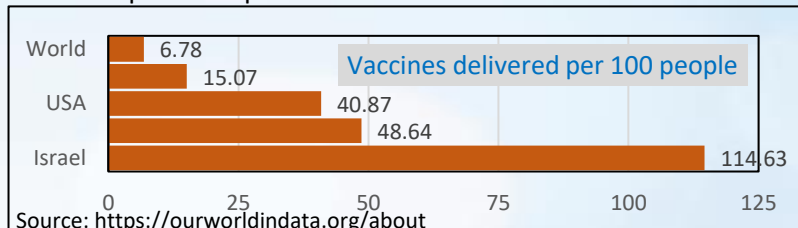


High 5 Events Spring 2021 Update

Current Status

- The **light at the end of the tunnel** has been switched on. But at times, it still seems a long way off and a tentative journey. Vaccine roll-out in the UK currently continues at an impressive speed.



- Progress across Europe remains sadly behind the UK making it unclear when **foreign travel for business** and leisure will be permitted.
- Pilot events are starting** to establish what safety measures will be needed for the re-start. However, the type, size and relevance of these tests to our industry is still under review.
- There is an increasingly **positive feeling** about activity for Q3 and Q4 but expect some Covid safety precautions to remain – so talk to us early to discuss your plans so we can assist in delivering a **Covid Safe Event**.



Easter Egg Hunt

Check out our new website and use the Contact Form to tell us how many Eggs the Easter Bunny has dropped on our web page
www.high5events.co.uk
Correct entries will be entered into a prize draw for a Fortnum & Mason Afternoon Tea Hamper!

One Solution, Endless Opportunities, Events Recharged!

- Make good use of a crisis is often the advice to business. At High 5 we certainly have! In just 12 months our business has changed sooooo much. We have overcome some of our biggest challenges and delivered some of our largest and most creative events.
- Our website update reflects our newer activities and includes many new case studies.

Surviving Lockdown

- How are you and your team managing with current lockdown life? The end appears tantalisingly close but this is perhaps adding to our mental stress as not there yet.
- Is your team **in need of a bit of TLC** and some strategies to cope? You could consider following Channel 4's "Zoom Free Day" for all their staff, or create a self-care bingo card for your team to try in the next month.
- High 5 Events recently delivered a **Step Activity Challenge** for 200+ staff from one site who were mostly remote working to encourage them to step away from their computers and be more active and healthy.
- We can also offer a range of one off **Wellness Sessions** or build a mini-series to support your team over a longer period as we all keep pivoting (*aka spinning*) in this rapidly changing world. Talk to our team about a Top **10 Nutritional Wellness Hacks** Session to boost your immunity, **Stress Relief** through Breathwork, **Practical Mindfulness** or an **Introduction to Yoga** specifically for those certain they can't do Yoga! And many more options besides!!! We can tailor a 15-90min session to suit your needs.
- Let us help** to keep you going until we all reach the end of the Covid tunnel!



Contact us for all your event needs!

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Stay safe &
Happy Easter