

NEWSLETTER

SEPTEMBER 2025

Good morning everyone and welcome to September's QFS newsletter. This issue will contain:

- Branch focus – Southampton
 - Interview – Kasey Atie
- MacMillan Coffee morning round up
 - CARS & MRE EXPO
 - Meeting the new starters
- Brand new puzzle for September!

Make sure you keep reading for the chance to win a £20 Amazon voucher!

Thank you for reading and have a Quality day!



Company Excellence Award

For this quarter, we are issuing our Company Excellence Award to Ibrahim Parekh from our Bristol Office.

Not only is Ibby making great strides in his day-to-day work as a Freight Account Manager, but he is also proving to be a brilliant colleague & example to his peers too. Frequently offering to help whenever he can assist no matter the challenge. This has again been indicated this month when Ibby volunteered to travel from Bristol to Birmingham and help build the exhibition stand for his colleagues from Liverpool and our Media Team, who were exhibiting at the CARS & MRE (Complete Auto Recycling Show & Metals Recycling Event) at the NEC last week.

It's this kind of above and beyond, company first mentality that really stands out at QFS.

Thank you Ibby, you're an absolute star and have a bright future at this company, I am sure.



Branch Focus

Southampton



[L-R: George Deem, Gareth Charles, Kasey Atie, Cassie Faucitt, Vanip Kenth]

George Deem **Freight Account Manager**

I have been with the company about 6 weeks now. After previously working at Kuehne + Nagel, employed by Kasey, I decided to make the move due to a variety of reasons. I am absolutely loving the freedom and am excited for what the future holds!

The biggest strength of the team is that we all have each other's backs 100% of the time. The hard work we all put in, enables us to have the occasional football chat, much to the annoyance of Cassie!

I haven't been here long, but I am proud to have closed a large sea freight customer with 180 containers a year. We had a successful trial period and he has now passed all of the work to myself, including asking for road freight quotations.

The best way to manage a work life balance is to work hard during working hours, and only do things outside of work that you want to do- Life's too short. This stops you feeling as though you've wasted an evening or weekend.

So far, the place I would most like to visit is Greece! However, we are going on a 5 week trip to Thailand and Australia over December, including watching the Ashes in Sydney, so that should be the trip of a lifetime.

I love holidays and nice food. But I play semi-professional football, so that takes up pretty much all of my free time, but I obviously love it as well so I'd have to say that.



[George Deem]

Branch Focus

Southampton

Gareth Charles
Freight Account Manager

I've been at QFS Southampton for just short of 3 years now, my freight background is a little different to most QFS FAM's, I started my freight career at MOL several years ago where I worked on FCL Import Operations before moving to work for small RO/RO specialist as a freight forwarder and I stayed there for 17 years before convincing Martin to employ me as a FAM here, my QFS journey has been a bit of roller coaster ride to this point, the branch has seen several changes in a short space of time but we're still here and with our new team the future is looking positive for us going forward!

Without doubt the biggest strength of the team it's the diverse freight background and industry knowledge that we now have here which has helped to create a good dynamic within the branch.

I'm most proud of being the longest serving employee here, it would have to be managing to help keep our branch going whilst we've faced some adversity and setbacks; particularly given that my area of freight is a bit more niche than others within the company and being a strong, dependable core member of our branch.

I struggle with managing a work life balance myself as I do find it hard to switch off from work or taking leave but I've got better, it's something I'm still working at, having good support from your colleagues is crucial though.

I would most like to visit Mallorca which is lovely and only a short flight, I've been there twice and I'm going back again in October. I've also just been to the Amalfi Coast in Italy which was stunning!



[Gareth Charles]

In my free time I enjoy Running, Basketball, Hyrox, Kayaking & spending time with my wife, kids and dog.

Vanip Kenth
Freight Account Manager

I have been with QFS for 3 months and during that time I have taken on new challenges, developed valuable skills, and contributed to the team's success.

