

## **UK's first CALM** zone on a construction site launched at Southall Waterside

Award-winning charity CALM has teamed up with Berkeley, catering company Bon Appetit Group and KIND snacks to create a CALM zone at Southall Waterside – Berkeley's development in the London Borough of Ealing. It is the first CALM zone on a UK construction site, providing a quiet break-out area to support employees' mental health at work, while building awareness of CALM and its support services.

On Wednesday 18 September 2019 staff from Southall Waterside, Bon Appetit Group and KIND came together with members of CALM, which aims to support mental health including the prevention of male suicide, to officially open the space. Berkeley and CALM signed a charter pledging to encourage colleagues to use the CALM zone as a place to have some downtime, escape everyday workplace stress and find out about the support services on offer. The charter will be displayed prominently in the new CALM zone.

On-site staff can use the space as a quiet place to relax with soft seating, refreshments and games. The initiative aims to raise awareness of mental health, helping to destigmatise what can be a very personal and sensitive subject, and a number of trained mental health first aiders based at Southall Waterside will also provide support.

**Andrew Brown, Corporate Partnerships Director, from CALM commented:** "In the UK there were over 6,500 suicides in 2018 and three-quarters of these were men. We offer support to those in need of a helping hand – both men and women.

"There's a growing focus on mental health in the workplace and this CALM zone is our first on a UK construction site. We hope it paves the way for many more, helping other people in construction and site-based jobs."

**Damian Leydon, Operations Director at Berkeley West Thames said:** "We're encouraging our staff to take their mental health seriously – that's why we want to provide our employees with a space where they can have a bit of downtime. Everyone should be able to come to work and go home happy – and we are delighted to be working with CALM to ensure this."

**- ENDS -**

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## **Notes to editors**

### **Southall Waterside**

Southall Waterside, Berkeley's exciting new development in West London is one of the capital's most ambitious regeneration projects. The 3,750-home scheme will bring a redundant gasworks site back into use for the whole community to benefit from. Southall Waterside is about more than just homes. It will be a thriving new neighbourhood on the Grand Union Canal – with a buzzing commercial district, two new parks and landscaped green spaces, and open up access to the adjacent 90-acre Minet Country Park for all to enjoy.

The first 304 homes to be delivered at Southall Waterside are all affordable and are being offered to existing Ealing residents under either affordable rent or shared ownership.

Every home at Southall Waterside will be within a five-minute cycle of a station, and the arrival of Crossrail will provide a direct service to Bond Street in 17 minutes and Canary Wharf in 30 minutes. A network of safe cycle paths and walkways will improve connections to the surrounding area and open up access to a 1km waterside trail along the Grand Union Canal.

### **About Berkeley Group**

[Berkeley Group](#) builds homes and neighbourhoods in London, Birmingham and across the South of England. We create beautiful, successful places where communities thrive and where people of all ages and backgrounds enjoy a great quality of life.

We are a FTSE 100 company. In the last five years we built more than 19,500 homes of all types and tenures and made a £12bn contribution to the UK economy.

We take a holistic approach to placemaking that goes beyond the conventional role of a developer and puts the strength and wellbeing of the wider community at the heart of every plan. Every place that we create has a bespoke, locally inspired masterplan and every home we build is individually designed.

Our business strategy is called [Our Vision](#). It provides a framework by which we strive to become a world-class business. It pushes us to create better places, to strengthen local communities and to achieve the highest standards of environmental sustainability.

Through the [Berkeley Foundation](#) we fund impactful charitable programmes and partnerships, which make a profound difference to thousands of disadvantaged people every year.

Find out more at [www.berkeleygroup.co.uk](http://www.berkeleygroup.co.uk)

### **About CALM**

The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under the age of 45 in the UK.

#### **Frontline services**

CALM's [free and confidential helpline and webchat](#) is open every day, 5pm-midnight, for anyone who is going through a tough time. There is also support for those bereaved by suicide through the [Support After Suicide Partnership \(SASP\)](#).

#### **Campaigns**

Everyone has a part to play in making positive change. CALM campaigns with media partners, brands and ambassadors to spread awareness of suicide and its devastating impact with campaigns like [#Project84](#), [#DontBottleItUp](#) and [The Best Man Project](#). CALM challenges damaging stereotypes that can often prevent people from seeking help, and encourages positive behavioural change using cultural touch points like art, music, sport and comedy.

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### **Communities**

Together we'll help our boys, our dads, our mums, brothers, sisters, friends and colleagues. CALM facilitates communities around shared interests like running, cycling and art, as well as providing supportive spaces in workplaces, universities, pubs, clubs and prisons across the country – so that people feel empowered to share their experiences and get the help they need before they reach the point of crisis.

For more information, visit [thecalmzone.net](http://thecalmzone.net).