



BOOK

## POSITIVE MALE MIND

LID Publishing, pp 128

Content ++++

Presentation ++++

Value ++++

The figures should make us wake up and take notice: if one in four adults can expect to suffer from mental ill health at some time in their lives, then you don't need to get the calculator out to see that if you employ 100 workers, 25 of them are likely to be affected.

For every thousand employees, multiply that by 10. Then add the problem, highlighted by this book, that traditionally men expect themselves to be competitive, successful, tough and self-reliant – which in turn means they often find it difficult to admit when they need help. On top of that, there's the issue that many managers themselves feel uncomfortable with stress and mental ill health and, as a result, struggle to tackle them effectively.

This pocket-sized self-help guide aims to help men face up to and deal with mental health issues. There's a foreword by Royal Mail chief executive Rico Back and then the content is organised into four parts: "Understanding mental health"; "Taking control and taking action"; "Your mental health at

work"; and "What to do next". Although printed in a strange reddish-brown ink, the book is very well laid out for easy reading, with short chapters, well-spaced text and frequent summary/tip boxes.

Full marks to the authors and the publishers for taking on a difficult yet vital topic; and yet I think this book is flawed. For a start, despite the title, the advice here seems applicable to people in general, regardless of gender. I was expecting much more reference to the particular situations in which we men find ourselves, but the advice is all pretty generic – and, in the course of the book, much repeated: eat a balanced diet, get more exercise, don't check your email in bed, don't look for answers in drink or drugs. Try to relax. Do things you enjoy. Spend time with friends. Steer clear of people who drag you down.

Yes, it's good news that there are simple steps we can all take, but somehow this doesn't seem enough. And should these self-help techniques not work for you, what do you do then? The answer always seems to be: go to see your GP and, if your firm provides an occupational health service or an employee assistance programme, take up what's on offer. I was expecting pages of contact details for organisations I might be

able to turn to for further help, but sadly the authors did not feel it appropriate to share much of this sort of information with us.

Having worked in some very male-dominated industries, including construction and the power industry, and having had to face up to serious mental health problems within the circle of my own colleagues,

friends and family, I thought about how this book would play out with various men I know. Reluctantly, I had to conclude that many would dismiss it as not written with them, or the sort of situations they face, in mind.

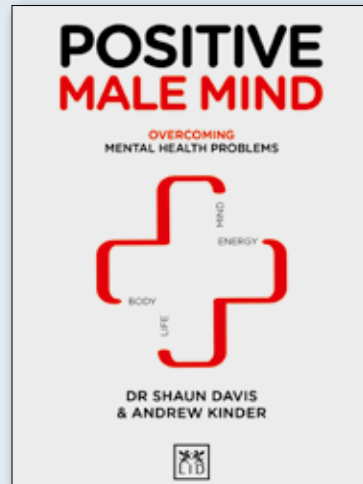
But let me now turn my own positivity up to full power. The advice here may be bland but if it works, that's fine. If reading this book gives just a few men the courage to speak out to

someone who is able to support, help and guide them, then that too is a worthwhile result. And if that in turn fuels the expectation that employers will do more to support their workers' mental health, even better.

PAUL SMITH

Price: £9.99

[www.lidpublishing.com](http://www.lidpublishing.com)



# DIRECTORY

## A great British export



In the last few months, RRC and its partners have run UK-accredited health and safety courses in Albania, China, Bangladesh, Belgium, Canada, Dubai, Ghana, Ecuador, Georgia, Mali,

Mauritania, New Zealand, Nigeria, Spain, Sweden, Suriname, Saudi Arabia, Sudan, Tanzania and Tunisia, teaching in Arabic, Georgian, French, Russian, Spanish and English.

RRC will continue to rack up the air miles in 2019 in Denmark, Germany, Indonesia, Vietnam and possibly Afghanistan in its modest attempt to help make the world a safer place to work. With all the talk of Brexit and trade deals, it is positive to see that a profession often so misunderstood by the press and the public at large has such a great exporting record.

[www.rrc.co.uk](http://www.rrc.co.uk)

## Keep the chill off this winter with JSP



As the colder weather sets in, JSP has the perfect answer to keeping your head warm on site or track-side: the Surefit Thermal Helmet Liner – which is fully approved to be worn with the JSP EVO range of safety helmets.

