



GLOBAL NEWS



In This Edition.....

- * Project News**
- * New Starters**
- * Celebrations**
- * A Day In The Life...**



Foreword

Welcome to the 1st edition of Global News for 2021.

I hope you enjoy this edition which I am sure you will agree is a fantastic medium to keep everyone updated on the events and challenges of our various organisations across the Global Infrastructure Group.

It is always fascinating to read the news and updates from across the group, particularly to highlight the range and diversity of the services that our teams deliver. Whilst our colleagues in Australia are undertaking projects relating to the high risk of bush fires (HBRA), here in the U.K our teams at Thameslink have been tenaciously working on the testing and remedial works on points heating installations to keep a vital section of the London Rail network operational throughout the Winter season. Quite contrasting operational challenges to the respective Rail networks and a great testament to the skillsets we retain within the GIG.

Going into the first quarter of 2021, we enter an exciting period with a strong forward order book, despite the COVID-19 pandemic which has drastically impacted upon all our lives in the past year. Although it appears that we will be facing the challenge presented by this virus for the foreseeable future, there remains much cause for optimism. The secured work that we have entering 2021 gives us a great opportunity to build, strengthen and diversify the core services that we provide.

To achieve our goals and objectives we need to develop the skills and experience of our existing team members as well as attracting new talent into the business, the latter of which has been demonstrated with the announcement of some key additions in the last edition of Global News. This edition includes details of two well deserved promotions in Ireland. It also contains excellent examples of our staff demonstrating the correct behaviours when dealing with the public and in emergency situations. All of these are important contributory factors in us being the best delivery option for our clients and being “**the partner of choice**”. They also highlight the importance that all our staff make in contributing to our success.

Retaining key members of staff within a business is always a significant challenge and as we look forward to celebrating the 20th anniversary of Global Rail Construction and Global Rail Services we do so with the knowledge that a significant number of people who have been ingrained and instrumental in the growth of the business are still integral to our future. The commitment, hard work and dedication of all our staff is what makes us stand out. It is remarkable how successful we were as an organisation in 2020 and that we achieved so much in the year, despite the unprecedented conditions created by COVID-19.

This is directly attributable to the resilience, hard work and commitment from all our staff.

Keeping everyone safe is and remains the ongoing yet vital message to all our staff. Not only due to the current COVID situation but also in ensuring that everyone “**Leaves Safely**” at the end of each day.

Unfortunately, the recent sad and tragic death of a young Network Rail worker reminds us that we must be ever vigilant and can never be complacent. Please stay safe and look out for each other.

I hope you enjoy this edition of Global News and look forward to hearing of more success and positive achievements throughout the coming year.

Thank you all for helping to make a difference through what you do every day.

Kind Regards



Sean Donaghey
Operations Director





Passionate

Committed in heart and mind to whole-heartedly embrace our core values and culture, without exception.



People

Growing our organisation from within, promoting and empowering our people, inspiring them to be the best they can be.



Professional

At all times we act with integrity, providing quality service, reliably and responsibly.



Teamwork

Working collaboratively whilst supporting and respecting each other's views.



Responsible

To consistently deliver quality, on time, safely and to budget whilst protecting our communities and the environment.



Mission & Vision

**Using the best mix of technology and tradition,
The Global Infrastructure Group empowers its workforce to deliver to
our clients the best possible standards of workmanship within the rail
industry at a competitive price.**



Global
Rail
Construction

Project Updates

Our **Global Rail Construction** team, successfully completed their primary civil engineering scope of works, during the recent blockade of their Barking Riverside project. The core works covered the installation of UTX's 7 and 10. Other civils works included SPT/GPL and MRI bases. The scope also included some E&P works, including disconnections to the signalling location cases to allow the project signalling contractor to replace these. GRCL then reconnected these and undertook the necessary T&C works. There was also an additional earth rod installation undertaken by the team.

Works were completed continuously between 30/12 and 02/01 with both day and night shift teams, with a further contingency shift in place for the following day.

Great Team Effort -Thank You





GRCL's Barking Riverside Project works have been pushing on at pace. Works have been undertaken to install UTX No.8 during a railway possession (WK 42). This was the final UTX to be installed for the project, which was a complex install underneath a single track and was approximately 8m long.

Temporary works were designed and provided by way of a MGF manhole box for the two chambers and trench sheets and struts for the duct run.

Works have also been substantially completed to the REB with all footways and backfill works now complete and all temporary works protection to the adjacent properties now removed.

Further to this, PH1/PH2 are also complete and ready for handover to the client.



Global Rail Construction

ALSTOM

Global Rail Construction is currently delivering a contract for long-term client Alstom, covering the GRIP4 ECI survey works on the Cambridge Inner and Outer re-signalling & re-control project.

Our civils team are undertaking ground investigation works for proposed REB bases and signal bases.





Global Rail Construction

Project Updates

Our **Global Rail Construction Limited** (GRCL) teams' Thameslink Christmas project work was an absolute triumph. During the blockade, GRCL successfully carried out a number of multi-disciplinary activities to programme and without any incidents or accidents.

