

SPOOKTOBER EDITION

THE BEST WAYS TO SPEND YOUR AUTUMN

Autumn is the best time of the year to connect with nature because it is neither too hot nor too cold. Here are a few ideas as to what we can all do this October:

- Stride out into Autumn – join a walking group before it gets too cold.
- Immerse yourself in the autumn foliage- [The Wildlife Trusts](#) – get involved and do your bit to help preserve wildlife.
- Volunteer outdoors - [The National Trust](#) - get involved in all kinds of activities that will help conserve precious natural environments. You could find yourself building a dry stone wall, working in woodland or maintaining fences among other initiatives.
- Treat yourself at your local farmers market. Search [here!](#)
- Visit the [National Garden Schemes](#) site and see what gardens are open.

October 10th was World Mental Health Day. This year's theme was 'Make mental health and wellbeing for all a global priority'.

Reach out this World Mental Health Day



0300 123 3393
Open 9am-6pm weekdays

SAMARITANS

116 123
Always open

**CAMPAIGN
AGAINST
LIVING
MISERABLY**

0800 58 58 58
Open 5pm - midnight

If you're in Wales:



0800 132 737
Always open

If you're under 25:

THE MIX

0808 808 4994
Open 4pm - 11pm

Acknowledging when we may need help and seeking assistance is ok!

RAIL WELLBEING LIVE



Professor Green's session is on
3rd November at 13:00pm



Join Simon Alexander Ong on
2nd November at 10:15am



It's almost here!

In line with our Care value, we are proud to support the rail industry's leading wellbeing event returning on the **2nd & 3rd November**. Don't forget to sign up for free using this [link](#) or the QR code below!

Click on the images above to see previews of what's to come, including a video from [Professor Green](#), [Simon Alexander Ong](#) as well as a bonus preview of the [active sessions](#).

We're proud to continue our support by sponsoring RWL, we hope you can join us in attending and promoting positive physical and mental wellbeing.



EMOTIONAL SUPPORT AND THE POWER OF LISTENING

Face-to-face, online or other forms of support are always essential. As well as seeking support from your Wellbeing Champions at work, [The Listening Place](#) is one foundation where individuals can talk openly about their feelings without being judged or being given advice.

Conversations enable us to listen, learn, and understand one another. In honour of World Suicide Prevention Day, which was observed on September 10, we can discover the benefits of showing kindness to others and promoting awareness. One example of this is in the right-hand image, which includes a video. You can also access the video [here](#).



1. ASK TWICE



2. LISTEN

NON JUDGEMENTALLY



3. BE KIND



This [link](#) will also give you reasons why we should listen, the power of listening, and some tips, tools, and techniques to help you on your journey to listening.

BABY LOSS AWARENESS WEEK 2022 (9 – 15 OCT)

A time for everyone in the baby loss community and beyond to come together, and raise awareness of pregnancy and baby loss.

Baby Loss Awareness Week is now in its 20th year.

Useful Resources:

[Baby Loss Awareness Week](#) is a wonderful opportunity to bring us together as a community and give anyone touched by pregnancy and baby loss a safe and supportive space to share their experiences and feel that they are not alone.

Last year's #WaveOfLight messages of remembrance and hope brought many people together and it is [back again](#) this year with Baby Loss Awareness Week.

The [Miscarriage Association](#) is also another support service for all who would like to get involved, seeking research or just in need for your voice to be heard. We hope that you, your family, friends, colleagues find the site helpful too.

The upcoming [Wave of Light](#) event with the Miscarriage Association, a special remembrance event at the end of Baby Loss Awareness Week, will be held on Saturday, October 15th at 7pm.

It may not always feel like it but there is always support available for everyone affected .

MENTAL HEALTH CHARTER

To further improve the mental health of our employees, Colas Rail UK is using the [Railway Mental Health Charter](#) (RMHC) . The RMHC covers the things we should already be doing as an industry to support mental health. It enables all parts of the industry to tackle mental health.

The Wellbeing Charter covers 8 Health and Wellbeing themes:

- Mental health
- Work-life balance
- Return to work
- Prevention of fatigue
- Prevention of stress
- Physical activity
- Energy and nutrition
- Career Lifecycles



The launch of the RMHC provides an opportunity for us to renew our commitment. For more information on improving mental health contact your Wellbeing Champions. Alternatively, you can contact [Jude Tymon](#), Head of Wellbeing, Health, and Safety Behaviours.

SUPPORT! SUPPORT! SUPPORT!

18th October is World Menopause Day!

Colas Rail UK are hosting a webinar for all to gain a clear understanding of exactly what happens to the body and the hormones both in perimenopause, and at the menopause.



COLAS RAIL

You are invited to our exclusive webinar:
Understanding and Embracing the Menopause

Webinar details: [Click here to join the meeting](#)

Meeting ID: 333 583 412 920

Passcode: VM7ywn

Date: Thursday, 20th October 2022

Time: 12:00

Length of webinar: 50 min talk, followed by 10 min Q&A

We also have useful information that you can share with your families, friends, and acquaintances. This information can be found under the heading "Webinar recordings on demand" on the Wellbeing homepage.

Below is a selection of a few of our previous webinars:

- [Men's health Webinar](#)
- [Women's Health Webinar](#)
- [Stress Busting Action Plan](#)
- [Food for the Mind](#)

USEFUL TOOLS & LINKS

- For non urgent questions on wellbeing email: wellbeingenquiries@colasrail.com
- Aviva Wellbeing and Aviva Digital GP App available to all Colas Rail UK staff.
- [Construction Industry Helpline](#) 0345 605 1956
- [Able Futures](#) Helpline 0800 321 3137 (8am to 10.30pm, Monday to Friday)
- Employee Assistance Programme (EAP) Helpline: 0800 030 5182
- [Top 10 UK Mental Health Charities](#)

BLACK HISTORY MONTH

What is Black History Month?

On the 150th anniversary of Caribbean emancipation, Black History Month was first observed in the UK in October 1987.

The new London Strategic Policy Unit designated it African Jubilee Year, urging UK authorities to honour Africans' contributions to the UK's economic, cultural, and political life.

Black History Month was established as a result of the African Jubilee Year declaration. The month of October was selected since it was the customary harvest season and a time when African chiefs congregated to resolve disputes and assess the state of their communities. Click [here](#) to continue!

If you want to learn more about Black History Month, visit this [page](#) and find out what is happening in your area!

HOW GREEN IS YOUR HOME?



11,000,000 tonnes of plastic are dumped in the ocean every year!

This October we want you, your family and friends to commit to stop pouring or flushing the following items, containing plastics, down your drains or into the toilet for the whole month of October

Nappies **Razor blades** **Wet wipes**
Cotton buds **Contact lenses**
Sanitary products

