Stop. Make a Change.

Health & Wellbeing in Construction

Promoting health, safety and wellbeing in the construction and infrastructure sector. As well as the resources that are available for members to use during their own HS&W sessions, stand down days or tool box talks, CECA will also deliver the following sessions free of charge for members during the 2025 *Stop. Make a Change* campaign.

Join us at any of our FREE CECA Events during the month of October.

09 OCTOBER
12.00PM - 1.00PM
Andropause Awareness
Online Webinar (Lighthouse Charity)

23 OCTOBER
12.00PM - 1.00PM
Andy's Man Club
Online Webinar (Andy's Man Club)

17 OCTOBER
10.00AM - 11.00AM
Menopause Awareness
Online Webinar (Lighthouse Charity)

28 OCTOBER
TIME TBC
Leadership in Mental Health
Online Webinar (Mates in Mind)

17 OCTOBER
2.00PM - 3.00PM
Menopause Awareness
Online Webinar (Lighthouse Charity)

29 OCTOBER
TIME TBC
Managers' Workshop: Stress
Online Webinar (Mates in Mind)

20 OCTOBER
9.00AM - 11.30AM
Suicide Awareness
Online Workshop (Lighthouse Charity)

30 OCTOBER
9.00AM - 11.30AM
Suicide Awareness
Online Workshop (Lighthouse Charity)

22 OCTOBER
12.00PM - 1.00PM
Myths of Men's Health
Online Webinar (Scottish Water)

Stop. Make a Change. is supported by:

ceca

MATES IN MIND

lighthouse The Construction Charity

ANDYSMANCLUB

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