

# THE PRE-MET DIGITAL PRESS

PRE-MET'S COMPANY NEWSLETTER

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### BIRTHDAYS

This month's roll call of colleagues



## WELCOME TO THE **APRIL** ISSUE OF THE PRE-MET PRESS

Hope you are all keeping well. Hands up who'd never heard of the word 'furloughed' until about a fortnight ago?

In these strangest of times, one of the key things is to keep in contact with friends and loved ones in whatever way we can.

To help I have put together some digital ways you can do just that and some other stuff on keeping boredom at bay and keeping your body and mind healthy!

We also have the competition back, which I know was popular from the February edition. Obviously we don't want people chucking in their entries in a communal box in the canteen, so details on how to enter digitally are included.

Birthdays get a mention and I know for those celebrating this month, it will be difficult to really party hard. Mine is next month and I'm already planning a virtual get together. And for those of you wondering who William was in last month's birthday list - that was Danny!

There is a piece on Matt and the team's fantastic work in getting the Aerospace accredited certification, some more on the history of Pre-Met and of course, the last word from James.

Email me at [newsletter@pre-met.com](mailto:newsletter@pre-met.com) with any suggestions on how we can all keep busy during furlough and I look forward to seeing you back on the shop floor when things are returning to normal, hey at least some of us don't need the barbers to be open to have a haircut!

Stay safe.

*Nathan*

Enter  
to Win

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Back by popular demand!

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The team's hard work pays off!



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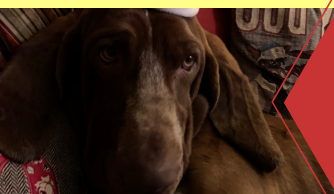
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The second part of our look back



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# HAPPY BIRTHDAY



Happy birthday this month to some of our lovely colleagues.....

NEIL T

SUE

ANGELA

MARTA

Jake

Callum

MARTIN

caroline

MATT H

steve j

SUE

I hope you all find a way to uniquely celebrate your birthday this month!





Remember back in February when we were allowed outside? Football, cinema, restaurants.... the world was our oyster! We also ran a competition back then to find James' dog Higgins in a field and very popular it was as well. Derek (Michelle) was the one who took home the £100 prize and put it towards a lovely meal with all the family.

We are running another competition, and with stocking the food cupboards at home a priority for many, we are giving away **£100** towards a family shop.

To win, just answer the **5 simple questions below**. The answers can all be found within the content of this month's Pre-met Press. Email your answers to **[newsletter@pre-met.com](mailto:newsletter@pre-met.com)**

Competition will end **30th April** and a winner will be picked at random from all the correct entries. I will then be in touch to give that person the good news!

### Here are those all important questions:

- Q1** Can you name one of the handsome birthday boy's pictures featured in this month's birthday page?
- Q2** What type of accreditation did Pre-Met recently retain after a successful audit?
- Q3** Which aunty is sharing Covid-19 doom and gloom on Facebook from the self-isolation advice pages?
- Q4** Also from the self-isolation tips pages can you name one of my favourite podcasts to listen to?
- Q5** Finally, from the History Part 2 section - what year did Pre-Met acquire the Design Assemblies company?

## Best of luck!





**Another big thank you from Matt (Thornton) for everybody's time and assistance in maintaining our aerospace accredited certification.**

**Matt commented on the importance of retaining the certification,** *"Today saw the last day of our 3 day on-site BSI surveillance audit for our Aerospace accredited certification. I'm pleased to say we have retained this accredited certification. Audit results revealed only 1 minor non-conformity, this related to an incorrect issue level on one of our route cards, of which I will resolve within 7 days.*



*Overall an excellent audit result and a recognised improvement on last year's BSI audit.*

*Many thanks to those that were involved in the pre-audit planning, and to those that took an active part in the audit itself.*

*Please thank all respective team members for their continued efforts in maintaining our conformance levels and improvements. We have opportunities to further improve of which I will be conveying and implementing with your help in the coming months.*

*The final PDF audit report is yet to be published, but will be available tomorrow for those who wish to see it.*

*May I take this opportunity to remind everyone of our next upcoming ISO14001 (Environmental) audit which will be carried out next week by BSI on Tuesday 17th and Wednesday 18th March 2020.*

*Please be mindful of our housekeeping and waste streams, do not mix/contaminate our waste in incorrect bins etc...as recent events have shown, this is a huge cost to the company, and will result in unfavourable results during the audit and for our business.*

*Keep it clean and maintain a controlled and safe working environment."*

Thanks

*Matt*



# COVID-19 ADVICE ON SELF-ISOLATION

We all know the score. One trip outside a day for some daily exercise and infrequent shopping for essential items - yes, I judged myself when I put a family bag of Revels & a six-pack of Quavers in my basket.

But what to do with the all the other hours of the day we are cooped up? Of course TV should play a part in our relaxation time, but there are only so many episodes of Homes under the Hammer you can watch before your eyes become glazed over and you find yourself craving for something else to do.

With this in mind, I've put together my favourite ways of utilising this unusual isolation period as best we can. Use it wisely, it's unlikely to ever happen again. And you know when you are back at Pre-Met and people ask you what you did with your time, you don't want to admit to just binge watching Mrs Maisel!

