



MEN'S HEALTH *Matters*

SUMMER 2026

EARLY ACTION
BETTER OUTCOMES
HEALTHIER LIVES

FEATURING
**BEN
YOUNGS**

A CITY-WIDE MEN'S HEALTH INITIATIVE
WITH NATIONAL AND INTERNATIONAL REACH



WELCOME

thrive
4life



MEN'S HEALTH MATTERS

Early action

Better outcomes

Healthier lives

A city-wide campaign with national and international reach

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WELCOME TO MEN'S HEALTH MATTERS



Welcome to Men's Health Matters, a campaign created to open up more honest, accessible and timely conversations about men's health across the City and beyond.

A powerful campaign does not simply inform. It makes people stop, listen, think and act differently. It creates the spark for conversations that might otherwise never begin.

That is the purpose of Men's Health Matters.

This campaign arrives at a nationally significant moment, with the UK Government's Men's Health Strategy for 2025 to 2035 recognising men's health as a major public health priority.



Janice Kaye,
Managing Director,
Thrive4Life



Through our conversations in the workplace, one message has come through clearly: too many men still feel left out of the wellbeing conversation, with too few natural forums to talk openly about physical health, mental pressure, stress, vulnerability and prevention.

That thought has haunted me.

Because if health and wellbeing is truly inclusive, we must notice who isn't engaging - and act.

The campaign launches at Lloyd's on 11 June 2026 with an **in-person interview with Ben Youngs**, England's most-capped men's rugby player. Ben's own story brings together heart health, pressure, performance, grief and resilience - creating a powerful conversation about personal challenge, the pressures people carry, and the importance of recognising when something is wrong, seeking support and taking early action.

The live interview will be recorded and streamed the following week, becoming the springboard for the wider Men's Health Matters webinar series, delivered through June and July 2026 and available free to access live and on demand.

Led by expert clinical and wellbeing voices, including specialists from Cleveland Clinic London and Thrive4Life, the series will cover key health topics in a clear, practical way - from understanding checks such as blood pressure and cholesterol, to heart health, cancer awareness, mental health, stress, prevention and knowing when to seek help. **All streamed events and on-demand recordings will be free to access, with each recording available for two months after its original stream date.** Although the campaign is called Men's Health Matters, the majority of the themes are relevant to the whole community. The title has a clear purpose: to bring men into the health and wellbeing conversation.

Too many men are not educated in the major health issues affecting them and delay seeking help, not because they do not care about their health, but because the conversation around prevention, early action and support has not always felt relevant, accessible or easy to enter.

That is what must change.

Workplaces can play a powerful role in raising awareness, guiding people towards the right support, and normalising conversations that have too often been avoided. This is a moment to move beyond polite agreement and into visible action.

A moment to say that men's health is not a private afterthought, but a workplace priority.

A moment to start conversations that matter - and carry them forward.

This campaign is designed to be the spark that begins those conversations, and the catalyst that turns awareness into action.

WITH THANKS

Thrive4Life would like to thank our **clinical partner sponsor, Cleveland Clinic London**, and our tiered sponsors, whose support has helped make Men's Health Matters possible and carry this important message across the City and beyond.

Gold Sponsors: The Hartford, VIPR Solutions

Silver Sponsors: Antares, Lockton, Canopus

Bronze Sponsors: Lloyd's, Insurance Families Network, Harrison Holgate, GPM Development, Chartered Insurance Institute, Global Aerospace, The Texel Group, Gender Inclusion Network, Dive In, Belonging@LIIBA, iDAWN, Link: LGBTQ+ Insurance Network, Cincinnati Global Underwriting

A CAMPAIGN SHAPED BY-

Workplace Wellbeing Experience and Clinical Expertise

Men's Health Matters brings together Thrive4Life's practical workplace wellbeing experience with Cleveland Clinic London's specialist clinical expertise, creating a campaign designed to inform, engage and encourage earlier action.

PARTNERSHIP WITH PURPOSE

Men's Health Matters has been developed through a partnership that combines practical workplace wellbeing experience with world-class clinical expertise.



ABOUT THRIVE4LIFE

Workplace Wellbeing in Practice

Thrive4Life is a City-based specialist corporate health and wellbeing provider. Its multidisciplinary team delivers expert-led talks, training, workshops and tailored workplace initiatives across physical health, mental health and wellbeing, for organisations across the City and beyond.



ABOUT CLEVELAND CLINIC

Clinical Expertise

Cleveland Clinic London is part of the globally recognised Cleveland Clinic health system, bringing internationally respected clinical expertise to the campaign.

With locations in Victoria, Moorgate and the Harley Street Health District, it provides specialist care, including GP services, health assessments and executive screening.

