

Press release 5/6/08

Men's health comes first at the Erith Group

Hard working truckers are being given their own MOT test as part of new initiative for healthy living and working by the Erith Group.

A mobile clinic offering a free a check up and advice by nurses will be on hand as part of National Men's Health Week.

Drivers will be offered the chance to check their blood pressure, weight and test for diabetes and high cholesterol.

This initiative has been launched by the Erith Group together with occupational health firm Building Health to help men understand the importance of looking after themselves at work.

Truckers are often reluctant to visit their own doctor until health problems have become serious and harder to treat.

Too many hard working men die prematurely often because of problems linked to being overweight and the Erith Group believe more must be done to stop this.

And anyone who takes part gets some free fitness equipment, a fresh fruit salad and discounted gym membership.

First to go for his MOT was managing director Tony Darsey.

He said: "We all know men don't look after their health as well as they could and I have to admit I'm no exception. But you never know – a quick check-up could save your life.

"We have targeted this initiative at our haulage department but it is open to all.

"Anyone who comes along gets some kit to start them off – a fresh fruit salad, a punch bag, a pedometer and a body fat analyser.

"Our nurses can also refer our staff to one of 4 local gyms who have waived the joining fee for the week for our staff."

Nichola Elvy, of Building Health, who is running the clinic added: "We have decided to bring the clinic to them because we know they are reluctant to visit a doctor.

"It's convenient, it's free, it's quick and it's completely confidential. We hope that this will help men understand the need to look after themselves."

The initiative is one of hundreds taking place throughout the country during National Men's Health Week, which is organised by the Men's Health Forum, a charity that promotes men's health.

Notes to editors

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The Erith Group is a family run business founded in 1967 by Tom Darsey. Since its formation the company has grown to form a group comprising Erith Holdings Ltd; Erith Contractors Ltd and Erith Haulage Ltd, with its primary business being to service the construction and related industries through its demolition, asbestos removal, remediation, waste recycling and haulage divisions. The Group were placed 29th in 2008 Sunday Times "Best Small Company to work for", they also received The RoSPA Gold Award Occupational Safety for the second year running, eight separate British Safety Council International Safety Awards for various projects completed during 2008 and to complete a quartet of achievements during the first half of 2008 they won Construction News Specialist Award in the Site Preparation & Services category.

Building Health Ltd is an occupational health provider for the construction industry and recently won Occupational Health Magazines 'Recognising Achievement Award.

The Men's Health Forum, the organisation leading National Men's Health Week, can be contacted on 020 7388 4449.

National Men's Health Week runs from 9-15 June. It aims to raise the profile of men's health, encourage men's health initiatives and increase men's awareness of their own health. This year, the main focus is men's health at work.

Men wanting health information can visit the Men's Health Forum's website, **www.malehealth.co.uk**