

# Network Rail's wellbeing event proves a success

November 19, 2021



## Rail Wellbeing **LIVE**



Inspiring healthy lives across the railway

More than 16,000 people from across rail took part in Rail Wellbeing Live – the industry's biggest health and wellbeing event.

Network Rail says it is still possible for more people from the industry to get involved, as all sessions are free online until Thursday 2 December. Access is available to anyone who registers on Rail Wellbeing Live's website.

Among the health and wellbeing celebrity speakers at this year's Rail Wellbeing Live were television presenter Fearne Cotton, SAS: Who Dares Wins star Jason Fox, Olympic swimmer Rebecca Adlington and former footballer and pundit Paul Merson.

The event, organised by the Rail Wellbeing Alliance, was an opportunity for everyone in the rail industry to come together and connect with industry and high-profile speakers to get insight on how to tackle a wide range of health and wellbeing issues. New for 2021, evening sessions were held and covered nutritional tips for shift workers and practical guidance on how to reduce fatigue.

John Halsall is chair of the Rail Wellbeing Alliance and managing director for Network Rail's Southern region. He said: "This year's event has been a huge success, with over 16,000 people joining us over the two days. I'm really proud of how Rail Wellbeing Live has evolved into such a large industry event that encourages everyone to share and talk about issues relating to health and wellbeing. I'd like to thank everyone who supported the event and for being part of our mission to make the rail industry a healthier and happier place.

"It has been a brilliant couple of days but it's not too late for others to sign up and access all the sessions on-demand. Just register on the Rail Wellbeing Live website to watch any of the sessions, between now and Thursday 2 December. We're keen for as many people as possible to benefit from the inspiring content on there."

Popular sessions included:

- Fearne Cotton: Finding joy in every day and letting go of perfect
- Jason Fox: Building resilience in challenging times
- Paul Merson: Opening up on addiction
- Rebecca Adlington: Work-life balance and recognising what is truly important
- Dr Rupy Aujla: Eating Well. Hacks on the go!

Other sessions included experts offering practical advice on fatigue, nutrition, mental health, back pain, addiction, financial worries and self-esteem.

Rail Wellbeing Live a once-a-year event – on the first Wednesday of every month the industry hosts 'Wellbeing Wednesdays', starting at 11am and are free to join online . A different health and wellbeing topic is covered each month. On 1 December, the focus will be on how you can enjoy a stress-free holiday season when it comes to family matters. To sign up, visit:  
<https://www.railwellbeinglive.co.uk/wellbeing-wednesdays/>