Together, Thrive4Life and Cleveland Clinic London combine engaging health education with trusted clinical insight, helping bring men's health into sharper focus and encouraging earlier awareness, prevention and action.

AT A GLANCE:

Men's Health Matters Campaign



THURSDAY 11 JUNE 2026 | 5:30–6:45 PM

BEN YOUNGS: MEN'S HEALTH MATTERS

Flagship in-person interview at the Lloyd's Building, City of London.

5

Streamed health and wellbeing events with free access across summer 2026 in recognition of International Men's Health Week (15 -21 June): recording of the Ben Youngs interview plus four expert-led webinars covering key health topics.



THURSDAY 18 JUNE 2026 | 1:00 PM - Recorded streaming and on demand access

BEN YOUNGS: MEN'S HEALTH MATTERS

A wider release of the flagship interview, extending campaign reach beyond the live audience.



WEDNESDAY 24 JUNE 2026 | 1:00 PM - Live streaming and on demand access

BP? CHOLESTEROL? BLOOD SUGAR? MEASURE WHAT MATTERS | DR SIMON HODES

General Practitioner, Cleveland Clinic London



WEDNESDAY 1 JULY 2026 | 1:00 PM - Live streaming and on demand access

HEART HEALTH: PROTECTING YOUR HEART IN HIGH-PRESSURE LIVES | DR SANJEEV BHATTACHARYYA

Consultant Cardiologist, Cleveland Clinic London



WEDNESDAY 8 JULY 2026 | 1:00 PM - Live streaming and on demand access

WHAT MEN SHOULD KNOW: PROSTATE AND TESTICULAR CANCER | PROFESSOR SENTHIL NATHAN

Consultant Urological Surgeon and Chair of Urology, Cleveland Clinic London



TUESDAY 14 JULY 2026 | 1:00 PM - Live streaming and on demand access

UNDERSTANDING MENTAL HEALTH: THE UNSEEN ASSASSIN | ROSS ABBOTT

Thrive4Life Lead Speaker and Workplace Mental Health Specialist



On-demand access to recordings

The recorded interview and webinar recordings will remain **free to access on demand for two months after each stream**, helping extend the campaign's reach across the City, nationally and internationally.

The logo for Lloyd's, featuring the word "LLOYD'S" in a white, serif, all-caps font centered within a solid black rectangular background.

LLOYD'S

www.lloyds.com

**Thrive4Life would like to thank Lloyd's
for its support in helping us bring Men's Health Matters to
the Lloyd's market and wider City community**



**Harrison Holgate
Insurance & Finance recruitment
www.harrisonholgate.com**

BEN YOUNGS *At Lloyd's*

PRESSURE, PERFORMANCE, HEALTH MATTERS AND THE NEED FOR EARLY ACTION.



BEN YOUNGS IN-PERSON INTERVIEW

The campaign opens with a flagship interview with **Ben Youngs**, England's most capped men's rugby player.

Guided by **Nigel Sparshott**, whose senior leadership experience brings strong relevance for a City audience, the conversation will explore Ben's personal story, resilience, health and wellbeing, leadership styles and performance.

Dr Philip Batty, Consultant in Sports & Exercise Medicine at Cleveland Clinic London, will add light-touch clinical context. **The interview will be recorded and streamed, with free on-demand access available afterwards.**

EVENT DETAILS



DATE: THURSDAY 11 JUNE 2026



TIME: 5.30PM—6.45PM



VENUE: LLOYD'S BUILDING, CITY OF LONDON



FORMAT: LIVE IN-PERSON INTERVIEW



RECORDED AND STREAMED: THURSDAY 18 JUNE AT 1.00PM, WITH ON-DEMAND ACCESS AVAILABLE FOR TWO MONTHS

A FLAGSHIP EVENT DESIGNED TO TURN ATTENTION INTO AWARENESS AND EARLY ACTION.

WHY *Ben Youngs*?



The power of this flagship interview lies not only in Ben Youngs' public profile, but in the story behind it. In his autobiography, *'Beyond the Line'*, Ben reflects on the realities that can sit beneath elite performance: pressure, identity, health, family, loss, support and the challenge of continuing to function when life is difficult behind the scenes. That message sits at the heart of Men's Health Matters. In elite sport, as in high pressure business environments, people can appear strong, capable and composed while privately carrying far more than others realise.

Ben's own experience of a heart arrhythmia also reinforces an important campaign message: health concerns can affect anyone, even those operating at the highest physical level. His wider story reminds us that support, honest conversations and early action matter. That is why this interview has such strong relevance for a City audience. It creates a route into conversations about resilience, pressure, leadership and health in a way that feels human, credible and relatable.

Men's Health Matters is not about telling men to be tougher. It is about education and encouraging men to act earlier, speak more openly, look after their health and recognise that seeking support when you need it, is not a weakness.



