

# Tackling the issues

The Double Glazing and Conservatory Ombudsman Scheme (DGCOS) has teamed up with the National Home Improvement Council (NHIC) to create a new podcast series that delves deeper into our industry's pressing mental health and wellbeing challenges, and with the help of experts, to offer insight and support



**Faisal Hussain**

**D**GCOS chief executive, Faisal Hussain, says: “Building on our two-year campaign for better mental health and wellbeing for those who work tirelessly in our sector to deliver home improvements, we decided that there was so much more we can do to help. So, along with our other schemes, we started a collaboration with the National Home Improvement Council, to bring together medical experts, frontline charity workers and DGCOS representatives to prioritise and shine a light on mental health and wellbeing, in a new series of six podcasts now available.

“During this carefully researched and structured series, the six episodes cover the following topics:

- Mental health support in the sector and its effects on productivity
- What does a good work life balance look like
- Managing loneliness working away from home
- The importance of a holistic approach and training
- How to manage common mental health problems like anxiety and depression
- Accessing debt support for better financial health.

“We’d like to say a huge thank you to our own team members who took part, as well as the guests we spoke to including Hannah Vickers, chief of staff at Mace and head of productivity at the Construction Leadership Council; Martin Lockham from Mates in Mind; George Jones from Cahill Renewables; Tony Steel from Band of Builders; GP Dr Rachel Cooper MBBS MRCGP; and Greg Jenkinson, from Step Change.

“I’ve personally been encouraged to see how much mental health and wellbeing have become more comfortable topics of conversation in our sector and are on the agenda now for many businesses. Rewind even five years and you’d see a totally different picture. We may not have totally broken down the taboo, but we’ve certainly started to chip away at it, something that DGCOS is



**Anna Scothern**

determined to continue to do. If these podcasts help just one person, then our job is done.”

Anna Scothern, chief executive of the National Home Improvement Council says: “We’re excited to announce this new podcast series which addresses the crucial issue of mental health awareness in the home improvement sector. Through this series of engaging podcasts, we are reaching out to diverse audiences, fostering creativity, and promoting well-being in the home improvement community. I applaud DGCOS for taking this initiative in partnership with NHIC.” □

The series running throughout autumn coincided with suicide prevention month during September and depression and mental health awareness month in October, and is available here:

[www.nhic.podbean.com/](http://www.nhic.podbean.com/)

If you are reading this and struggling now, regardless of whether you’re a DGCOS member or not, you can get 24/7 support by texting HARDHAT on 85258