## Tip One - Books

Bear with me, I know this may sound like a dull place to start. But I've got bookcases of books I've been meaning to read and never have. Grab a blanket, a hot drink and a good book - although I probably wouldn't read anything apocalyptic themed right now!

## Tip Two – Stay connected

One of the very worst things about isolation, is the lack of contact with friends & loved-ones. Not being able to have the Mothers around to celebrate Mother's Day was tough for many. So, now is the time to try those digital ways of communicating that you may have always avoided. From [Zoom](#), [Whatsapp](#) to [Houseparty](#) - there are a ton ways we can keep in touch.

## Tip Three – Stay Fit

I miss playing football and getting out for long walks. But isolation shouldn't give me an excuse to return to work in elasticated trousers. I'm sure we've all seen Joe Wicks inspiring the nation to get off the sofa and getting a bit of a sweat on. You can find his 7 days of sweat videos by clicking [here](#), which is a good place to start.

If that's not your thing, then make sure you get out of the house every day for at least an hour's walking if you can. You should cover around 3 to 4 miles, depending on your pace and you will really start to see the benefit.

# SELF-ISOLATION

## Tip Four– **Play games**

I play poker with a group of friends once a month. We take it in turns to host and cook some simple fodder like meatballs or Pizza. With that now obviously out of the window, we are using an online Poker platform to host a private game and the aforementioned Houseparty to see all our lovely middle-aged gurning faces. With my djing background (DJ Natski in case you are wondering) I spin some Nineties tunes up and we happily wile away a few hours playing cards and having a good laugh!

I'll also be reuniting myself with the PS4 and dusting down a few board games to play with my better half, which will be slightly more civilised than the daft banter I have with my poker buddies!

## Tip Five – **Set a task a day**

Beyond the usually mundane housework tasks, there will be those things that you always put off, or never have the time for. Get stuck in. But make it manageable. I know that in the next couple of weeks that I'll need to tackle the shed, which has been a disaster zone for about 20 years. I need to empty it and paint the door. I also need a new toilet seat fitting and the porch walls need a lick of paint – what a hedonistic few weeks await!

## Tip Six – **Learn to cook or bake**

I can cook a few things (meatballs for the poker boys) but it really isn't my forte. But with all this extra time on my hands, perhaps now is the time I can add a few more dishes to my less than impressive inventory of recipes. And, if like me, you could do with a little inspiration, then you need people like [Jack Monroe](#), who can whip up a cracking cheap meal (click [here](#)) or the [happy foodie](#) who will give you some ideas on store cupboard recipes (click [here](#)).

## Tip Seven – **Kids**

Celebs like [Konne Huq](#) do an amazing job of explaining Covid-19 to kids, in the way you or I may not be able to. You can watch her recent video by clicking [here](#).

Now, I don't have any little ones running around the house getting bored and repeatedly asking mum or dad what they can do. If you do and you are pulling your hair out thinking of stuff to entertain the little cherubs, then there loads of online resources which will help you to do just that. Here are a few links to sites with an array of things to do to keep kids entertained at home. Simply click on the numbers and it will take you there – **(1, 2, 3)**.

# SELF-ISOLATION

## Tip Eight – Spread a little joy on Social Media

We've all read that typical post from an Aunty Wendy as she spreads more doom and gloom about Covid19 on Facebook. With rolling 24 hours news dominated by the pandemic, sometimes you need an escape and that's where things like WhatsApp, Twitter and Facebook can really be positive tools if used in the right way.

I've got a WhatsApp group set up with about 20 of my family members and we share some of the funny memes that have been doing the rounds, isolation tips, as well as reminiscing about days gone by. There are also artists doing live gigs on Instagram and joining in and chatting to fellow fans can be another way to feel connected in these strangest of times.

## Tip Nine – Enjoy the precious time with loved ones

It may sound a bit clichéd, but how often do you get to spend an extended period of quality time with the ones closest to you. Granted that you may have to Skype grandma or feel like locking the kids in the shed just for some peace. But if you actually really enjoy your better half's company, as I do, then make sure that you utilise this period of self-isolation and spend some real quality time together.

We have however started to discuss what's for dinner that night at around 9:30am, so maybe we haven't cracked it just yet!

If you live on your own, then make sure you stay in contact with people, either through online methods or talking on the phone. There are some links at the end of this article to mindfulness, wellbeing and how to be deliberate in activities that are positive, heartwarming, stress reducing and laughter inducing!

## Tip Ten – Podcasts, Audiobooks and Music

My commute to Pre-Met means I'm typically in the car for around 2 and a half hours a day. I'm not a fan of the radio, so I fill my journey up with Podcasts and Audiobooks. Anybody looking to dip into this world can start with **BBC Sounds** or your usual podcast providers – for podcasts (obviously) and then **Audible** for audiobooks, who do a free 30-day trial.