SCAN THE QR CODE TO READ THE FULL ARTICLE:

Why Ben Youngs' Story Makes Him Such a Powerful Voice for
Men's Health Matters

NIGEL *Sparshott*

INTERVIEWER FOR THE LIVE CONVERSATION WITH BEN YOUNGS

Nigel Sparshott will lead the live conversation with Ben Youngs, bringing senior leadership experience, personal health insight and a lifelong connection to rugby.

With 46 years in the aerospace industry, including senior operational and commercial roles, Nigel has led teams of up to 450 people and is recognised as a team builder and mentor to young career professionals. His career has been shaped by high-pressure environments where judgement, responsibility, resilience and risk management are critical. His experience includes navigating major challenges such as 9/11, Covid-19, military campaign support and a total-loss manufacturing situation.

As interviewer, Nigel will guide the conversation beyond sporting achievement, drawing out the key themes of Men's Health Matters: resilience, performance under pressure, health awareness, early action, and how leadership styles can shape individual wellbeing and team performance.

Alongside this, Nigel brings lived experience of significant health challenges and long-standing involvement in rugby union as a player, coach and referee, giving him the empathy, credibility and relevance to lead a thoughtful, City-focused conversation with Ben.



SENIOR LEADER WITH A LIFELONG CONNECTION TO RUGBY AND A CREDIBLE VOICE ON RESILIENCE, HEALTH AND PERFORMANCE.

DR PHILIP *Batty*

**MB CHB, FRCGP, PG DIP (SEM), FFSEM
CONSULTANT IN SPORT AND EXERCISE MEDICINE,
CLEVELAND CLINIC LONDON**

Representing Cleveland Clinic London, clinical partner of Thrive4life in the Men's Health Matters campaign, Dr Philip Batty brings expert medical insight to the live conversation with Ben Youngs. His role is to support the discussion with practical clinical perspective, helping connect Ben's personal story to wider messages around heart health and other health matters, recognising warning signs, understanding personal risk and the importance of early action.

A leading consultant in sport and exercise medicine at Cleveland Clinic London, Dr Batty has extensive experience working in elite sport and high-performance environments, including senior roles with the England Rugby Team, Manchester United, Manchester City and other top-level sports organisations. That background gives him a strong understanding of performance; physical resilience and the pressures associated with sport at the highest level.



LEADING CLEVELAND CLINIC LONDON CONSULTANT, BRINGING ELITE SPORTS MEDICINE INSIGHT TO THE BEN YOUNGS CONVERSATION.

His involvement brings added clinical authority to the discussion, helping translate Ben's story into practical insight on health, personal risk and early action.

FOLLOW-ON EXPERT *Webinar Series*

Following the flagship Ben Youngs event at Lloyd's, the campaign continues with a series of expert-led live health and wellbeing webinars.

Freely accessible to all, as part of the Men's Health Matters campaign, these sessions offer practical guidance on key health issues relevant to the whole workplace community, with recordings available on demand afterwards.



Led by medical specialists from Cleveland Clinic London and a lead speaker and workplace mental health specialist from Thrive4Life, these follow-on sessions focus on the essentials of protecting your health and wellbeing - what to look out for, which warning signs should be checked, and why it is important not to ignore them.

The webinars will be streamed weekly throughout June and early July, with each session also available on demand for two months, giving individuals and organisations flexibility to join live or watch later. See the live webinar schedule on page 7, At a Glance: Men's Health Matters Campaign, with full details of each webinar on the dedicated webinar pages, 15–22.

TOPICS WILL INCLUDE



Knowing your numbers – why tracking blood pressure, cholesterol and other key indicators can help spot risks early



Heart health – recognising warning signs that should never be ignored



Prostate and testicular cancer awareness – knowing what to look out for and when to get checked



Mental health, stress and pressure – supporting yourself, speaking up sooner, and checking in on your mates

These webinars are free to access and designed to help people feel more informed, recognise when to seek help, and feel more confident about taking positive action, with flexible viewing through the on-demand recordings available afterwards.

EXECUTIVE HEALTH SCREENING, *Delivered with confidence*

Cleveland Clinic London (CCL) offers GP-led preventative health assessments and tailored executive screening for organisations and private individuals, with convenient access across London.





For organisations investing in senior teams and HR professionals managing employee health benefits, CCL offers a personalised approach focused on earlier diagnosis, early intervention, better outcomes resulting in reduced long-term treatment costs. CCL provides a range of Health Assessments, with its Executive Health Assessment being the most extensive, combining a tailored experience and advanced testing and diagnostics.

Health Assessments are delivered across three London sites: 55 Moorgate, 24 Portland Place and the Belgravia hospital.

