



ON TRACK FOR  
A SUSTAINABLE FUTURE

# WELLNESS NEWSLETTER

**Mental Health Awareness Week runs from 13th to 19th May, to commemorate this we've created a special edition of the wellness newsletter.**

**This issue will cover topics relating to mental and physical wellbeing, personal stories from our colleagues and testimonials from leading UK figures.**



## Head Strong With Ray Winstone

**Ahead of Mental Health Awareness Week, Men's Health have launched a new podcast covering a spectrum of emotions brought on by poor mental wellbeing.**

Hosted by John 'Fenners' Fendley, the first episode is in conversation with Hollywood star, Ray Winstone.

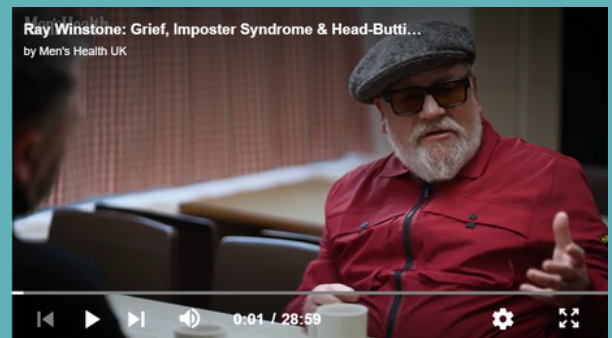
Like many people of his generation, mental health wasn't a topic openly discussed when growing up, but that didn't mean it never existed. As Ray admits, perhaps men were just better at hiding it, or unable to explain what it was.

In the episode the star of Netflix's "The Gentlemen," talks about the importance of opening the conversation and listening in.

As both Ray and John point out, you're never too old to understand the significance of mental health and the impact it can have on not only yourself, but those around you.

You can watch the full episode of Head Strong by clicking the image above or through the QR code, Head Strong can also be found on all major podcast providers.

If you've been affected by any of the topics brought up in this podcast please get in touch with our Employee Assistance Programme.





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## MS Awareness Week: Claire & Damian Share Their Stories

As part of the [Multiple Sclerosis Society's MS Awareness Week](#), EDI Manager, Kirsty Bainsfair interviewed Claire Howes and Damian Fitchett, who kindly came forward to share their MS Story.

They covered personal stories of how they were diagnosed, what adjustments have been made personally and professionally along with what advice they would share.

Click on the images below or use the QR codes to access their stories, thank you Claire and Damian for sharing!

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Care Share  
Living By Our Values

**MULTIPLE SCLEROSIS  
AWARENESS WEEK**

*DAMIAN'S STORY*

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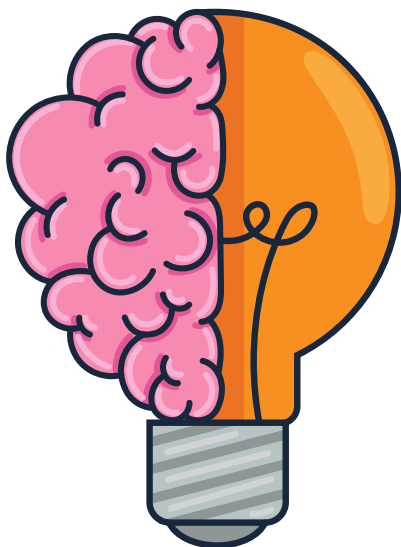
Care Share  
Living By Our Values

**MULTIPLE SCLEROSIS  
AWARENESS WEEK**

*CLAIRE'S STORY*

READ MORE





## Unleash Your Brain Power Webinar

In our final webinar as part of our series with SuperWellness, the team covered how to unleash our brain power!

Covering information on how to help you have a better understanding of how the brain works and how to find a host of ways to improve cognitive performance and prevent further decline.

The topics covered by SuperWellness include:

- Neurotransmitters - what are they?
- Brain plasticity and how to influence it
- The impact of 12 factors on the brain - including intermittent fasting
- The importance of breathing techniques
- A Neuro-Linguistic Programming exercise
- Tips to grow new brain cells!



## Happy, Healthy Retirement, Jude!

Earlier this year we gave a fond farewell to Head of Wellbeing & Safety Behaviours, Jude Lovedee as she begins her retirement.

In a Colas Rail UK career spanning almost 10 years, Jude has been involved in ensuring Colas Rail UK remains as an industry leader in rail safety. With her development of the fair culture tool receiving critical acclaim for revolutionising the approach of close call investigations.

We wish you a happy, healthy retirement, Jude, you will be missed!



Jude (second left) was presented with a high commendation in the Safety Achievement of the Year category at the 2023 National Rail Awards for the Fair Culture Tool

## Get Moving For Mental Health Awareness Week

The theme for this years Mental Health Awareness Week is 'movement: moving more for our mental health.'

Movement is important for our mental health. But so many of us struggle to move enough. We know there are many different reasons for this, so this Mental Health Awareness Week we want to help people to find moments for movement in their daily routines. Going for a walk in your neighbourhood, putting on your favourite music and dancing around the living room, chair exercises when you're watching television - it all counts!

### USEFUL TOOLS & LINKS

- For non urgent questions on wellbeing email: [wellbeingenquiries@colasrail.com](mailto: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



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Pre-recorded  
**Wellbeing  
Webinars**

Hosted by SuperWellness



**Get Fit  
Stay Fit**



**Healthy in  
a Hurry**



**Menopause  
for Thought**



**Women's  
Health**



**Immune  
Boost**



**7 Nutritional Habits  
of Highly  
Effective People**



**Food for  
the Mind**



**Men's  
Health**



**Musculoskeletal  
Health**



**8 Steps  
to Sleep**



**Preventing Fatigue  
and Burnout**



**Stress Busting  
Action Plan**



**Managing Mental Health  
in the workplace**



**Unleash Your  
Brain Power**