You will have your own taste, but my current podcast favourites are a varied bunch – Adam Buxton, Justin Moorhouse, Frank Skinner, Desert Island Discs, Friday Night Comedy, You're Dead to Me, Shagged Married Annoyed, Evil Genius, The Treehouse, At home with Colin Murray, Fighting Talk, Clinton Baptiste, Quickly Kevin, Peter Crouch, Susan Calman, The Birthday Game and Comedy of the Week to name a few! Give them a go, you may find something in that lot you like.

I'm also rediscovering some music that I'd forgotten. Try putting together a few playlists, maybe using **Spotify** and share with friends and family.



# SELF-ISOLATION

## Tip Eleven - Relax

At the end of this self-imposed exile, remain calm and know that the world will find its way back to normality, albeit it may take a little while. Take a bath, read a book, listen to a podcast, have a glass of wine, watch some TV – whatever is that will help you get through this, ready to come out of the other end refreshed and ready to go.

## And finally.....

I have my cousin Jodie to thank for sending me this final link to a brilliant resource of online boredom-busting resources. You'll find everything from virtual zoo tours, games, music, free ebooks, virtual museum tours, wellbeing resources to spiritualism. Click [here](#) and dip in, it's really good!

I hope something above helps you stay positive and starves off the boredom over the next few weeks. Stay safe, and I look forward to seeing you back on a press soon.

Nathan

# HISTORY OF PRE-MET PART TWO

In last month's Pre-Met Press we finished our look back at the history of Pre-Met in 2008 and the acquisition that year of J.Ross.

We now move on to 2010 and it was ten years ago that Pre-Met acquired Mosses & Mitchell, a respected manufacturer of professional audio and video jacks and a business with an enviable reputation as the No. 1 choice by audio and video professionals the world over.

Mosses & Mitchell were formed in 1865, initially specialising in the manufacture of insulation blocks for railway carriage suspension (advert from the right is from 1921).



You can read more about their fascinating history and range of products by visiting [here](#).



Design Assemblies, established in 1965, specialising in standard ceiling products, such as cage nuts, compression rings and retaining clips, were acquired in 2015. Their product range (along with Andy Brocklehurst) were absorbed into the Redditch site. The majority of their product range still make up a large core part of the Pre-Met business and many of the parts are unique to Pre-Met.

## A.Berck Ltd

### Pressed metal products



A. BERCK LTD-TITAN WORKS- PLEASANT STREET- WEST BROMWICH- WEST MIDLANDS B70 7DP-ENGLAND- 021 563 2726/7/8  
TEL EX 330445

2019 saw our largest acquisition to date of Berck Limited. Like Pre-Met, Berck were a company producing high precision metal pressings and assembling components for diverse industries throughout the world.

The additional machinery acquired from the Berck plant, not only increased our capabilities in the aerospace and automotive sectors, but it also meant we were less dependent on outsourcing certain stages of the manufacturing process.

This means we continue to bring products from conception to production quicker to market than we have been able to in our proud history.

Today Pre-Met has a healthy turnover and employs nearly 100 people at our Redditch facility.

As we embark on an exciting new chapter for the business, expect further growth over the years. Watch this space!



# The last word with James

**Dear Pre-Met team.**

By now I hope that everyone in the business will have received a letter from the company explaining the situation regarding Covid-19, our planned shutdown and also an overview on personal financial planning through the impacts that will occur in future payroll.

I do appreciate that this is an incredibly uncertain time for you all. Unprecedented is a word that perhaps describes it all but doesn't give it the fullest depth to the countless areas of our lives that are currently being impacted and will, it seems continue to be so, for some time to come.

I want to let you all know that as a company and management team we have taken timely and proactive action to manage the business toward an orderly temporary shutdown.

Whilst at this time we still continue to close out those final customer orders that we have parts / ability to complete, very soon the press shop will fall silent.

However we will be maintaining our lights on and our heart beating throughout this period.

Mitigating the immeasurable financial impact whilst regularly continuing to liaise with our supply chain and to work to be ready for dialogue with our customers as they emerge and reschedule their needs.

None of this has been done before, not since WWII anyhow - and so it is very much a learning process and a time to manage with calm, measure and thoughtful actions to be taken.

Please be assured that the company, and actually Ken, Gerry, Martin and I are acutely aware of our responsibilities to doing our very best for Pre-Met and for seeking to steady the business and prepare it to emerge in the weeks / months to come - stronger.



# The last word with James



But everyone has their own part to play now too. So what do we need from you?

I want to encourage everyone of you to play your part and stay at home and stay safe.

Look to use this time to, pause and re-balance your personal well-being. To be kind and patient on yourselves and to enjoy unexpected additional time with loved ones.

Recharge, restore and rest.

In the coming days as the weather starts to show signs of improvement - enjoy fresh air where you can safely and perhaps get all those jobs that have been hanging about for ages - now completed.

When our presses are back to thumping the metal - and they will be! I want us all back standing together.

So I will try to ensure regular communications flow and I encourage you all to remain in contact with the company via myself, Gerry or Martin.

Look out for the next edition too of the Pre-Met press - I am hoping whilst this is an unusual time - there can be some interesting competitions and the like to share amongst us to keep our spirits soaring high.

**Stand together by standing apart.**

*James*

**THANKS FOR READING - NEXT ISSUE OUT MAY 4TH**