Patients benefit from a joined-up pathway across all sites, with secure digital results and coordinated referrals. CCL also partners with organisations to provide GP services, create preferred clinical pathways, helping manage costs while ensuring timely, appropriate care. Employees can access services through self-pay, corporate healthcare benefits or private medical insurance, via self or GP referral or assessment.

Competitively priced and tailored packages are available for both corporate and private clients.

Cleveland Clinic London

-  Consultant-led, personalised assessments
-  Corporate and private access
-  City and central London locations
-  Tailored packages available



CONTACT DETAILS

To book a specialist appointment: 020 3423 7500 | To book a health assessment, call +44 20 3423 7575 or email: healthassessments@ccf.org to schedule an appointment. Website: clevelandcliniclondon.uk

BP? CHOLESTEROL? BLOOD SUGAR? *Measure What Matters*



SPEAKER
DR SIMON HODES

**General Practitioner,
Cleveland Clinic
London**

WED 24 JUNE, 1:00 PM

As part of the Men's Health Matters campaign, this live webinar explores why knowing your key health numbers is so important for protecting long-term health.

In busy working lives, health awareness can easily slip into the background, but simple measures such as blood pressure, cholesterol, blood sugar and weight can offer valuable insight into future risk.

This session will provide clear, expert-led guidance on the numbers that matter, why they are worth understanding, and how they can help people make informed decisions earlier. It offers a practical, accessible look at prevention, helping people feel more confident about taking small but important steps to protect their health.

We are delighted to welcome Dr Simon Hodes, an experienced General Practitioner at Cleveland Clinic London with more than 25 years' experience across NHS and private healthcare. His clinical work includes Executive Health Screening, making him well placed to guide this discussion on preventative health and early insight.

This webinar offers practical guidance from a trusted medical expert, helping turn awareness into meaningful action.

Live Stream & On-Demand Recording



SCAN THE QR CODE TO BOOK YOUR PLACE.

KNOW YOUR NUMBERS: *The Small Checks That Can Tell You a Lot*



THE NUMBERS WORTH KNOWING

(Sources: Blood Pressure UK, Heart UK, Diabetes UK)

1 IN 3

Blood Pressure



High blood pressure increases the risk of heart disease and stroke, but often has no symptoms. Around 1 in 3 adults in the UK are affected, and it can only be detected by a check.

~50 %

Cholesterol



High cholesterol can build up in the arteries, increasing the risk of heart disease and stroke. Around half of UK adults have high cholesterol, often without realising it.

4.6 MILLION

Blood Sugar



Raised blood sugar can lead to type 2 diabetes, which often develops gradually. Over 4.6 million people in the UK live with diabetes, with many more undiagnosed.

WHERE MATTERS

Weight & Waist Size



Where your body stores weight matters as much as how much you carry. A higher waist measurement is linked to a greater risk of heart disease and diabetes.

THE HIDDEN RISK FACTORS



NO SYMPTOMS DOESN'T MEAN NO RISK

High blood pressure, high cholesterol and type 2 diabetes can develop silently, without clear warning signs.



If you don't know your numbers, now's the time to check. Early checks can help spot changes sooner and support earlier action.

HEART HEALTH: *Protecting Your Heart in High-Pressure Lives*



SPEAKER
DR SANJEEV BHATTACHARYYA

**Consultant
Cardiologist, Cleveland
Clinic London**

WED 1 JULY, 1:00 PM

Heart health is one of the most important areas of men's health and wellbeing, yet it is often overlooked until concerns become more serious. In busy working lives, it can be easy to ignore symptoms, delay checks, or underestimate the long-term impact of stress and lifestyle on cardiovascular health.

As part of the Men's Health Matters campaign, this live webinar will provide expert insight into the importance of early action, greater awareness and the practical steps people can take to better understand and protect their heart health.

We are delighted to feature Dr Sanjeev Bhattacharyya, Consultant Cardiologist at Cleveland Clinic London. As a leading specialist heart centre, Cleveland Clinic London brings significant clinical expertise and authority to this important session.

This webinar offers a valuable opportunity to hear from an expert, gain practical insight and take away guidance that can support healthier decisions and better long-term outcomes.

Live Stream & On-Demand Recording



SCAN THE QR CODE TO BOOK YOUR PLACE.

HEART HEALTH: *Know the Risks. Spot the Signs. Take Action.*

Heart health is often overlooked in busy working life, yet it is central to long-term health and wellbeing.