My team is great because everyone brings something unique and seeing the way we support each other every day makes it a great place to work!

Our biggest strength is our communication skills; we understand our clients well and make sure their needs are always met efficiently and professionally.

The best advice for managing work/life balance is to set out clear boundaries and be mindful with your time. It's important to prioritise tasks during work hours so you can fully focus and be productive, then disconnect when your workday ends to recharge.

The 2 places I visit most frequently are Mallorca in Spain and Dubai.

In my free time, I really enjoy watching football, going to the gym and taking long family walks.



Branch Focus

Southampton



[L-R: Vanip Kenth, Gareth Charles, Kasey Atie]



Cassie Falcitt
Freight Operations

I have been with QFS just over 2 years now, it's definitely been a rollercoaster of a journey, including helping to keep the branch open! But pleased to say the rollercoaster has finally stopped.

We have a great bunch of guys in the office all with different strengths and knowledge who are always willing to provide advice or guidance if you are stumped with a shipment.

Our biggest strength as a team is knowledge, there's over 90 years of it between us all!

My favourite thing to do in my free time is walking my three little monsters, Bonnie, Clyde and Biscuit.



[L-R: Clyde, Bonnie, Biscuit]



Interview - Kasey Atie

Branch Manager, QFS Southampton



As BM since March '25, I am proud of the team we have assembled in a short space of time.

The camaraderie, skill set and energy within the team makes coming to the office everyday a joy!

Hard work and new business are our currency and I am enjoying the teamwork, the collective effort and determination to make each other and ultimately the Southampton branch successful.

How long have you been with the company? Tell us a little about your journey at QFS

Since joining QFS in March '25 – what I can see that makes this company great is its people. Support from near and far is readily available. I am also enjoying competing against the bigger players in the industry and continue to love the buzz of securing customers and new business over the competition. I look forward to contributing towards the company goals for a long time to come!

What do you think is the biggest strength of your team?

The biggest strengths of the Southampton team is the combined years of knowledge within the team and the common goal from all within the team, to create a profitable branch. The synergy that has been quickly forged within the team will see us hold firm in more difficult periods.

What are you most proud of from your time at QFS?

I am especially proud of the strong start this new team has made in our efforts to turn around the fortunes of the Southampton branch.

From the successful onboarding of numerous new traders to the steady increase in our monthly gross profit, it does feel like we are on the up!

I am also proud of the daily commitment shown by everyone, along with the mutual respect that exists among colleagues.

"The camaraderie, skillset and energy within the team makes coming to the office everyday a joy!"



What's your best advice for managing a work/life balance?

I find being organised allows me to devote time toward what is important to me Like family, work, good health and having fun. (not particularly in that order) Creating 'Me time', reflecting regularly and positive thinking helps me loads.

Interview - Kasey Atie

Where in the World do you most like to visit?

The favelas in Brazil. I would love that experience.

What is your favourite thing to do in your free time?

That would have to be making the females in my life happy. My partner and three daughters. Although I do sneak off to play football, the odd game of basketball and a good game of snooker.



PUZZLE

As always, thank you to everyone who participated in the puzzle last month, it's really great to see so many people getting involved in the anniversary edition!

As for the September puzzle - A hidden word is scattered among this issue of the QFS newsletter!

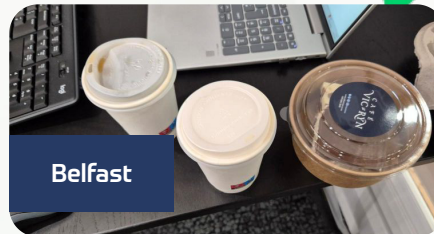
Find the hidden letters and unscramble to create a coffee morning passcode.

To **WIN**, all you have to do is send the word to media@qualityfreight.co.uk if you're the first, you will win a £20 Amazon voucher!

As for the August winner, receiver of their very own voucher and bragging rights – **Sam Turner**!! Congratulations, your prize is on its way to you!



