

Fearne Cotton and Paul Merson join Rail Wellbeing Live 2021 line-up

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Television presenter Fearne Cotton and former footballer and pundit Paul Merson are the latest speakers to be announced for **Rail Wellbeing Live** which will run virtually over two days (17 to 18 November). Fearne will talk about how to find joy in every day and Paul will share his experience of battling addiction during his footballing career.

Other speakers in the line-up include: Rebecca Adlington, double gold Olympic medallist; Bryony Gordon, best-selling author of the book *Mad Girl*; Jason Fox from Channel 4's *SAS: Who Dares Wins*; and Dr Rupy Aujla, the GP behind *The Doctor's Kitchen* project.

Rail Wellbeing Live is open to Britain's 240,000-strong rail workforce for free, where **suicides are among the highest in the UK workforce at 1.6 times the national average**. Thousands have already signed up for this year's event, but it is not too late to register. To secure your place, visit www.railwellbeinglive.co.uk. By registering, you will also be able to watch all 75 sessions again 24/7 for up to two weeks after the event.

Ill-health in the rail industry is estimated to cost £790m per year with a 3.9% absence rate due to health

issues - mental and physical - more than double the private sector average. And this year, the ONS have said that one in five adults in Britain experienced some form of depression in early 2021, more than double the level recorded before the pandemic.

John Halsall, chair of the Rail Wellbeing Alliance and managing director for Network Rail's Southern region, said: "We're delighted that thousands have already registered, but with 240,000 across the industry, there are so many more people who could benefit from this free event, so I'd encourage everyone across the industry to [sign up](#), if they haven't already."

Photo credit: Network Rail