, <u>Sands</u>. Luke has been personally supported by Sands in the past and is keen to raise as much <u>money</u> as possible. That is why he's taking on a challenge that absolutely terrifies him.

After being diagnosed with Breast Cancer recently, our brave colleague made the decision to pledge 12 inches of their hair. This was to raise funds for <u>The Little Princess Trust</u>, who make wigs for young people living with cancer.

What's more, another colleague took on the Three Peaks Challenge for <u>Papyrus</u>, a suicide prevention charity for young people. The challenge consisted of hikers climbing the highest mountains in England, Scotland

and Wales within 24 hours. This was a gruelling task which took a lot of preparation and dedication.

Other challenges have included sleeping out on the streets of Birmingham, running 150K and taking 150 penalties. We are overwhelmed with the amount of support that our colleagues have received so far this year. They have raised a grand total of £12,209 to date. We look forward to seeing how much more we can raise as we head towards the end of the year.

Looking Ahead

We remain dedicated to supporting the health and wellbeing of our customers. We are constantly striving to push the boundaries through innovation and provide the best quality outcomes for our customers for the next 150 years.

Find out more about the History of BHSF across our <u>website</u> and head over to our <u>social channels</u> for further updates.

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