Macmillan Coffee Morning 2025



On Friday, September 26th 2025 Quality Freight Services took part in Macmillan Coffee Morning for the second year! Macmillan were also commemorating 35 years of Coffee Mornings, raising awareness, support and funds for millions of people living with cancer and we're proud to have taken part.

Not only did we do a quality job raising awareness for those struggling we also managed to **SMASH** our fundraising goal of £250!

We want to say a huge thank you to everyone who took part and donated, we're making a difference together! Don't worry if you got sidetracked by cake and forgot to donate - there's still time!

You can donate online via the following link:
[Quality Freight Services Coffee Morning 2025](#)



QFS RAISED: £500.00





DRIVING SAFELY IN AUTUMN WEATHER

BY FOLLOWING THESE TIPS, YOU CAN STAY SAFE AND COMFORTABLE WHILE WORKING IN AUTUMN WEATHER CONDITIONS.



STAY HYDRATED

Drink plenty of water to avoid dehydration, which can affect your focus and reaction times



CHECK YOUR TYRE PRESSURE

Fluctuating weather can cause tyre blowouts. Ensure your tyres are properly inflated.



TAKE BREAKS

Take regular breaks to rest, especially on long drives, during shorter days and inclement weather



CHECK FLUID LEVELS

Ensure your vehicle's anti-freeze, oil and other fluids are at the correct levels before starting your journey



OH DEER!

Be mindful of wildlife, such as deer... and trick-or-treaters!



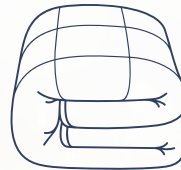
CHECK YOUR CHARGE

Check your vehicle's battery and ensure it has plenty of charge, even if you're only planning a short journey



LEAF IT OUT

Autumn leaves can be slippery and can cover up other surprises, like potholes and dips. Make sure you're traveling carefully enough to deal with anything unexpected



BE PREPARED

Carry extra water, a first aid kit and emergency supplies in case of a breakdown



EYE GOT 99 PROBLEMS

..But the sun ain't one! Keep a good pair of sunglasses in your vehicle and make use of the sun visor for the low sun!

REMEMBER

SAFETY IS PARAMOUNT IN ALL DRIVING CONDITIONS. STAY VIGILANT, STAY COOL AND ARRIVE SAFELY AT YOUR DESTINATION. DRIVE SMART, DRIVE SAFE!



Quality
Freight Services Ltd

HAVE A QUALITY JOURNEY!

www.qualityfreight.co.uk

CARS & MRE^{EXPO}

Complete Auto Recycling Show & Metals Recycling Event

On September 17 - 18th 2025 Katie Jenkinson and Shannon Rose represented Quality Freight Services Ltd at the Complete Auto Recycling Show and Metals Recycling Event. To say they were a hit at our very first exhibition would be an understatement - congratulations to you both!



A few words from Katie Jenkinson:

"What a great couple of days we had at the CARS & MRE (Complete Auto Recycling Show & Metals Recycling Event) our 1st successful exhibition for Quality Freight Services Ltd. It was a fantastic opportunity to connect with decision makers, traders, trainers in the Environmental sector and just genuine heartwarming people.

Special thanks to our existing clients for taking the time to visit us across the 2 days, having their support on the daily is already truly appreciated and it meant the world to us that they took time out of their busy schedules and yards to attend!

The whole event was a HUGE WIN in my eyes!"



[Katie Jenkinson]

Meeting The New Starters



We would like to take this time to introduce our new starters, who joined the QFS family in September. Please be sure to give them a warm welcome!



If there's something you would like to see highlighted or discussed in the next newsletter, please let us know. We love your feedback!

CHARITY FOCUS

If you're raising money for a good cause and would like to be featured in the next newsletter, please send all the details to Media and you will be included to promote the charity that you're involved with. Let's make a difference together!

Thank you all for reading, we hope you have a **Quality** day!