

Connect

Stay connected

150th ISSUE OF CONNECT

EXTENDING OUR LEGACY

Dave Ogle talks about extending the lives of some of our most productive nuclear power stations.

JANUARY 2025
ISSUE 150

Defueling finishes at Hunterston B

Hydrogen focus

A year supporting our charity partner Alzheimer's Society

Self-care tips to start the new year right



EDITORS' NOTE

Welcome to 2025 and our 150th issue. Our first ever Connect was in July 2003, more than 20 years ago, and we're so proud that Connect is still going strong over two decades later.

Connect does what it says in its name, it connects all of the EDF families together. With more than 10,000 employees, it's a special place to celebrate what's going on in all corners of the company.

Over the years we've spoken to many people. Thank you to everyone who's contributed, it's a real pleasure getting to know you and a great way to learn about all of the exciting work you're doing to help Britain achieve net zero.

There are always more stories to discover, so please email us at connect@edfenergy.com with your news and pictures.

Happy New Year and here's to another 20 years of Connect!

JULIA NUTLEY AND KATHY MANSON
The Connect team



WHERE IT ALL BEGAN

Our first ever issue of Connect focused on Project Mango, which was all about rebranding London Electricity and Seeboard to EDF Energy – an important milestone for the company!

Over the years we've achieved so much, from opening our first wind farm in 2008, building Hinkley Point C and developing Sizewell C as well as welcoming new members of our family, like Dalkia and CB Heating. Connect has been an important part of bringing us together so that we can support each other and grow.

Trustpilot

TRUSTPILOT SCORE HITS NEW HEIGHTS

We celebrated the end of 2024 in style by hitting **4.7 on Trustpilot**.

More than 110,000 customers have given us a Trustpilot review, with 78% rating our service five-star.

At the beginning of 2024 we were rated 4.3 and set a target of 4.5. Huge congratulations to everyone in Customers for going far beyond this and achieving such a fantastic score.

FIND OUT MORE ON eNZO



END OF AN ERA

Station Director Joe Struthers celebrates Hunterston B's successful defueling and tells us what's happening next.



I've worked at Hunterston B for over 24 years, most recently moving from Plant Manager to Station Director almost three years ago, just before we began defueling.

Hunterston B stopped generating electricity in January 2022. We started defueling Reactor 3 in May 2022, and in September 2023 it became the first commercial Advanced Gas-cooled Reactor (AGR) to be defueled in the UK. We then started defueling Reactor 4 in November 2023, and less than 14 months later this has been safely completed.

Defueling
Defueling is a process where we remove all the fuel from the reactors. Each of the 308 fuel channels contains a fuel assembly, and each assembly has eight fuel elements. During defueling we visit each channel and exchange the fuel assembly for an empty plug unit. The fuel assembly is then transferred to our irradiated fuel dismantling facility, where the fuel elements are separated and transferred to the cooling pond one by one, and into skips. The skips are then loaded into fuel flasks and transported by rail to Sellafield.

A team effort
Everyone on site has worked hard to achieve this milestone. Colleagues across Nuclear Operations, in particular Nuclear Decommissioning, Design Authority and Independent Nuclear Assurance, have played a vital role. Teams at Hinkley Point B and Dungeness B supported us, for example when we had difficulty dismantling some of the fuel assemblies from Reactor 4.

What happens next?
There's still lots to be done. We need to ship all the remaining fuel from our pond on site to Sellafield and work through comprehensive quality plan checks on all our facilities as part of the fuel free verification process, which we hope to complete by June 2025. At this point we'll embark on the next stage of the station's lifecycle, which is deconstruction.

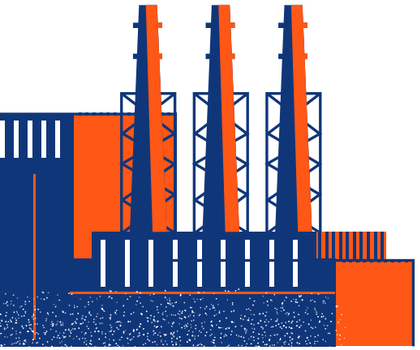


LEARN MORE ABOUT THE DEFUELING PROCESS ON eNZO

↗ The charge machine removes the fuel from the reactor.



