



Annual Trustee Report 2023 – 2024

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Letter from Chair – Steve Kerslake

Despite our ongoing efforts to drive change, the statistics for suicide in the construction industry continue to rise. Social media company On The Tools found that 73% of the UK's 2.1 million construction workers have been affected by mental illness. In the last decade 7,000 have taken their own lives.

This is a clear indication that we must do more, as an industry and as individuals, to support one another and prioritise mental health just as we do physical safety

Our growing social media presence has allowed us to reach a wider audience, attracting interest and support from larger Tier 1. Key decision-makers are beginning to recognise that change is not only necessary but inevitable and in turn we are gaining increasing financial support through sponsorship, merchandise and donations to really make a difference and encourage change further.

Stephen 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
- Engaging with those responsible for driving change and improving mental health in the construction industry, with the ultimate goal of preventing suicide.



Construction Sport Rugby Team 2024

OUR IMPACT

Sporting events, including golf days, long-distance treks, and football and rugby matches, serve as platforms where connections are forged, and participants feel empowered to openly discuss mental health challenges and share personal experiences. These activities offer a relaxed, non-confrontational setting, allowing participants to engage in conversations naturally, as opposed to more formal settings like support groups, which many construction workers find uncomfortable or awkward. Additionally, many workers prefer not to spend their limited downtime in such spaces. With sporting events, they can enjoy themselves while also releasing stress. During these events, participants receive valuable information that helps them better understand how to seek further support for mental health concerns. These events also raise awareness about the unique risks faced by construction workers, helping to reduce barriers like social stigma associated with seeking help.

Construction Sport also plays a role in organizing or supporting fundraising efforts to assist those in the construction industry who are experiencing hardship.

Beyond this grassroots effort, Construction Sport also delivers strategic support through the Hundred Club. This initiative provides major construction companies with tailored resources aimed at minimizing harm to their employees. Members of the Hundred Club actively promote and advocate for enhanced mental health support within the industry, fostering broader change and helping to dismantle social stigmas. Public advocacy and campaigns focused on mental health within the construction sector are central to all of our work."

YEAR AT A GLANCE

- Sporting Events: 5 aside tournament, 3 marathons, Triathlon, Saracens Rugby
- PR Events: UK Construction Week – Van Rally
- Beneficiary for Tractor Fever
- Protects: Van Break-in
- Social Media profile: Super Trowel video, reaching 10k followers on Tiktok
- Campaigns: Waste clean up, Get Construction Talking
- Multiple exhibitions (UKCW/ Installer Show / Super Trowel
- Hundred Club Members meeting, B1M talks, site visits, Multiplex Sir Robert McAlpine.

FINANCIALS

Our activities

To date, as reflected in our accounts, we have received donations through events organised by businesses on our behalf, as well as funds via PayPal and GoFundMe for events we continue to host, including golf days, football tournaments, and long-distance treks. Additionally, we have received contributions through membership fees for the Hundred Club. This year, the growing popularity of Construction Sport's public campaigns has also led to monetisation through TikTok.

In addition to organising our own fundraising events, we have supported families within the construction industry to mobilise their networks to raise funds during times of need. Notably, this year, we supported a family whose child was critically ill, as well as another family who tragically lost their primary breadwinner, a construction worker.

ADMINISTRATION

Voluntary work continues to be supported with the assistance of three employees.

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.

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