# Our Performance and Key Achievements in 2023

## TOTAL CHARITABLE SUPPORT

# £3,927,992

includes leveraged and optimised income

## Supporting our Construction Community

**4,435** calls to 24/7 Helpline

**2,435** complex cases managed by our case workers.

**£1,675,309** of financial support leveraged from external sources.

**5,411** emergency meals delivered

**96%** of those we helped **would recommend our services**.




**252,415** helpline cards distributed

## Wellbeing Academy

| | courses | trained |
|---|---|---|
| MHFA Awareness | 54 | 796 |
| MHFA Full Course | 104 | 1,204 |
| MHFA Refresher | 30 | 164 |
| Managing Mental Health in the Workplace | 59 | 501 |
| Suicide Awareness | 27 | 341 |
| Masterclasses | 129 | 420 |
| Wellbeing Wednesday Meditation | 33 | 180 |
| **TOTAL** | 436 | 3,606 |

| | |
|---|---|
| eLearning | 749 modules |

# £10.06 in Social Value

## For every £1 of Charitable Spend our charity creates £10.06 in Social Value*

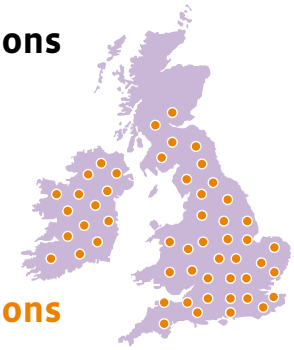
*This social value estimation has been carried out against the seven principles of social value reporting developed by Social Value UK and by using the financial proxies provided by the open-source National TOM's (Themes, Outcomes & Measures) framework. This provides a consistent methodology for attributing a financial value to operational activities, including the positive impact our services and resources have on the people we help and support.

### Lighthouse Beacons

**By the end of 2023 we had**

**469**

**Lighthouse Beacons**



A safe space for people to share their issues with likeminded people.