EXTENDING LIFETIMES, ENHANCING OUR LEGACY



Dave Ogle is the Head of AGR Lifetime and Nuclear Operations Security Programmes. He talks about the recent lifetime extensions and our aspirations for the future.

TELL US ABOUT YOUR YOURSELF

Work-life balance is important to me. I enjoy time with my wife and two teenage daughters, cycling and creating things out of wood. I'm a long-suffering Newcastle United supporter and part of a chess league with my colleagues.

WHAT IS YOUR ROLE IN NUCLEAR OPERATIONS?

I've held a number of roles in Nuclear Operations and Hinkley Point C. I look after the process for reviewing the lifetimes of the Advanced Gas-cooled Reactors (AGRs) and manage some key technical areas, most notably graphite. The station's lifetime is linked to graphite used to moderate the nuclear fission process which is important for nuclear safety. As a power station ages, almost everything can be replaced or repaired other than graphite and boilers.

My portfolio has recently expanded to include the newly-formed Nuclear Operations Security Programme which looks after physical, personnel and cyber security across the nuclear fleet. This will be an important focus moving forward.

TELL US ABOUT THE RECENT LIFETIME DECISIONS FOR OUR FOUR AGRS

The Board is confident that we can support a two-year extension at Heysham 2 and Torness and a one-year extension at Heysham 1 and Hartlepool.

Lifetime decisions are not the extent of our ambition – they are our best view on the evidence available and our judgement right now. We hope to extend the stations for longer than this and will operate for as long as it is safe to do so. We have identified discovery milestones in 2025 which, if successful, means we can re-evaluate and extend further.

WHAT ARE THE MAIN CHALLENGES INVOLVED IN EXTENDING THE LIFE OF A NUCLEAR POWER STATION?

The biggest challenge is managing uncertainty. Extending the life of a station involves predicting the future and that is really hard! We need to estimate the condition of the power stations as components degrade with age, demonstrate safety cases and predict which will be acceptable to us and our regulators.



> “Lifetime decisions are not the extent of our ambition. We hope to extend the stations for longer than this and will operate for as long as it is safe to do so.



“

It’s the combined work of everyone that gives confidence to the business and the regulators that has influenced the board’s aspiration to extend further in the future.

HOW DO LIFETIME EXTENSIONS COMPARE TO BUILDING NEW NUCLEAR STATIONS?

There is less risk in extending the life of an existing power station, however an AGR’s life is limited. While I hope the recent extensions won’t be the last, it isn’t feasible for the AGRs to operate beyond the early 2030s. In the short-term, extending the lives of stations is a great benefit for EDF and the UK, but medium to long-term we can only secure a low carbon future by building Hinkley Point C and Sizewell C.

WHAT IS THE SIGNIFICANCE OF THESE EXTENSIONS?

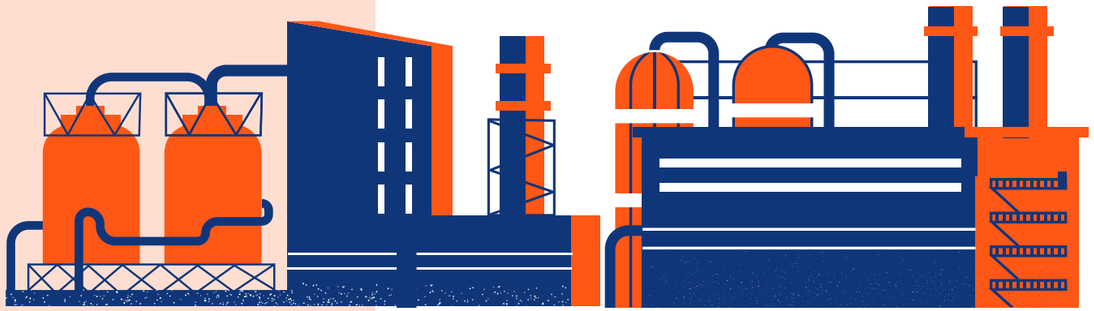
It’s great news for EDF and will be key in helping Britain achieve net zero. Ed Miliband, Secretary of State, recently said:

“The decision by EDF to keep four of the UK’s nuclear plants online is a strong endorsement of our clean power mission. Nuclear is at the heart of our mission for clean power.”