Compatibility is key when combining PPE and this Surefit Thermal Helmet Liner will prevent workers from wearing incompatible and dangerous alternatives

such as hoodies or beanies under their helmets. Designed to cover the entire ear for maximum comfort and warmth, it is made from stretchy material providing a tight fit for minimal interference and is suitable for all head sizes.

[www.jsp.co.uk](http://www.jsp.co.uk)

**Alexandra Palace selects Notify**

Technology firm Notify has announced it has signed the iconic north London entertainment venue, Alexandra Palace, as a new client.



Notify's highly-configurable reporting platform provides real time visibility and the ability to abolish paper-based documents and processes, enabling workforces to quickly log incidents, no matter where the employee is based.

After considering a number of "off-the-shelf" solutions, Alexandra Palace was impressed with the Notify platform's adaptability and the data it could collect and interpret.

Notify will shortly be launching in a range of foreign languages, thanks to the app being downloaded in over 52 countries so far.

[www.notifytechnology.com](http://www.notifytechnology.com)

**Certificate in H&S Leadership Course**



RRC's NEBOSH HSE Certificate in H&S Leadership Excellence is the result of a second collaboration with the Health and Safety Executive. This new qualification is designed to help improve the health and safety

leadership in organisations, and as a consequence, overall safety performance. RRC ran the first one-day classroom course in July 2018 and, along with a 100% pass rate, received really positive feedback from the delegates.

RRC has since launched the course online to meet rapidly growing worldwide demand. Learners are taken through the course through a series of video lessons with further reading provided by the official NEBOSH textbook in e-book format. Assessment takes place online throughout the course, culminating in an action plan for business improvement.

[www.rrc.co.uk](http://www.rrc.co.uk)

**Former HSE inspector joins Merritts**



Heavy machinery moving specialists Joseph Merritt Group has announced the appointment of Lincoln Marks as health and safety manager.

Marks joins Merritts having previously worked for Cold Harbour Marine. Prior to this, he sat on the other side of the fence, inspecting sites and investigating accidents for the HSE in factories and construction sites.

At Merritts, Marks will be responsible for ensuring that high standards are maintained as the company continues to evolve and grow through a combination of on-site auditing, process improvement and ongoing staff training to ensure the importance of health and safety is elevated throughout the company.

[www.merritts.uk.com](http://www.merritts.uk.com)

**A-SAFE raises the bar**

Workplace safety innovator A-SAFE is pushing impact aversion solutions to new heights of technological sophistication.



The newest addition to the A-SAFE range protects low hanging infrastructure in environments where high-level vehicles such as forklift trucks are in operation. It is used to safeguard doorframes, loading docks, infrastructure and overhead walkways, as well as key safety assets such as sprinkler systems and ventilation pipes. The Alarm Bar marries a significant audible alarm with bright red flashing lights to ensure that it is virtually impossible to ignore its warning.

[www.asafe.com](http://www.asafe.com)

**Cigna supports Doctors Without Borders**

Health insurer Cigna has launched a European CSR programme to support Doctors Without Borders in its mission to provide medical and nutritional aid where it is needed most.



Spearheading the health insurer's new initiative and uniting thousands of Cigna employees across Europe, the partnership forms part of Cigna's mission to improve the health, wellbeing and sense of security of those it serves.

Working closely with Doctors Without Borders, Cigna Europe and its employees will help fund and build life changing projects in areas that need it most.

[www.cigna.co.uk](http://www.cigna.co.uk)

**The benefits of workplace eyecare**



New research from Specsavers Corporate Eyecare reveals that employers believe improved health, wellbeing, productivity and morale are the biggest advantages of offering eyecare.

The study asked more than 500 HR decision makers what they thought the advantages were. Of those who have responded, 42% cited improved health and wellbeing, due to the early detection of illnesses through an eye examination. Improved productivity was the advantage cited by 37% of respondents, due to a reduction of ailments such as headaches and tired eyes.

More than a third – 35% – believe improved morale is a key advantage of eyecare at work. The research also showed eye care to be cost-effective, with over a third, 34%, saying it is a highly-valued benefit, and 31% appreciating the low cost.

[www.specsavers.co.uk/corporate](http://www.specsavers.co.uk/corporate)