

Ball of Good News

16th May 2025

Welcome!

Welcome to the latest issue of the Ball of Good News, bringing you all the latest from Yellow Ball and news around the Three Pillars: People, Environment and Community. We hope you enjoy it and as always, we would welcome your feedback or suggestions for future issues.

This week is Mental Health Awareness week and will be the focus on this edition. We'll be speaking with three Mental Health First Aiders about why they wanted to help others and what they've learned from this course.



Edited by
Ryan Haynes

Eye on the Ball



People

New Venue Opening team is hard at work at Electric Shuffle Kings Cross training all our new colleagues all things Electric Shuffle



Community

Did you know that 75% of our wall dressing is upcycled from Antique fairs and online purchases



Environment

We are launching the Community Plan this month and will start fundraising for the Yellow Ball Foundation supporting our local charities

Venue of the Month – Flight Club Bloomsbury

Firstly, we've implemented Simpler Recycling, diverting food waste to anaerobic digesters to create bio-methane instead of landfill pollution. We also recycle plastics, glass, and tins to reduce general waste.

We've chosen MediCinema as our charity. MediCinema is a unique cause that brings the comfort of movies to patients facing progressive illness, palliative care, mental health challenges or anything similar, offering moments of escape and relief during difficult times. We all know how relaxing and calming it can be to sit in front of a film on a Friday night; this gives that same opportunity to those who need it most.

Looking ahead, we're planning to host a competitive charity tournament in the next quarter. We've been hosting progressive Industry Tournaments and have a great list of contacts we can use. We'll charge a ticket price, which will go towards the Yellow Ball Foundation. The winner will receive a prize—perhaps a dartboard—making it a fun and impactful start to our fundraising efforts.



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Mental Health Awareness Week

At Red Engine, we know our people are the heart of everything we do. This week is Mental Health Awareness Week, and we wanted to highlight the power of support, conversation, and connection and give a shoutout to some of the amazing Mental Health First Aiders throughout the company. These people have taken the time to learn, listen and be there when things get tough. Whether you need a quiet chat, helpful resources, or just someone who gets it—they're here. We asked three of them what being an MHFAider means to them:

💬 "We'd never ignore a broken arm—so why ignore mental health?"

— Tomi Bondar, Electric Shuffle Manchester

Tomi didn't just want to be a First Aider for cuts and sprains; he wanted to be there when someone's day was falling apart inside their head, not just outside. "It's sad how many people still struggle in silence," he says. "We are so much more than just our limbs, yet most of the time, we only seek help for physical things."

He's found that the MHFA training didn't just equip him to help others, but also helped him check in with himself. "I noticed a few patterns in my own life where I needed to make changes. That was an unexpected gift."

🏠 What keeps him grounded? "Our venue team. We've built a mini community here, and half of my closest friends work at Red Engine!"

💬 "I wanted to be someone my team could talk to without fear."

— Alexandra Phillips, Electric Shuffle Leeds

For Alexandra, becoming an MHFAider was about making mental health conversations normal, not scary. "I wanted people to feel like they always had a safe space, where someone would listen without judgment and with practical advice when needed." She's a champion of connection and well-being in Leeds, not just through mental health work but also by getting involved in clubs, training sessions, and community outreach. "I'm proud that Red Engine doesn't just talk about supporting people—we actually do it."

🌟 CSR star: "We're partnered with the St. Vincent's Centre, donate to charity raffles, run food bank drives, and now our Run Club is taking on the Leeds 10K to raise money for them!"

💬 "Work is such a big part of life—we need support when life gets messy."

— Tabitha Odutayo, Red Engine

Tabitha knows how hard it can be to show up at work when everything else feels overwhelming. That's why she stepped up as a MHFAider: "Sometimes it's just about having someone say, 'Hey, I see you. You're not alone.'" She loves Red Engine's inclusive spirit, where departments don't just stay in their lanes; they mix, mingle, and care about one another. "That sense of openness really matters when you're struggling with your mental health."

💛 Community hero: "I'm really proud of the Yellow Ball Foundation—we're using our menus to fund real support in our local communities. It's not just lip service—it's action."

🌟 Mental Health Matters

There's no "right" way to feel—just your way.

Asking for help is a sign of strength.

We all have mental health—and it deserves care.

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Did You Know?

Mental Health Awareness Week was first held in the UK in 2001, and each year it highlights a different theme — from nature to loneliness to movement — to spark positive change. This year's theme is "Community".

Having a trusted colleague or work friend can significantly increase job satisfaction and resilience to stress. Social support is one of the strongest predictors of well-being at work.

Yellow Baller of the Month

Where are you from?

I'm from Italy

How long have you been at FC?

I've been working at Flight Club
Bloomsbury for 3.5 years

Top 3 Songs for Radio

Tieduprightnow by Parcels
Last Nite by The Strokes
Losing My Religion by R.E.M

Favourite Sandwich

Difficult one.... Mozzarella and
Sundried Tomatoes

Your favourite hobbies?

Hiking and cycling

Reason for joining Yellow Ball?

I believe our life has a value only if we give every other life around the planet the same value: including animals and green life. I saw Yellow Ball as a good change to give my contribution and take concrete action as part of an organisation that aligns with this vision



Morena Cardone

Fun Fact!

Acts of kindness, like holding the door for someone or writing a thank-you note, release oxytocin – a hormone linked to emotional warmth and bonding. Being kind is good for your health, too.



Thanks for reading!

If there's a topic you'd like us to cover in a future edition of the Ball of Good News, if you have any question, or would like to get involved, please contact your Yellow Baller!