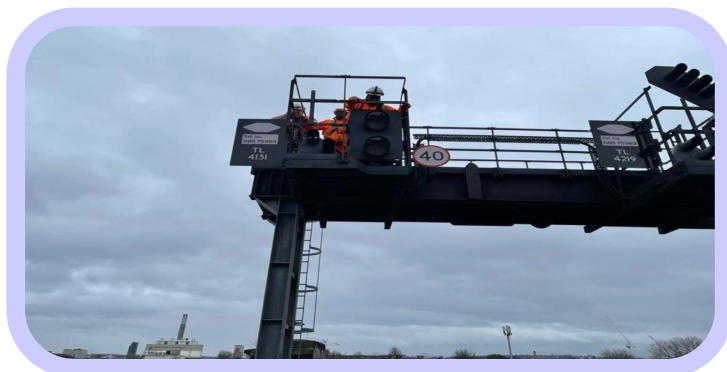
GRCL Civils teams carried out extensive route works remediation and new installations along the Cannon St and Charing Cross corridor.

GRCL's S&T division delivered a large volume of cable re-routing and testing to a number of signal gantries.

GRCL's E&P teams undertook extensive on track points heating testing at Clements Road and London Bridge.

All these works were completed, as planned, in both challenging conditions and demanding timeframe.

Well Done Teams & Thank You



Global Rail Construction



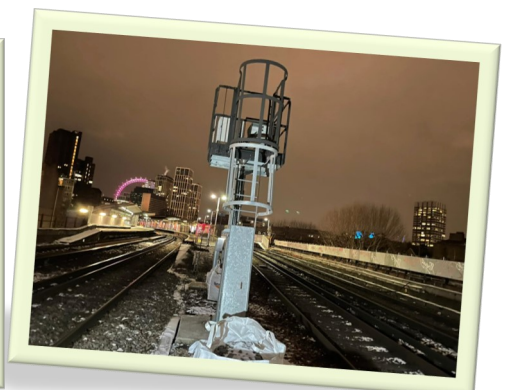
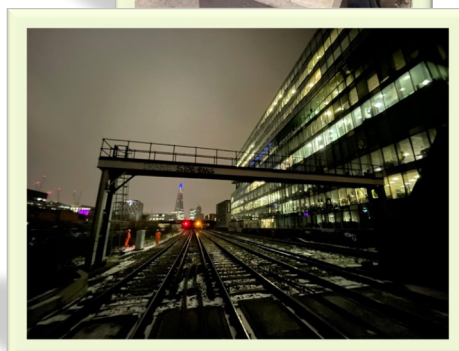
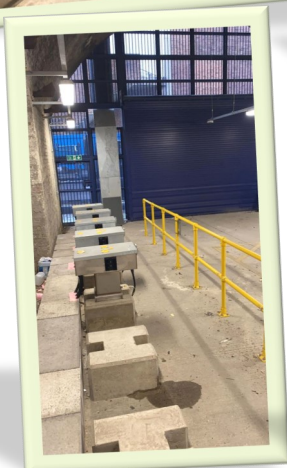
Project Updates



Come rain, hail or snow, our UK Thameslink project teams have been bracing the recent challenging weather conditions to carry out their pre-handover walk outs.

Global Rail Construction Limited

are planning to conclude their civil handover in the near future. GRCL's E&P teams have been progressing well too, having undertaken RCM remedial works at Borough Market, Enid Street and Druid Street, whilst also preparing other sites for hand back to Network Rail.





Global Rail Construction



"The power of collaboration continues at Clacton in Rail Director magazine January 21 edition.

With 4 weeks until the start of the commissioning we continue our partnership with Network Rail, Atkins, Alstom, Global Rail and OSL by introducing rapid Antigen testing for all S&T staff working at Clacton."

this was the quote from Charles Newlands, Director Signalling & Telecoms Operations at Atkins.

THANK YOU AND WELL DONE TO ALL THE TEAM ON THE CLACTON SITE

CLICK ON THE LINK BELOW TO READ THE FULL STORY

https://issuu.com/raildirector/docs/issuu_jan_2021



Magazine article: The power of collaboration. How a behavioural change is helping the major Clacton-on-Sea resignalling work continue through COVID-19. Includes text and photos of construction workers.

Magazine article: The bridges are off and there is a real sense of teamwork with an overwhelming desire to achieve common programme dates. Includes text and photos of construction workers.

Magazine article: The success has had the potential to help other projects... Includes a timeline diagram showing project stages from Winter 2019/20 to Winter 2020/2021.

Magazine article: Global Rail Construction Limited is the UK arm of the Global Infrastructure Group... Includes the Global Infrastructure Group logo and contact information.