KEY FACTS

(Sources: WHO, British Heart Foundation, Heart Research UK, Blood Pressure UK, NLM)



Cardiovascular disease is the **LEADING CAUSE OF DEATH GLOBALLY**



Cardiovascular disease affects **OVER 8 MILLION PEOPLE IN THE UK**



In the UK, a heart-related death occurs roughly **EVERY 5 MINUTES**



High blood pressure contributes to more than half of all **STROKES AND HEART ATTACKS**



Men develop cardiovascular disease **7 TO 10 YEARS EARLIER THAN WOMEN**



KEY RISK FACTORS

Heart disease develops gradually and is linked to factors including high blood pressure, high cholesterol, diabetes, smoking, excess weight, inactivity, stress and family history.

WARNING SIGNS



Chest pain, pressure or tightness



Pain spreading to arms, neck or jaw



Shortness of breath



Dizziness, nausea or cold sweats



Unusual fatigue or swelling

WHEN TO ACT

Seek medical advice if symptoms are new, persistent or unusual for you. Act promptly if you have risk factors such as high blood pressure, diabetes or a family history of heart disease.

WHAT MEN SHOULD KNOW: *Prostate and Testicular Cancer*



SPEAKER
PROFESSOR SENTHIL NATHAN

**Consultant Urological
Surgeon, Chair of Urology,
Cleveland Clinic London**

WED 8 JULY, 1:00 PM

As part of the Men's Health Matters campaign, this live webinar explores two important areas of men's health: prostate cancer and testicular cancer. While these can be difficult topics to think about, understanding the signs, risks and value of early action can make a real difference.

This session will provide clear, expert-led guidance on what men should be aware of, what symptoms should not be ignored, and when to seek medical advice. Early detection saves lives, and greater awareness can help people act on concerns sooner.

We are delighted to feature Professor Senthil Nathan, Consultant Urological Surgeon at Cleveland Clinic London, Honorary Associate Professor at University College London, and Chair of Urology and Director of Robotic Surgery & Innovations at Cleveland Clinic London.

He brings extensive expertise in urological cancer surgery and minimally invasive treatments, including robotic surgery.

This webinar offers practical insight that could make an important difference, whether for your own health or someone close to you.

Live Stream & On-Demand Recording



SCAN THE QR CODE TO BOOK YOUR PLACE.

PROSTATE AND TESTICULAR CANCER: *Know the Signs. Act Early.*

Prostate and testicular cancer are two of the most common male cancers. Early detection greatly improves outcomes.



PROSTATE CANCER | The prostate naturally enlarges with age, making issues more common in older men.

KEY FACTS (Sources: Prostate Cancer UK, Cancer Research UK)



64,000+ CASES EACH YEAR

Most common cancer in UK men



1 IN 8 MEN

Diagnosed in their lifetime



RISK INCREASES

With age, family history and Black ethnicity

KEY SIGNS

- ✓ Changes in urination
- ✓ Blood in urine or semen
- ✓ Pain when urinating
- ✓ Pain in lower back, hips or pelvis

Prostate cancer may have no early symptoms. Speak to a GP about risk and PSA testing.

TESTICULAR CANCER | Most common in younger men (15–49) and highly treatable when found early.

KEY FACTS (Sources: Cancer Research UK)

1 IN 220

UK men are affected in their lifetime

~2,400

UK cases each year

1%

Accounts for around 1% of all new cancer cases

KEY SIGNS

- ✓ Lump, swelling or change in size
- ✓ Heaviness or discomfort in the scrotum
- ✓ Pain in lower abdomen or back

Regular self-checking helps identify changes early.

WHEN TO ACT

Seek medical advice if changes are new, persistent or unusual. Early assessment improves outcomes.

UNDERSTANDING MENTAL HEALTH: *The Unseen Assassin*



SPEAKER

ROSS ABBOTT

**WORKPLACE
MENTAL HEALTH
SPECIALIST**

TUE 14 JULY, 1:00 PM

As part of the Men's Health Matters campaign, this live webinar explores an issue that affects everyone at some stage, personally or through someone close to them: mental health.

Many men still find it difficult to talk about pressure, stress or emotional strain, yet these challenges touch all of our lives. Sometimes the most important step is recognising when you need support yourself or knowing how to support someone else.

This session will open that conversation in a grounded, relevant and useful way. It will explore pressure in fast-paced working lives, why people often keep struggles to themselves, and how earlier conversations and better support can make a real difference.

We are delighted to feature Ross Abbott, one of Thrive4Life's lead facilitators in providing mental health and wellbeing training in the corporate environment. He is known for his practical, engaging approach to Line Manager Mental Health training and Health and Wellbeing Champion development. This webinar offers practical, thoughtful insight on an issue that matters in every workplace and every life.

Live Stream & On-Demand Recording



SCAN THE QR CODE TO BOOK YOUR PLACE.

MEN'S MENTAL HEALTH:

Noticing the Signs & Starting the Conversation



Mental health affects how we think, feel and cope with life. For many men, difficulties build quietly, making early awareness important.