### Counselling Support

**3,979**
Online and face to face sessions delivered.

**1,491**
Number of people receiving counselling

### Critical Incident Support

**49**
Number of interventions

**850**
People seen




### #MakeItVisible On Site

**390**
Sites visited

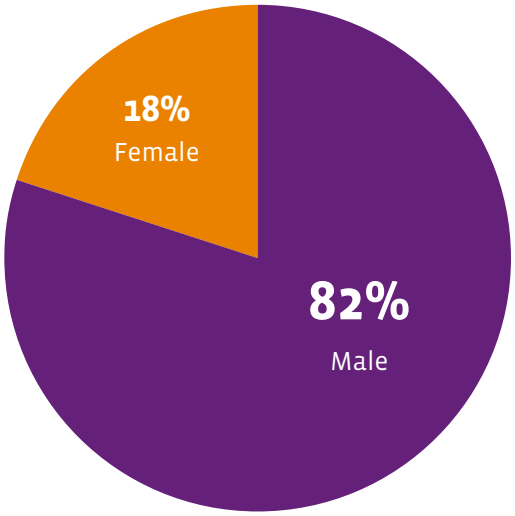
**25,801**
Workforce engaged

**139**
Active Rescues

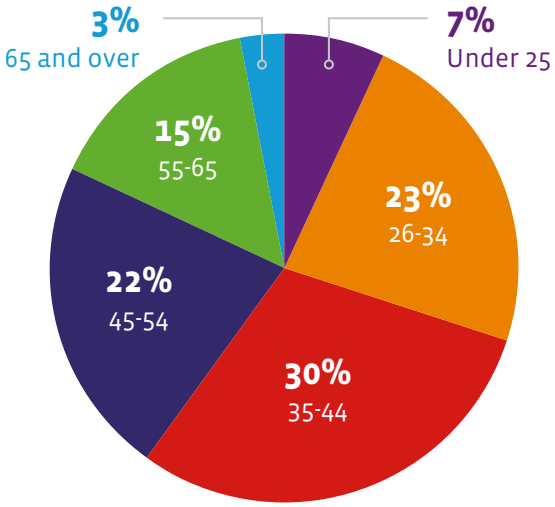
# Supporting our Construction Community

## We supported 4,435 families

### By Gender




### By Age

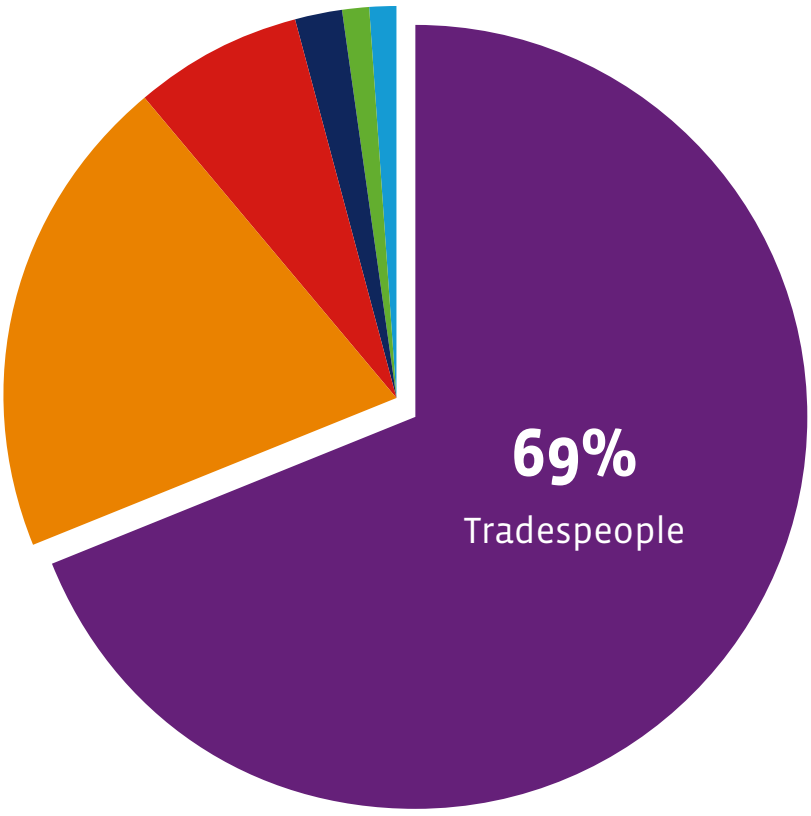



### By Occupation (%)

**20%** Managers
**7%** Engineers
**2%** Surveyors
**1%** Building Suppliers
**1%** Highway Workers

**Tradespeople**

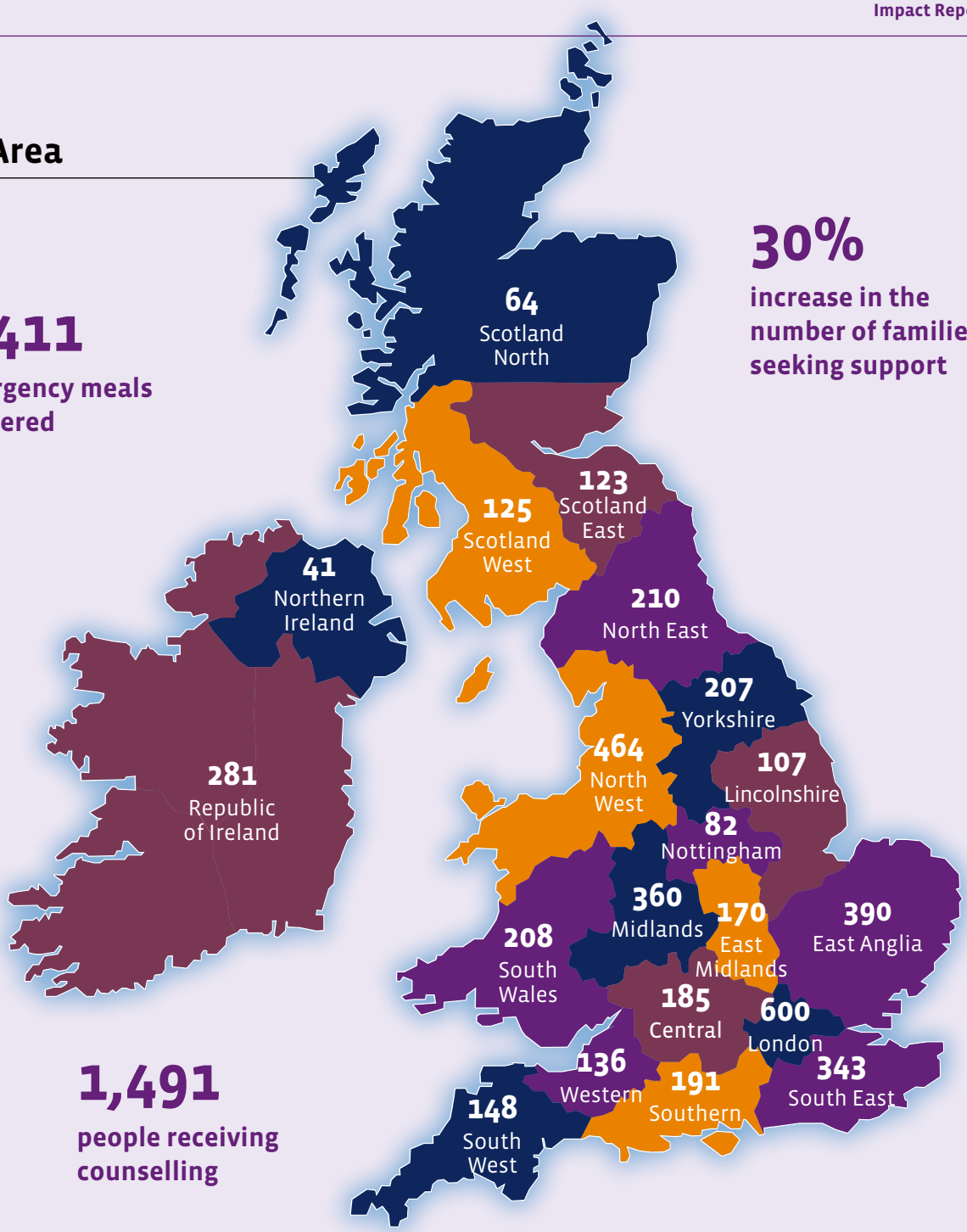
**26%** Labourers
**8%** Plant Operators
**7%** Finishing
**6%** Carpenters
**6%** Roofers
**5%** Bricklayers
**5%** Electricians
**2%** Plumbers
**2%** Concrete and Steel
**1%** Demolition
**1%** Welders



## By Area

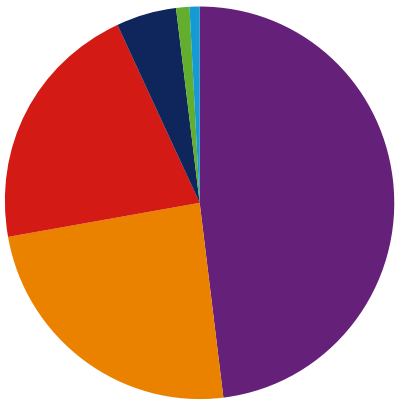
**5,411**
emergency meals delivered

**30%**
increase in the number of families seeking support




**1,491**
people receiving counselling

## Primary Reason for Contacting the Helpline



| | |
|---|---|
| 48% | General advice |
| 24% | Financial support |
| 21% | Health and wellbeing |
| 5% | Legal support |
| 1% | Tax advice |
| 1% | Education |