The decisions have provided certainty and longevity for our people working on site – they can continue doing their jobs and finish their apprenticeships. We’re supporting highly skilled and well-paid jobs for longer and maintaining a nuclear skills base for the stations of the future. The extension also has a positive economic impact on the local community.

WHAT ARE YOU MOST EXCITED ABOUT?

The AGRs have a fantastic legacy of producing low-carbon electricity for more than 40 years. I’m really proud that through the company’s investment and the work of my programme, I’ve played a small part in extending these world-class operations.





However, life extensions are not just about the work our programme does – it’s a whole team effort to manage and operate the stations effectively every day. It’s the combined work of everyone that gives confidence to the business and the regulators that has influenced the board’s aspiration to extend further in the future. I’m excited to be part of such a great team.

FIND OUT MORE ON eNZO

AGRs and PWRs

AGR (Advanced Gas-cooled Reactor): uses carbon dioxide gas to cool it down and graphite to help control the reaction.

PWR (Pressurized Water Reactor): uses water to both cool it down and control the reaction. The water is kept under high pressure so it doesn’t boil, even at high temperatures.



INVESTING IN THE ENERGY TRANSITION

Nicolas Ambrosioni is the Head of Venture Capital in R&D and is responsible for investing in partnerships with startups to drive our energy transition goals.

Venture capital investment involves funding startup companies with high growth potential, which can often drive breakthrough innovations. Our company not only invests in these transformative companies but also fosters partnerships to help accelerate the energy transition.

NICOLAS, WHAT IS YOUR ROLE?

I analyse the strategic fit of innovative companies. I oversee the investment process, from evaluating opportunities to collaborations within our company. Post-investment, I work closely with startups to build strong connections that deliver value for both sides.

WHAT KEY PARTNERSHIPS DO WE HAVE?

Our venture capital portfolio includes 22 startup companies (two based in the UK) and 16 venture capital funds, which represent around £400 million investment since we began in 2017. The investments span critical areas such as energy efficiency, hydrogen and renewables. For example, we have backed Bezero, a pioneer in carbon credit rating, and Ekoscan, which develops cutting-edge nuclear inspection technologies. Both are instrumental in strengthening our role in the clean energy transition.

WHY IS IT IMPORTANT FOR BOTH UK R&D AND OUR NET ZERO GOALS?

Our investment helps to drive innovation by accelerating the commercialisation of disruptive technologies and business models, which complement our R&D efforts. For the UK, this means tackling challenges in decarbonisation, energy storage and electrification, which are all vital to achieving net zero targets.
This strengthens our leadership in sustainable energy so we remain at the forefront of the clean energy transition.



WHAT PROJECTS ARE YOU EXCITED ABOUT FOR 2025?

I'm really excited about residential flexibility, where customers can optimise energy use in their homes, a crucial part of the energy transition. After thoroughly exploring the UK market, we've found key opportunities and innovative startups in this area. In the coming months, I plan to connect these startups with our business units to make a strategic investment that strengthens our leadership in this field.



"

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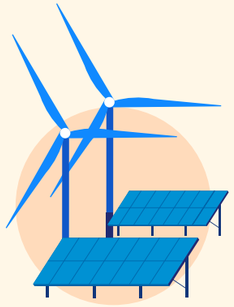
LEADING THE CHARGE

↑ Teesside



Matt Day, Head of Power-to-X, EDF Renewables UK & Ireland, tells us about the vital role green hydrogen has to play in decarbonisation and how EDF is leading the way.

