

# Lighthouse Construction Industry Charity: Shining a Light on Men's Health Week

June 13, 2022



It's Men's Health Week from 13th to 19th June and the Lighthouse Construction Industry Charity is supporting the week by raising awareness of all the resources it has to support our men in construction.

One in five men die before the age of 65. The causes are a variety of physical and mental health issues, so Men's Health Week is all about increasing awareness of preventable health problems for men of all ages and backgrounds.

The construction workforce is 87 per cent male so it is vital that the workforce are given free and easily accessible support to live healthier lifestyles and there are plenty of things that can be done to help stay fit in mind and body.

## Physical Health

Get regular check-ups with your doctor. Seeing your GP regularly can help them identify and treat any health issues, such as **Prostate cancer**, in its early stage.

Reduce your salt and sugar intake. Having too much salt can increase your cholesterol and cause heart problems later down the line whereas too much sugar can lead to obesity and/or diabetes.

Go for a daily walk. Taking a stroll lets you get in some cardio exercise and fresh air – and it's great for your mental health.

Reduce alcohol intake. As well as inhibiting your ability to perform day to day functions, consistent and large intakes of alcohol can cause liver problems.

Quit smoking. Smoking is bad for every organ in your body and can lead to a variety of severe health issues, such as lung and throat cancer – it's also expensive!

Enjoy breakfast everyday – A nutritious breakfast starts your day off right. It not only sets you up so you have energy and fuel for optimal mental and physical performance, but also to maintain stable blood sugar levels and a healthy weight because you are less likely to overindulge later in the day

## **Mental Health**

Join a community group. Being part of a group can boost mental wellbeing by reducing feelings of loneliness and detachment. Try visiting one of the organisation's [Lighthouse Beacons](#) as a first step.

Talk to someone. Whether it's family or friends (or even one of our helpline workers), maintaining healthy relationships with peers. You can always call [the organisation's helpline](#) if you need.

Take up a hobby. Engaging in a hobby can be a mental escape, help us hone a skill, or just provide an opportunity to socialise with others. It's also a great way to help us disconnect from work and break away from the monotony of daily life.

Volunteer. Doing something selfless for others has been proven to make ourselves feel better. Lighthouse has its own [volunteering opportunities](#) you can join.

Get a good night's sleep. Sleep is essential to healthy mental wellbeing as it helps us regulate our emotions and ability to function effectively. Register for the free Sleepstation app to find out how.

Adopt relaxation techniques. These can work to slow down breathing, lower blood pressure, and reduce muscle tension and stress.

Bill Hill, CEO of the Lighthouse Construction Industry Charity said: "Our construction industry is 87 per cent male, which is why it's incredibly important for us to provide the right support and encourage them to be healthy for work and for life.

"As a charity we provide holistic support across all aspects of emotional, physical and financial wellbeing and we strive to provide education and information so that where possible people can help themselves and be pro-active in developing a healthy lifestyle. We've had a fantastic response to recent campaigns highlighting skin health, stress, prostate cancer and healthy sleeping and we will continue to provide pro-

active resources for our workforce.

“We’re here for everyone who works in the construction industry and allied trades, including their families, and all our support services are completely free. Whether you want specific advice from one of our trained advisors through our helpline or text support service, or access to learning resources through our Self Support App, there is a route to support for everyone.”

### **Reaching out for support**

- 24/7 Construction Industry Helpline offering free and confidential emotional, physical and financial wellbeing support with translation services for those that need extra support.
- Construction Industry Helpline Self Support App which complements the helpline and signposts to over 3000 accredited organisations offering specialist support.
- Free text HARDHAT service that gives immediate access to text back counselling
- Lighthouse Beacons. 160 volunteer centres across the country that offer a safe place to meet in a confidential environment.
- CPD accredited Wellbeing Masterclasses covering topics such as Managing Stress, Coping with Anxiety and Building Resilience to name just a few.

To access all the resources above and to find out more, visit the charity’s [Mens Health Campaign page](#)

If you need help or support now, or know someone that does, you can access free and confidential support 24/7 via:

Construction Industry Helpline on UK 0345 605 1956 / ROI 1800 939 122,

Or text HARDHAT to 85258 (UK) or 50808 (ROI) [Website signposting to all resources](#)

*Photo credit: Lighthouse Construction Industry Charity*