

## Pagabo Foundation encourages industry to get moving this May

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Building on the success of its first event in 2022, the [Pagabo Foundation](#) has announced the return of the Feelgood Games this May, encouraging people from across the built environment sector to take part in support of its mission to tackle mental health in construction.

Taking place on Monday 15 May in Leeds, the fitness movement and fundraising event is making its return to fulfil the dual aim of getting the industry moving while raising funds that make the charity's mental health initiatives possible. It will bring together hundreds of property professionals on the eve of the second UK Real Estate Investment and Infrastructure Forum (UKREiiF).

The main element of the original Feelgood Games was an obstacle course - conquered by 130 professionals - but a move to the John Charles Centre for Sport will see the event take on a new lease of life, with several fresh elements.

These include a new wellness village hosting a number of other mental health charities, activity spectator zones, a more accessible activity list to support individual competitors with various mobility needs, construction themed challenges like a 'brick and trowel' race, and a post-event awards ceremony with live music and refreshments.

Jason Stapley, chief procurement officer at [The 55 Group](#) and chairman of the Pagabo Foundation, said: "After the overwhelmingly positive feedback on the first installment of the Feelgood Games in 2022, which raised £31,000, the Pagabo Foundation trustees and I are thrilled to be bringing back the games in bigger and better style.

"People from across the built environment sector are enjoying the togetherness of events post-pandemic,

which we're keen to promote due to the positive impact this has on our mental health. The activities will be even more accessible and the wellness village we're creating will benefit anyone."

Through its fundraising initiatives, the Pagabo Foundation funds mental health first aid training which is made completely free for individuals across the industry to access. The training gives people the tools and knowledge to spot early signs of mental health problems and be confident in providing support or guidance to their fellow professionals.

Training and support on how to help each other has never been more important, with the latest statistics for England and Wales, published by the Office for National Statistics, detailing that 507 people working in the construction industry committed suicide in 2021 - marking an increase from 483 in 2020.

The clear problem requires action, so the Mental Health First Aid Qualification offered by the Foundation via accredited training providers is an accessible two-day course to increase the number of qualified responders. The first two courses were held during January in Hull, with a third in Leeds in February - training 22 people in two short months. Future courses will be virtual, with attendees able to obtain the qualification from anywhere in the UK.

Sophie Jessop, project support at [Helix CMS](#) and attendee at the first training course funded by the Foundation, said: "We saw the opportunity on LinkedIn and understood that it's our duty as a business to have the right training. The course taught us about risk factors and warning signs, the different conditions like depression and anxiety, the five-step action plan to help, and where to signpost people for additional support. Most importantly, I am now more confident I have the tools and knowledge to help those around me when they need it.

"I'd highly recommend the free training made possible by the Pagabo Foundation and for people from across the construction industry to get qualified. My role on site means I interact with a lot of people every day, but whether you help just one person or 100 people, anyone can suffer from mental health problems and no one should struggle alone."

Christine Hartigan, senior associate and head of wellbeing at [Space & Place](#) and trustee member of the Pagabo Foundation, said: "The Foundation is going from strength to strength, but the donations we receive are crucial in making a difference.

"With the cost-of-living crisis applying pressure at home and the skills shortage increasing workloads for many in their day job, it's a critically important time for businesses to put the right resources in place. One day, we want mental health training to be included in construction courses so that everyone is skilled and aware from the beginning of their career."

To register your interest in the Feelgood Games, visit: [Feelgood Games](#)

To find out more about the Pagabo Foundation, visit: [Pagabo Foundation](#)