KEY FACTS

(Sources: Mind UK, Movember, London City Hall, Priory)



1 IN 4 PEOPLE

experience a mental health problem each year



Suicide remains the leading cause of death in

MEN UNDER 50



77% OF MEN

report experiencing anxiety, stress or depression



40% OF MEN

have never spoken about their mental health

SPOTTING THE SIGNS

Mental health challenges can present differently:

- ✓ Irritability or mood changes
- ✓ Withdrawing from people or activities
- ✓ Feeling overwhelmed
- ✓ Poor sleep or fatigue
- ✓ Difficulty concentrating
- ✓ Physical symptoms (e.g. headaches, stomach issues)

STARTING THE CONVERSATION

Notice changes in mood, behaviour or energy

Ask simple, direct questions and listen without judgement:

"You haven't seemed yourself lately - are you okay?"

Don't wait for crisis - early support is more effective

Keep checking in, even if they're not ready to talk

GETTING SUPPORT

Support is available, and different options work for different people:



Speaking to a GP is often a first step



Peer support groups to reduce isolation



Talking therapies for structured support



NHS services & charities for urgent or ongoing help

MIND THE ——— GAP

WHY LINE MANAGER MENTAL HEALTH TRAINING MATTERS NOW

Workplace wellbeing cannot sit only with HR, policies or awareness days. If organisations want to prevent stress from becoming burnout, wellbeing must be built into everyday management. Line managers are often the first to spot when someone is under pressure, through changes in energy, behaviour, communication or performance.

They are not therapists, and should not be expected to be. But they do need the confidence to recognise early warning signs, hold supportive conversations, manage workload pressures and signpost appropriately.

As part of Men's Health Matters, Thrive4Life is publishing two thought-leadership articles by Ross Abbott, one of our leading facilitators, on why Line Manager Mental Health training is becoming a strategic priority. One explores the human case: how managers can support earlier conversations, psychological safety and healthier team cultures. The other explores the business case: how effective manager training can support retention, reduce avoidable absence, improve performance and embed wellbeing into leadership culture.

Together, they show why wellbeing in the workplace becomes powerful when awareness turns into action.

READ THE FULL ARTICLES

LEADING WELL: WHY LINE MANAGERS ARE CENTRAL TO WORKPLACE WELLBEING



Scan to read how managers can support early conversations, psychological safety and healthier team cultures.

FROM WELLBEING TO THE BOTTOM LINE: WHY MANAGER TRAINING IN MENTAL HEALTH IS A PRIORITY



Scan to read how manager training links to absence, retention, productivity and sustainable performance.

INTERESTED IN LINE MANAGER MENTAL HEALTH TRAINING?

Practical, expert-led training to help managers support mental health and wellbeing at work with confidence, clarity and appropriate boundaries.



info@thrive4life.co.uk



thrive4life.co.uk



Be Part of the Thrive4Life Health and Wellbeing Talks Initiative

A MORE STRATEGIC APPROACH TO YEAR-ROUND *Employee Health and Wellbeing Engagement*



The Thrive4Life Health and Wellbeing Talks Initiative offers organisations a credible, strategic way to keep health and wellbeing visible throughout the year.

THE PROGRAMME INCLUDES:

-  **SPECIALIST-LED MONTHLY TALKS**
-  **ON-DEMAND RECORDINGS**
-  **HEALTH & WELLBEING CHAMPION TRAINING & CPD**
-  **ACCESS TO NETWORKING EVENTS**
-  **MONTHLY PROMOTIONAL SUPPORT**



TO STRENGTHEN AWARENESS AND ENGAGEMENT.

Participating organisations also benefit from access to a wider health & wellbeing community, with networking, peer connection and campaigns targeting health.



thrive
4life



020 8972 9675



info@thrive4life.co.uk



thrive4life.co.uk

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“

A REFEREE'S — TALE

And Why Men's Health Matters

PERSONAL
STORY

NIGEL
SPARSHOTT

At 45, I thought I was in a good place. I'd had 19 great years playing rugby and, although I was starting to step back from the game physically, I was still right in the thick of it, coaching youngsters, refereeing matches and staying connected to the sport that had shaped so much of my life.

On a crisp Sunday morning in South Wales, I tucked into a bacon roll, completely unaware it was about to become the most dramatic pre-match meal of my life.

My job that day was simple: referee a junior rugby match for my son's team. I wasn't the best referee in the world, but I liked to think I was fair, or at least equally disliked by both sides.

The sun was shining, the pitch looked good, and nothing could possibly go wrong. Or so I thought.

I blew my whistle to start the game, concentrating hard. No one wants to make a mistake in front of a crowd of parents. **But the indigestion didn't go.** It grew. Slowly at first, then insistently, until more of my attention was on the pain than the game.

