

Foreword from Group Managing Director, Jonathan Parker

Health and Wellbeing has been a key focus for EDSB this year and this month's newsletter shines a spotlight on ways we can all help each other and initiatives we can all join, to help look after ourselves, and make good health a priority.

EDSB is growing, and as part of that growth, we can use our #OneTeam ethos to look out for each other and check our colleagues are ok. We spend a lot of time with the people we work with, and by getting to know each other, we can also be aware if something isn't right. Research shows that if you ask "are you ok?" once, it's not enough, as most people will say they are fine. But ask again, and you may get a different answer and be able to provide support to someone who needs to talk.

We've recently asked everyone who works at home to spend time in the office. This is not only to share skillsets and collaborate more, but also to help everyone build good supportive relationships with our colleagues.

I hope that you enjoy reading the newsletter and can participate in some of the initiatives.

#OneTeam

Jonathan



EDSB Supports Movember 2024

It's Time to Grow Your Mo!

After a fantastic suggestion from Adam Cramp, EDSB is proud to announce our participation in the Movember challenge! We are dedicated to raising awareness and funds for important causes such as prostate & testicular cancer research.

Movember is a global charity that focuses on raising awareness and financial support for men's health issues, particularly prostate cancer, testicular cancer, mental health and suicide prevention. Every November, participants grow moustaches to spark conversations and encourage donations. Movember aims to tackle some of the biggest health challenges men face, funding groundbreaking projects and programs to improve men's physical and mental well-being. Since its inception in 2003, the movement has grown to involve millions of supporters worldwide.

We're seeking enthusiastic Movember Ambassadors to share their weekly "mo-gress" updates as they grow their moustaches throughout the month. Whether you're taking part or simply showing support, you can make a difference! Please send your photos to edsboneteam@edsb.co.uk



A JustGiving page has been set up for the EDSB team and we encourage everyone—family, friends & even neighbours—to get involved and help us raise a few hundred pounds for this vital cause. Following the massive success of our Breast Cancer Awareness campaign in October, we're aiming to replicate that achievement for men's health this month.

If you would like to show your support, simply click on the link below to start donation

[CLICK HERE - JUST GIVING PAGE LINK](#)

Let's come together once again to make a difference and show support for this fantastic cause!

Raising Awareness on Men's Health

Prioritising Physical & Men-tal Wellbeing

The Men's Health Forum is a vital organisation dedicated to improving the physical and mental health of men. They provide essential resources and advice to help men recognise and address the health challenges they may face. Just as our physical health changes over time, so does our mental wellbeing. It's common to have moments when we don't feel our best, but the important step is to recognise these feelings and explore them.

If you find yourself feeling down or overwhelmed, especially if those feelings are reoccurring, it's crucial to take action—whether that means talking to someone, seeking support or addressing the underlying cause. Even in situations where a solution isn't obvious, reaching out can make a significant difference.

The Men's Health Forum offers several manuals packed with valuable information on men's health, providing practical advice for both physical and mental wellbeing. We encourage everyone to take a moment to review these resources and make men's health a priority. If you would like to visit the Men's Health Forum website [CLICK HERE](#)

Click on any of these manuals below to read more



EDSB Working Away Initiatives



It's important to look after your wellbeing whilst at work, and it's proven that being physically active will improve your mental and physical wellbeing. We'd therefore like to see what different exercise activities you can incorporate into your working day. For office or home-based people, this might mean a walk at lunchtime to stretch your legs and get some fresh air. For engineers working away it may be going out on an evening and doing some exercise. Last week the Mobilisation Engineering team, headed up by our two owners, Jonathan and James, got together one evening to play football in Hyde Park, whilst Adam Wider (right) took a dip whilst working near the North East coastline.

We'd love to see changes you have made, so please send in your pictures to edsboneteam@edsb.co.uk We will reward the best pictures sent over in November, December and January with prizes at next year's Business Conference.