"Power-to-X" refers to using low carbon electricity to create hydrogen and chemicals made from hydrogen. These can be used to help decarbonise high polluting industries like chemicals, shipping and aviation.

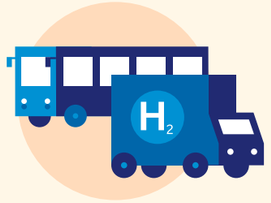


PIONEERING TEESSIDE PROJECT

Our key project is Tees Green Hydrogen. It's the perfect place for us as historically 50% of the UK's hydrogen is produced and consumed in Teesside. We're currently in phase one of the project, which is now all about delivery and getting to the final investment decision.

Phase two involves scaling up production by ten times. In phase three, the aim is to make H2 for e-fuels like methanol, ammonia and kerosene to decarbonise shipping and aviation.

Teesside is an incredibly important region for the company. We've been there for over 40 years with our Hartlepool Power Station and Teesside offshore wind farm, plus our call centre at Doxford. EDF-R has got a new 50MW solar site consented and ready to build to supply our first ever hydrogen project. Across hydrogen, wind and solar, we can help decarbonise so many sectors including homes, industry and transport. We have all these different entities working together to make the company stronger and help Britain achieve net zero.



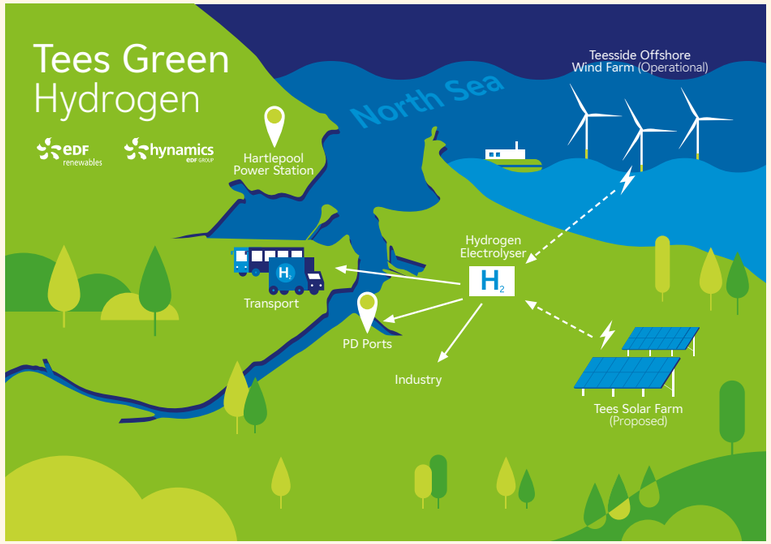
BETTER TOGETHER

We also work closely with R&D. They've been real pioneers when it comes to hydrogen. We've worked with them on feasibility studies with British Steel, for example, to discover if we can use hydrogen in the steel industry. We'll be working with them on future e-fuels plans.

Hynamics work with us on the Teesside project and they bring their hydrogen expertise from France.

Hydrogen will be a vital cog in helping Britain achieve net zero, and we're right at the forefront. We're one of only 11 projects in the UK to secure government subsidy, which was a fantastic achievement I was proud to lead on.

With Teesside, we've got an amazing platform to be a key player in hydrogen in the UK, and to use the knowledge from that for bigger projects around the world.







A YEAR OF SUPPORT

Alzheimer's Society







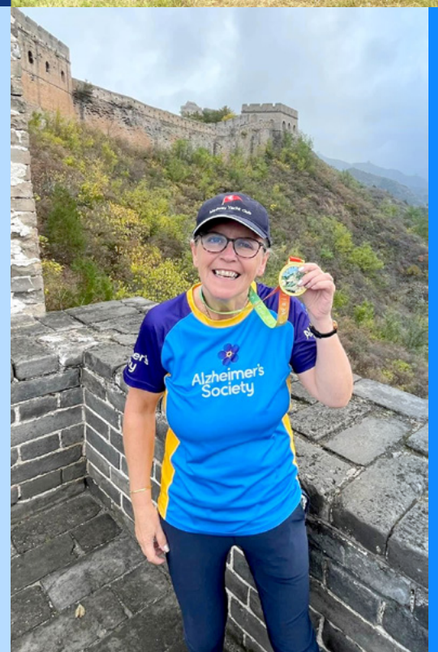
A huge **'thank you'** to everyone who walked, jumped, ran and more in 2024 to raise money for our charity partner, Alzheimer's Society.

