



Annual Trustee Report 2022 – 2023

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Letter from Chair – Steve Kerslake

As the rate of suicides, approximately 9 per week, sadly continues to rise, it is clear to me that our campaign has never been more needed. Our approach continues to break down barriers to support by providing space to talk in a way which feels natural, particularly for those who struggle to talk about their emotions, but also for those who have to juggle the little spare time they have and would rather combine user-led talking therapy style support groups with sporting activities. This year we have reached thousands of people online and in person with sports events, podcasts and digital campaigns aimed at breaking down the barriers which prevent people from getting the help they need, such as social stigma or lack of information. We've coordinated with like-minded campaigns, organisations and companies along the way to strengthen our message and increase our outreach. As well as increasing our exposure through campaigns we've also been able to financially support individuals working within construction facing hardship and struggling with their mental health. Financial support has been provided through bespoke sporting activities aimed at raising money for those individuals, whilst also increasing awareness and disseminating information on mental health at those events. Our dedicated team continues to grow and I am proud to have helped as many people as we have this year.

Steve Kerslake

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



Construction Sport Rugby Team 2023

OUR IMPACT

Through sporting events, such as golf days, long-distance treks, football and rugby matches, connections were made and participants felt empowered to discuss mental health issues and share their experiences with one another. Through these sporting activities, participants are given the space to talk at their leisure in an organic, non-confrontational way, rather than in a space designated to talking, such as a help group etc. which many construction workers have told us they find 'awkward' or something they would like to do, but have to juggle their time and chose not to use precious downtime just talking, this way, they also get to enjoy themselves and let off some steam. At the events, participants also receive information, which allows them to better understand how to seek additional 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 reduced.

Construction sport also organises, or helps families organise fundraising events to assist those working with the construction industry, who find themselves in a state of hardship.

In addition to this grassroots approach, Construction Sport also delivers assistance at strategic levels through the Hundred club, where major construction companies are provided with tailored resources aimed at reducing the risk of harm to their staff. Members of this club. Construction companies involved promote and advocate for better mental health support within the industry, building momentum for larger scale change and breaking down social stigmas.

Public advocacy and campaigns on the issue of mental health within the construction industry underpins all of our work.

YEAR AT A GLANCE

- Organised a number of sporting events for construction workers to provide psychosocial support and disseminate information, including football matches, cycling events, rugby games and golf days.
- Established rugby teams for construction workers, who played against the fire service and several other teams, including Saracens and Leicester Tigers, raising the profile of the campaign.
- Following on from our successful public advocacy through the BBC's documentary following Construction Sport, we continued to build momentum through public advocacy digital and stunt based campaigns, including podcasts which raise awareness and provide information awareness regarding mental health and construction work. This year our campaign has been promoted by other influencers in the sector, such as www.GetConstructionTalking.org.

- The first meeting of all members of the Hundred Club took place, sharing learning and providing support to construction companies through provision of tailored resources to help employees and improve their company's capacity to address mental health in the workplace.
- Helped families to raise funds for those working with the construction industry facing hardship.

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 the popularity of Construction Sport's public campaigns has also seen it monetised on TikTok.

This year, as well as organising events to help raise funds, we have also assisted families of those working in the construction industry to mobilise their own networks to raise funds in times of need. This year, there were two notable whose children were both suffering from acute illnesses.

Administration

Due to the momentum the campaign has gained this year two members of staff have been taken on, although a significant amount of the charities work remains carried out by volunteers.

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

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.

No significant risks to the charity were identified this year. No safeguarding risks were reported this year. One conflict of interest issue was considered by the trustees and as a result a conflict of interest policy will be drafted in the coming year.

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