

Rail Wellbeing Live to return in November

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One of the biggest free wellbeing events in the history of the rail industry is to return in November.

More than 10,000 people attended virtual events during the two-day Rail Wellbeing Live last year, which featured more than 80 sessions and 140 speakers, focussed on tackling the historic issues around wellbeing.

The organisers have announced this year's event will be held on November 17 and 18.

Jenny Wilson, event organiser, said: "We're delighted to announce the dates for this year's Rail Wellbeing Live event on 17 and 18 November.

"Last year was such a huge success, with more than 10,000 colleagues from across the industry joining us over two days to help improve their wellbeing, so the bar has been set high."

Last year there were sessions hosted by a mix of wellbeing experts, industry leaders and some surprising famous faces, namely comedian and mental health campaigner Ruby Wax, Embarrassing Bodies star Dr Dawn Harper and BBC Breakfast's resident GP, Dr Rangan Chatterjee.

Jenny said: “We’re working hard already on the content for 2021, and while I can’t say anything just yet, this year’s event is going to be even bigger and better. So please mark us in your diary and watch this space for more updates.”

Among those to praise the event last year is Sam Turner, a strategic commercial director at Network Rail and a Railway Benefit Fund board member, who said: “I enjoyed a variety of sessions during the conference. I really enjoyed Ruby Wax and her frazzled session which encouraged a real discussion amongst my team about how many of us quite often feel ‘frazzled’.

“However, the bit that has really stuck with me is a story following the session that the Railway Benefit Fund (RBF) did which is a charity I sit on the board of. Following the session we were contacted by a member of our railway family who, as a result of the pandemic, was struggling that weekend to feed the family. Having heard via Rail Wellbeing Live about the work the RBF do they were able to contact us and seek help and we were able to arrange an emergency grant straight away.”

- Ahead of the event in November, organisers are holding **Wellbeing Wednesdays** on the first Wednesday of every month – these are 30 minute livestream sessions hosted by industry leaders, with wellbeing experts invited to share their advice on a whole range of health topics. Alongside this, they’re offering bite sized **Conversation Starters** – short films to use in team meetings to kick-start conversations about health and wellbeing.

[Click here for more details.](#)

Photo/ video credit: Rail Wellbeing Live