- ↖ Both the Hartlepool team and graduates completed Tough Mudder.
- ← Team EDF completed Snowdon by Night 2024 and raised over £13k.
- → Vivienne Hill raised over £4k trekking the Great Wall of China.

- ← Our skydivers Lisa Devlin and Matthew Wilkinson raised over £3k.
- ↓ Hinkley Point C completed the Inflatables Challenge and raised over £7k.
- ↘ Hinkley Point B did the Cardiff half marathon and raised over £2k.

In 2024, between January and November, you managed to raise a whopping **£175,328.**





Together we're helping to fund ground-breaking research and life-changing dementia services across the UK.

Our fundraising target for 2024 was £100,000 and thanks to you, we far exceeded that.

We've also trained over 800 people across the business to be Dementia Friends through live webinars and our online tutorial.

WATCH A VIDEO ROUNDUP

GET INVOLVED FOR 2025

Whether it's a challenge of a lifetime or a small fundraiser, every little helps and you can make a real difference.

You could join one of our overseas challenges like the London to Bruges bike ride or walk in the beautiful Peak District in the UK.

Find out how to become a Dementia Friend, join a lunch and learn, or download fundraising support packs on eNZO.

FIND OUT MORE

And don't forget, the company will pay your event costs (budget dependent) when you fundraise for Alzheimer's Society. Get in touch with Lucy Brown, our Charity Lead.

Make 2025 your year – we can't wait to hear how you get on!



INNOVATIVE SOLUTIONS WITH Y.24





Y.24 is an internal EDF Group innovation programme that addresses some of the key challenges faced by the company. **Cécile Geier**, a Lead Research Engineer in UK R&D, and **Vanessa Lenormand**, a Software Engineer in Retail, tell us more.



Every year, 36 employees under the age of 35 from various teams are selected to take part in this innovation journey. Y.24 is the seventh cohort of the programme which started with a bootcamp in Paris in June, followed by regular workshops to rethink, reshape and provide fresh perspectives.

The programme is run by the Direction de l'Innovation et des Programmes Pulse (DIPP) and sponsored by EDF Group's Executive Committee (Comex) who are responsible for company strategy.

1

THE PROJECTS

There are 13 projects spanning a range of topics including HR, nuclear safety and sustainable travel. Vanessa explored digital tools for long-term projects in an ever-evolving digital landscape. Cécile addressed the shortage of skills and expertise that Group faces to meet its ambitions of building new nuclear power plants in the coming decades.

2

FRENCH CONNECTION

Speaking French is essential for this project as all workshops are conducted in French and it helps with networking. Previous participants from EDF in the UK have learnt French during the programme and as native English speakers they helped compare approaches between the two countries. Cécile's topic had a strong international angle and the team spent a lot of time interacting with the UK and China, even organising a workshop at Hinkley Point C.

3

SUCCESSES

Cécile and Vanessa pitched innovative solutions to their peers, mentors, stakeholders and sponsors. Key highlights include having the opportunity to deep dive into a topic unrelated to their day jobs, meeting inspiring individuals and building strong connections.

4

CHALLENGES

The vast scope of topics was a major challenge. There are over 40 digital tools in nuclear construction, so the focus had to be narrowed. Similarly, for career paths and skill development, Cécile focused on improving visibility and projection of opportunities to help create a nuclear community.

5

PITCHING IN PARIS

Cécile and Vanessa pitched their problems and solutions to Xavier Ursat, Chief Executive of Engineering Management, and Julien Villeret, Director of Innovation the Pulse Programme, as well as other Y.24 cohort members and the core team. Their five-minute pitch at the top of the Tour Légende building at La Défense, with Paris as the backdrop, was a memorable moment.