“Bloody hell,” I thought, “this is a bad one.” I tried to burp. Nothing. I tried to ignore it. Impossible. And then the question crept in. It can't be more than indigestion... can it?

After 35 minutes, the official length of a junior half, I blew for time on the first half of the game. By then, the pain was crushing. I walked to the touchline and said I couldn't continue.

One parent took one look at me and said,
“You don't look well. Sit down.”

Another, a nurse, said,
“Actually, lie down.”

Coats became pillows, jackets became blankets, and I lay there trying to breathe through what felt like a weight on my chest.

Then a familiar face appeared - one of the dads of another junior rugby player, who I knew from the club. As luck would have it, he also happened to be a surgeon and had been standing pitch-side watching the match. He must have had a small emergency kit with him, because he calmly gave me aspirin and GTN spray - the sort of medication used when chest pain is thought to be angina.

Within minutes, the paramedics arrived.

One of them was also a senior player from the club. They wired me up, and the ECG trace was clear as day. I was having a heart attack. **A bad one.**

The paramedic tried to comfort me with a joke, saying I'd just refereed my best game.

In the ambulance, they gave me morphine and explained the situation. The good news was that they were trained to thrombolysise heart attack patients on the spot - a clot-busting treatment that can massively improve survival. The bad news was that it carried a risk of me having a stroke.

“Your choice,” they said, “but in truth, you don't really have one.”



With a shaky signature, I agreed. They gave me the drug, then a second dose of morphine, because the first hadn't touched the sides. Things became hazy. I remember the ambulance doors closing, familiar faces looking in, and thinking, calmly, strangely, that this might be the last time I saw them.



But the kids were doing well, my wife was provided for, and if this was it... well, it was okay.

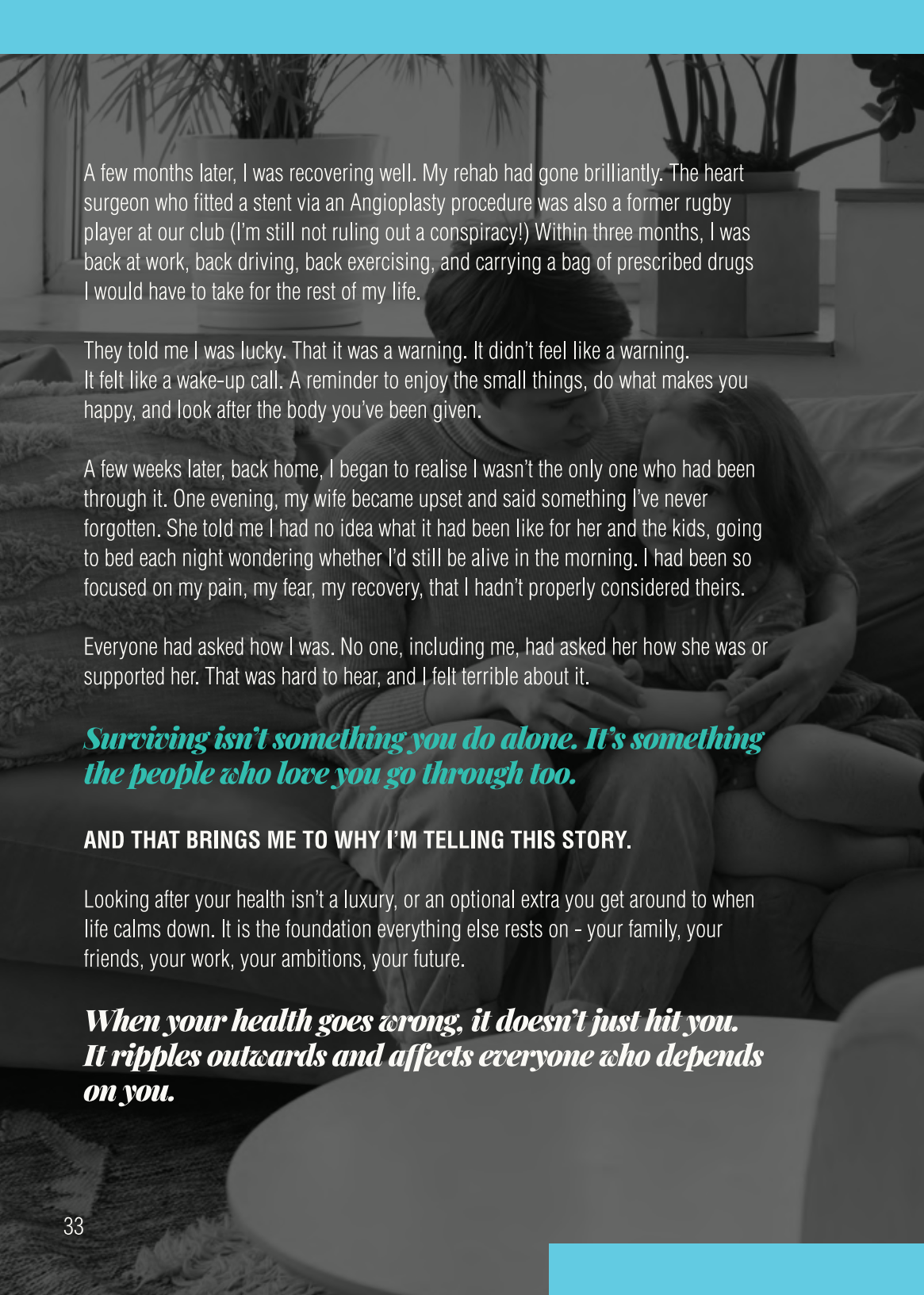
Luckily, it wasn't the end. I drifted in and out of consciousness as they wheeled me through the hospital. My wife, who had rushed to the hospital where she worked as a nurse, later said she simply followed the muddy tracks and footsteps we'd left behind to find me.

