

Building Sheds for World Mental Health Day & How as Employers, We All Need to Be Better.

Shining a light on our recent project for a special charity alongside Greater Anglia: The UK Men's Sheds Association. A company with the mission to support & help men's mental health.

More than 1 in 3 rail construction workers meet the clinical criteria for a mental health condition, revealed a survey published late last year by The Rail Safety and Standards Board (RSSB).

The Health & Safety Executive (HSE) also revealed that **822,000 workers suffered work-related stress, depression or anxiety in 2021.**

As a UK Employer, we have a **legal duty to care** for our employee's health & safety: including their mental health.

As a team, we continue to strive to put not only our employees' health and safety first, but even the public's where we can (e.g. carrying out on-site works). However these days, it takes a lot of changes and opening "taboo" topics up, to truly **help break the stigma around struggling with mental health**, particularly as an employer within the construction industries.

Recently, we began to implement **HSE's Working Minds Campaigns "Talking Toolkits"** within our workforce and taking in other measures around the objective, e.g. training our H&S management in First Aid Mental Health.

We kept **flexible working** for our employees too so they can work from home when not required on-site or at occasional team meetings in the office which has helped our employees' overall **wellbeing**.

Last year, our employees took iHASCO's CPD **Mental Health Awareness Training** to learn techniques around managing stress, anxiety, learn to **support fellow colleagues** as well as learn to ask for **support from employers**.

However, we would be naive if we did not admit that **this is only the start**...And we believe this is the case for many employers in the industry.

In these upcoming years, we will aim to work towards achieving the **ISO 45003 accreditation**, continue to improve our employees' wellbeing and help **educate others using our voice as an employer**.

In August this year, we were asked by Greater Anglia to support works and donations for the "Man Shed" at Boxted (Essex) for the **UK Men's Sheds Association**, a movement set up primarily to help men with their mental health, by providing them with a safe space to go and "Tinker".

Whether you are a man suffering with depression, PTSD, dealing with anxiety or anything affecting your mental health, this space aims to provide a community for people **to connect, converse and create**.

Helping reduce the feeling of loneliness, isolation and most importantly, providing a space for fun, there are currently 575 sheds in the UK and around **13,766 families benefiting from their use**.

You can find the nearest man's shed available to you or your family via their website.

Please join us in **proactively making a change** in our industry by shining a light on not only the importance of mental health, but how to **actually support it** too.



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