They had the opportunity to meet and exchange with Xavier Ursat and Xavier Girre, who provided strategic views and ambitions. They also had the chance to ask questions to EDF Group Chairman Luc Rémont over dinner at EDF Group's headquarters in Paris.



NEXT STEPS

The elevator pitch was a snapshot into the core findings and propositions of the group's work. The next step is to deliver a more detailed 30-minute presentation to the project sponsors who may then implement the proposed solutions or select a few elements to focus on. They may also propose a follow-up as part of next year's Y.25 innovation programme to explore specific areas of interest further.

If you're interested in being part of Y.25, keep an eye on VEOL in early 2025 for details on the application process. Or you could be part of Net Zero Innovators here in the UK.

FIND OUT MORE ON eNZO



LOOK AFTER YOURSELF

January is the perfect time to refocus on self-care to proactively manage your mental and physical health.



Small consistent effort is better than big commitments for long-term motivation, as this daily safety message says. It's a good time to reflect on your self-care routine and how you can improve your wellbeing. Here are some things to think about:

- Recognise unhelpful habits and if you feel overwhelmed and need extra help, seek support.
- Only try to tackle one thing at a time. If you want to get fitter, set yourself small goals such as a five minute walk with a one minute jog. You can build up as you go.
- Recognise and celebrate your successes.
- Prioritise getting fresh air in daylight before work or in your lunch break and move your body.
- Book the health appointment you've been putting off, especially if you have a concern.
- Be proactive: when did you last have an eyesight test? Have you completed your DSE assessment to help reduce the risk of a musculoskeletal injury?
- Follow the NHS's Five Ways to Wellbeing. Research shows that taking daily actions can help us to feel better, cope with challenges, and get the most out of life.



CONNECT

Connecting is all about building a support network. Good relationships help us feel valued and give us a sense of belonging. It feels good to be there for others and listen, and for them to do the same for us. At work a good place to start is joining one of our employee networks to connect with like-minded people.



BE ACTIVE

When we talk about being active, it doesn't have to be running a marathon or going to the gym seven times a week. It's just about moving more during the day. If you can, try and get out and walk when it's light. If you're not a fan of walking, work out what you enjoy when it comes to being active. It's great for our health, builds self-esteem and reduces stress.



KEEP LEARNING

Learning is a great way to boost our mood and keep our brain active. Be curious, learn from others and be open to new experiences. Try and set goals – you might surprise yourself! The company has many ways to help you learn, find out more on eNZO.



NOTICE

Remember the simple things that give you joy and be present in the moment. Be aware of your emotions and look out for others.



GIVE

Give your time, your words and your presence.

"We find those who prioritise their wellbeing are more likely to manage stress in their lives. It's really important we spot the signs and are proactive in managing our health, understand and regulate our emotions, and take time to recharge."



DR SARAH JACKSON
EDF'S CHIEF MEDICAL OFFICER OCCUPATIONAL HEALTH

FIND OUT MORE ON THE WELLBEING eNZO PAGE

KICKSTART THE NEW YEAR WITH BETTER IT HABITS

New Year's resolution for your tech: small steps now for a hassle-free future.



Better security, faster devices and fewer computer problems are just some of the perks that come with simple IT habit changes.



THINGS YOU CAN DO EVERY DAY

Start your day seamlessly
Get up and running by connecting to the Virtual Private Network (VPN) **before** you log in. It's a simple step that ensures apps like Teams and Outlook connect without a hitch.

The power of shutting down
Did you know that shutting down your laptop every day actually helps it perform better? Turning off your device allowsit to reboot, save battery and install important updates.

Save energy and boost battery life
Want to preserve your device's battery, help the planet and even save you a little on your electricity bill? Remember to unplug your laptop after you've shut down.