I was wired up to monitoring machines, fully conscious, and despite all my bravado, utterly terrified. Later, once I was stabilised and surrounded by my wife and children, I cried. Properly cried.

I had no idea what my life would look like now.

Before all this, I'd been a confident, career-driven middle manager in a billion-dollar aerospace business. Long hours, big responsibilities, constant pressure. I loved it. I loved my family, rugby, music, food, drink, life was good.

And suddenly, it felt as if it had all been taken away.



A few months later, I was recovering well. My rehab had gone brilliantly. The heart surgeon who fitted a stent via an Angioplasty procedure was also a former rugby player at our club (I'm still not ruling out a conspiracy!) Within three months, I was back at work, back driving, back exercising, and carrying a bag of prescribed drugs I would have to take for the rest of my life.

They told me I was lucky. That it was a warning. It didn't feel like a warning. It felt like a wake-up call. A reminder to enjoy the small things, do what makes you happy, and look after the body you've been given.

A few weeks later, back home, I began to realise I wasn't the only one who had been through it. One evening, my wife became upset and said something I've never forgotten. She told me I had no idea what it had been like for her and the kids, going to bed each night wondering whether I'd still be alive in the morning. I had been so focused on my pain, my fear, my recovery, that I hadn't properly considered theirs.

Everyone had asked how I was. No one, including me, had asked her how she was or supported her. That was hard to hear, and I felt terrible about it.

Surviving isn't something you do alone. It's something the people who love you go through too.

AND THAT BRINGS ME TO WHY I'M TELLING THIS STORY.

Looking after your health isn't a luxury, or an optional extra you get around to when life calms down. It is the foundation everything else rests on - your family, your friends, your work, your ambitions, your future.

When your health goes wrong, it doesn't just hit you. It ripples outwards and affects everyone who depends on you.

The trouble is, many of us men behave as if we're indestructible. We eat badly, drink too much, sleep too little, stress too often, and exercise only when guilt finally outweighs the lack of inertia. Add in the hereditary risks many of us quietly carry, and you've got a cocktail that points towards the big four: heart disease, cancer, diabetes and mental illness. We all know those words. But knowing the names isn't the same as knowing what they are. Too many men don't know the symptoms, the early warning signs, or the risk factors that may already be building quietly in the background.

And here's the uncomfortable truth: understanding your risk, recognising the signs, and acting early can save lives, including your life.

NOT OCCASIONALLY. CONSISTENTLY.

This is especially true for men in business - long hours, high pressure, constant deadlines, limited time, and the belief that "pushing through it" is a strength and a virtue rather than a warning sign.





Men's health is still too often overlooked in the workplace - under-discussed, under-supported and quietly ignored. Unlike some other areas of workplace wellbeing, men do not always have a natural support network, employee forum or targeted awareness campaign drawing them into the conversation.

Not having this suppresses discussion: individuals stay silent, distract themselves at work, push through, and delay seeking help until something forces the issue.

Sometimes that “something” is dramatic. Sometimes it is frightening.

AND SOMETIMES, IF YOU ARE VERY LUCKY, IT HAPPENS IN THE ONE PLACE WHERE THE PEOPLE AROUND YOU KNOW EXACTLY WHAT TO DO.

In my case, that place was Newport High School RFC, which, as it turns out, was the best place in the world to have a heart attack.

But that's the point. You can't rely on luck, location or timing. You shouldn't wait for a crisis to start paying attention.

Your health matters - to you. to the people who love you, and to the life you still want to live.

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While all care has been taken to ensure the information present in this campaign programme is up to date, some information may have changed since the time of print, Wednesday 27 May.

Please check with **Thrive4Life** for the most up-to-date version of the webinar schedule.