

## Health & Wellbeing – The Lighthouse Club



### *What is the Lighthouse Club?*

The Lighthouse Club is a well-established charity formed in 1956 to support the construction industry.

The Lighthouse Club have 20+ volunteer-led regional clubs around the country. As well as providing wellbeing support to construction families in need, each club organises a variety of fundraising activities including, golf days, summer balls and annual dinner dances.

The Lighthouse Club are a charity that provides physical, mental and financial support to construction workers and their families in the UK and Ireland.

### *Why the Lighthouse Club?*

End Systems Ltd were looking for a pro-active means of addressing mental health & wellbeing within the company. They decided to align themselves with the Lighthouse Club which helps to satisfy this aim but at the same time supports the essential work of the charity.

### *Since Engaging with The Lighthouse Club*

Office & site staff have volunteered to be Mental Health First Aid (MHFA) Ambassadors. Two staff members are soon to start their MHFA England Training and six staff members are soon to embark on their first MHFA Awareness Modules with Lighthouse.

The company hopes that this allegiance will keep mental health awareness a topic which is fresh and vibrant and help to create a positive wellbeing culture throughout the company.

**“A positive mental health culture acts as a layer that keeps people thriving emotionally within their workplace environment”**



### *What are the benefits of engaging with The Lighthouse Club?*

- Access to online training resources for company Mental Health First Aid Ambassadors.
- Provides Verified Mental Health First Aid England Training Courses.
- 24/7 confidential helpline for both employer and employee first point of contact on 0345 609 1956
- Free MHFA support App for mobile devices.
- Access to a huge variety of wellbeing support services for a small annual partnership subscription.
- Helps individuals and businesses adopt a better mental health culture across the company
- Can provide construction industry helpline packs, posters for site and office.
- Provide wallet-sized awareness information cards for all staff.
- Email: [info@lighthouseclub.org](mailto:info@lighthouseclub.org) Website: <https://www.lighthouseclub.org>

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