Look after each other
As well as changing a few technical habits, you can amend your email habits to look after your colleagues:

- Change the settings for your meetings so that they end 5 or 10 minutes early. This gives everyone time between meetings to prepare or have a break.
- Be respectful of people's time off and only send emails when they're back. Outlook will send you a prompt to tell you when this is. In a Teams chat, you can right click on the send button to schedule your message at a time when they're available.

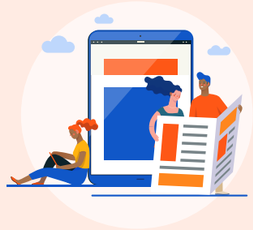


GET THE SUPPORT YOU NEED, WHEN YOU NEED IT

Fast fixes
Reporting issues quickly helps to fix things faster. Contact the myIT service desk, live chat, onsite or online TechBar support.

Stay connected with IT
Prompt responses help us to help you get back on track. Quickly respond to requests from your IT team, whether it's restarting your device, updating your password or providing feedback.

Talk to us
Need new equipment to make your job easier? If something's not quite right or your requirements change, reach out to us.



TOP TIPS TO START YOUR NEW YEAR RIGHT

Stay secure and connected effortlessly
Multifactor Authentication (MFA) ensures secure access to IT apps and the VPN. If your Business Unit supports MFA, set it up along with security questions.

NEED HELP? SEARCH "MFA" ON myIT FOR GUIDANCE

"By reporting your IT issues, you help us capture every interaction and identify key focus areas, so we can resolve recurring problems.



MATTHEW HILL
SENIOR SERVICE LEAD

Reset passwords without hassle
Don't waste time waiting for a password reset.

SELF-SERVE PASSWORD RESET https://aka.ms/sspr

Save the IT service desk number now
It's **0333 009 7770** for Customers, Corporate Functions and Thermal Generation or **0145 265 3113** for Nuclear Operations, Hinkley Point C and Sizewell C.



RENEWED SUPPORT FOR COMMUNITIES

STRANOCH SUPPORT FOR DUMFRIES AND GALLOWAY

The Stranoch wind farm sponsorship fund will help 11 organisations in the area over the coming 12 months. This includes:

- Meet for a Heat, a safe place for senior citizens to gather for a free meal.
- Training for a charity which targets isolation and loneliness.
- A storage container to house a community pantry in Castle Douglas.

Part-funding has been awarded to:

- A charity which refurbishes and redistributes IT equipment.
- Events nights for a Dumfries youth centre.
- Battery storage for a reuse shop.
- Running costs for a men's shed in Moffat.
- Money towards an eco-friendly garden area at Barrhill Primary School.

Jon O'Sullivan, Director of Onshore Wind, Hydrogen and Commercial and Industrial Solar for EDF Renewables UK and Ireland, said: "As a business we very much pride ourselves on working closely with local communities. We are delighted to award a share of the £20,000 to so many organisations and look forward to seeing how the money will make a difference."

STORNOWAY FUND FOR THE WESTERN ISLES

Applications opened in December for groups across the Western Isles of Scotland to apply for the Lewis Wind Power (LWP) sponsorship fund.

LWP is a partnership between EDF Renewables UK and Ireland and Irish energy company ESB to develop Stornoway wind farm.

In 2024 over 15 local groups received money, including the Volunteer Centre Western Isles; Marybank and Maryhill Community Association; and Stornoway Historical Society.

LWP has also signed a three-year sponsorship deal with the HebCelt Festival, which champions traditional and world music. This will be the ninth year that LWP has sponsored the festival.

> "We've seen first hand the positive impact the HebCelt Festival has year after year on the local economy and local businesses.
>
> **LOGAN BLACK**
> **EDF RENEWABLES UK AND IRELAND**

WHERE IN THE WORLD?

FLAMANVILLE 3 CONNECTS TO FRENCH NATIONAL GRID



On 21 December, EDF Group's flagship EPR project near Cherbourg successfully connected to the French National Grid for the first time.



Flamanville, France

This marks a significant milestone in the plant's journey towards full operation and is a moment of celebration for colleagues across EDF Group. It marks the first time in 25 years that a nuclear reactor has started up in France since Civaux 2.

