



Annual Trustee Report 2021 – 2022

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Letter from Chair – Steve Kerslake

This year the effects of Covid 19 have magnified many of the stress factors which see construction workers continue to take their lives at a rate 3 times that of anyone else. As such, Construction Sport's sporting events, bringing construction workers together to connect and openly talk about mental health with each other has proved to be more important than ever. Through these events we've broken down barriers which prevent people from getting the help they need, such as social stigma or lack of information and built up social connections amongst those who've joined us on some physically and mentally demanding sporting challenges. This year we've made great strides forwards spreading the message and raising awareness about the need for improved support for construction workers' mental health, particularly through taking part in a BBC documentary on the topic. In addition to this, some major construction companies have signed up to join the Hundred club, increasing the resources they aim at supporting workers' mental health. As well as the far reaching advocacy and awareness raising work we've been doing this year, we've also been able to support construction workers and their families from the community where we are based, donating funds directly to support families facing hardship and adversity. We hope to be able build on what we've achieved this year and continue

to break down barriers and reduce the risks to construction workers, as the rate of suicides, approximately 9 per week, sadly continues to rise.

Steve

OUR VISION

Construction Sport aims to support workers and employers to address poor mental health in the construction sector by:

- Providing direct psychosocial support to workers through sports activities, providing access to counselling and group support
- Disseminating information about relevant services (this might be mental health, financial or legal advice for example) and signposting those people facing mental health issues to further support
- Building the capacity of employers to address the mental health needs of their staff within the workplace through training (for example, on psychological first aid) and awareness raising
- Conducting research into mental health in the construction industry to further bolster awareness raising and programming
- Advocating for change within the industry and raising awareness to break down stigma surrounding mental health within the construction sector

OUR IMPACT

Through sporting events, such as golf days and long-distance treks, connections were made and participants felt empowered to discuss mental health and share their experiences with one another. Participants were also empowered through being given information, which allowed them to better understand how to seek the help they might need to address mental health issues. Through sporting events, awareness was raised about the risks which construction workers face and barriers to seeking help, such as social stigma, were broken down.

Through expansion of the Hundred club, major construction companies are now better equipped to reduce the risk of harm to their staff and better able to support them when they need it. Construction companies promote and advocate for better mental health support within the industry, building momentum for larger scale change and breaking down social stigmas.

YEAR AT A GLANCE

- Organised a number of sporting events for construction workers to provide psychosocial support
- Website designed with information for those seeking help and to raise awareness regarding mental health and construction work
- Established a members' club which allows interested companies to access resources to help employees and improve their company's capacity to address mental health in the workplace
- Raised funds for families of construction workers facing hardship
- Designed a framework through which to gather data on the impact of courses etc attended by beneficiaries
- Took part in a major documentary for the BBC advocating for change in the construction industry and raising awareness re construction workers mental health



FINANCIALS

Our activities

To date as the accounts show, we have received donations through events that businesses have organised for us, funds have also come through paypal and 'go fund me' for events we have held ourselves, such as golf days, football tournaments and long distance treks. We have also received funds through membership fees for the Hundred club.

This year significant funds have been raised to support construction workers' families facing difficulties, including the families of Josh Powell and Martyn Guest. Some of these funds have been paid out to those families in this financial year and, but some will be donated in the next financial year.

Administration

A digital marketing team were brought on board this year to assist with advocacy and enable us to reach more people. Payments to this team were paid this year.

In terms of assets, Construction Sport currently spends £400 per month on office rental.

No salaries are currently paid through the charity. 4 volunteers currently support with the running of Construction Sport, including the Founder and Chair Steve Kerslake, Craig Butler (Project Manager), Leanne Stevens (administrator) and Alex Davis (Digital Marketing).

Following briefings from the chair and analysis of accounts, trustees believe that any debts owed can be paid in the coming financial year.

GOVERNANCE

Several trustee meetings were held this year and construction sport's safeguarding policy was drafted.

No significant risks to the charity were identified this year, although reputational risks were considered prior to engaging in the high-profile BBC documentary. Safeguarding risks were considered by trustees and the safeguarding policy was drafted and is being shared amongst volunteers and trustees.

Trustees: Steven Kerslake (Chair and Founder), Phillip Akers and Kerry Akers