Flamanville 3 is the 57th reactor in the French nuclear fleet and the fourth European Pressurised Reactor (EPR) to become operational worldwide. It is also positive news for the Hinkley Point C and Sizewell C projects, which are both based on the EPR design.

The connection follows a complex commissioning process that began with fuel loading into the reactor in May and the first controlled nuclear reaction in September. Throughout this period, hundreds of technical tests and commissioning checks were conducted, meeting 1,500 safety criteria.

Luc Rémont, Chairman and CEO of EDF Group, said: "I would like to salute the thousands of people who have been involved in this project since day one. We are taking an important step, but the first restart of a reactor is a long and complex operation. The electric revolution is underway and we will be able to count on the power of this 57th nuclear reactor, alongside all of our low-carbon production resources."

FIND OUT MORE ON eNZO, INCLUDING A VIDEO OF GRÉGORY HEINFLING, FLAMANVILLE'S PLANT DIRECTOR.





TOP PERFORMANCE FROM NUCLEAR SERVICES

It was the first ever Nuclear Services Performance Awards in December, celebrating the team's many achievements over the past year.

In the delivery awards category, Heysham 1's Steam Valve Event Recovery Team, HK Transfer Compartment Task Force and Donald Freeke from Engineering took home the top prizes.

Other individual winners included Olivier Rousse and Krupa Walji from Engineering as well as Russell Talling from Nuclear Analysis.

The full list of winners is on eNZO. Well done everyone!

FIND OUT MORE ON eNZO

GIVE TO CHARITY TAX-FREE

Get ready for **Payroll Giving Month** in February – a chance to donate to your favourite charity, tax-free, directly from your salary.

Choose any or all of these options:

- **Every penny helps**
  Spare change is deducted from your net pay every month (up to a maximum 99p) and donated to our company charity partner Alzheimer's Society.
- **Direct to charity donations**
  Make a one-off donation to a charity of your choice from your salary every month.
- **Charity account**
  Save up money in a secure account to make larger donations. You'll need to manage the account regularly.

FIND OUT MORE ON eNZO





NEW YEAR'S RESOLUTIONS QUIZ

Welcome to 2025! It's that time when we make resolutions to start our year in the right way. How many questions can you get right?

1. According to YouGov, what was the most popular New Year's resolution in the UK for 2024?
A. Exercise more/improve fitness
B. Spend less time on social media
C. Raise money for charity

2. What was the second most popular resolution?
A. To do more for the environment
B. Save more money
C. Quit smoking

3. What percentage of adults intended to make New Year's resolutions in 2024?
A. 6%
B. 16%
C. 26%

4. How many people were estimated to go alcohol-free in January 2024, according to the charity Alcohol Change UK?
A. 6.5 million
B. 7.5 million
C. 8.5 million

5. Where is it believed that the tradition of making New Year's resolutions started?
A. Babylon
B. Thebes
C. Constantinople

6. According to Forbes, which UK age group is most likely to set New Year's resolutions?
A. 18-34-year-olds
B. 35-54-year-olds
C. 55 and above

7. What percentage of resolutions fail by February, according to Times magazine?
A. 40%
B. 60%
C. 80%

8. What is the name of the Roman god associated with the New Year and resolutions?
A. Apollo
B. Jupiter
C. Janus

9. What day is known as 'Quitters' Day,' when many abandon their resolutions?
A. First Friday in January
B. Second Friday in January
C. Third Friday in January

10. Which of these is a tip to help stick to your resolution?
A. Keep your goals vague
B. Avoid telling anyone about your goals
C. Make your goals specific and realistic

Answers: 1 a; 2 b; 3 b; 4 c; 5 a; 6 a; 7 c; 8 c; 9 b; 10 c





































150 ISSUES AND COUNTING

Thank you for supporting Connect over the years. Here's to the next 150 issues!

Connect welcomes news and comments from all employees. Connect is published by EDF. Please email Julia Nutley and Kathy Manson at connect@edfenergy.com
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