Global Rail Construction



Project Updates

MTM – High Bushfire Risk Area (HBRA) Asset Inspections Completed

Global Rail Australia's Asset Inspection team has been supporting its customer MTM with a project for High Risk Bush Fire (HBRA) Asset Inspections of various Metro lines, which could have been potentially affected from the devastating bushfires in 2020.



This project involved the visual inspections of the MTM Owned Assets along the rail corridor covering 1800 Electrical Structures, 400 Poles (Lights & CCTV) and 32 Substations. Global Rail Australia's detailed scope was as follows:

1. Overhead Electrical Asset Inspections on the Rail Corridor located along the Track
2. Light Poles in the Rail Corridor, among the Platforms and Stations Car Parks
3. Signal Assets
4. CCTV Assets
5. Substations located in the Rail Corridor
6. Bush Fire Walk Examination along the following designated lines:
 - Belgrave Line (Ringwood – Belgrave)
 - Cranbourne Line (Dandenong – Cranbourne)
 - Hurstbridge Line (Clifton Hill – Hurstbridge)
 - Pakenham Line (Dandenong – Pakenham)
 - Sunbury Line (Footscray – Sunbury)
 - Craigieburn Line (Kensington – Craigieburn)
 - Mernda Line (Clifton Hill – Mernda)
7. Reporting of the inspected asset details in accordance with the client's requirements:
 - Locating the asset on the Rail Corridor
 - Recording the visual inspection of the asset, (Photos and Condition of the Asset)
 - Reporting the details of the information into the required format
 - Assisting MTM in identifying the defects on the Rail Corridor

Global Rail Australia

5 Plane Tree Avenue
Dingley Village
Vic 3172
Australia

+61 (0) 3 9551 0465

Global Rail Australia has proven experience in delivery of the most exacting projects across a diverse range of service sectors.

Our in-house capabilities, our scale and our supply chain partnerships have allowed Global Rail Australia to deliver complex multi-disciplinary projects that make a positive difference to our clients across the Australian infrastructure industry that we serve.



Global
Rail
Australia

C486 – ARTC Culverts – Culvert Repairs FY 2021

In December 2020, **Global Rail Australia** civil division were awarded the next phase of culvert repairs along the Newport to Serviceton line for ARTC. This phase of the works will involve providing access and then cleaning and concrete repairs to steel lined culverts below the ARTC rail line at 6 locations between Inverleigh and Lismore, Victoria. The project is due to commence in February and completed by the end of April 2021.



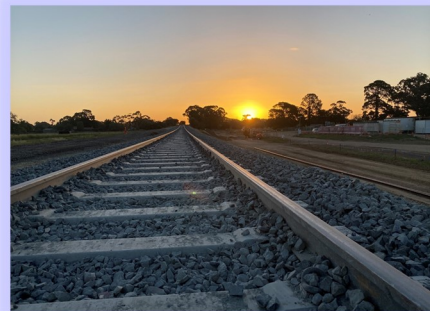
ARTC

Project Updates

Global Rail Australia resourced skilled specialised rail personnel to help facilitate the Avon River bridge upgrade. Working with **UGL** and **CPB**, Global Rail supervisors managed track renewal works, welded track, with general maintenance labouring. The scope of the work included installing 1.2 km of new track including a 960m guard rail on the bridge, building new track formation to allow for the track slew on the approaches to the bridge.

These works were carried out over 14 days. The tie ins and restressing work were completed in an occupation from November through to December 2020. Global Rail completed 180 welds in total on the shutdown.

“After years of having to cross the historic Avon River Bridge at just 10km/h, trains will now be able to travel much faster, ensuring a boost in reliability and efficiency for passengers catching trains on the line. Safety has also been improved for road users and pedestrians of the nearby McAlister Street level crossing, which has been upgraded and now features boom gates and a pedestrian crossing.” the Deputy Prime Minister said.



Avetta





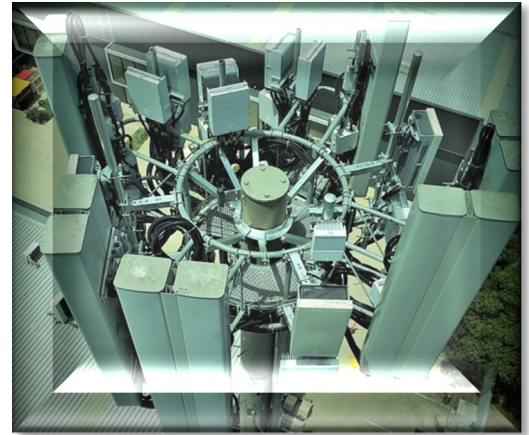
Global
Rail
Australia

Project Updates



The Optus/Ericsson 5G Upgrade and site modernisation is progressing well and recently the team has completed the following sites:

- C445.14 M0535 Kilsyth
- C445.15 M0234 Huntingdale
- C445.16 - M0292 Coburg North
- C445.17 M1763 Merlynston
- C445.18 M1953 Mountain Gate
- C445.19 M1776 Wheelers Hill



A view from above at M0234 Huntingdale

For site, M0292 Coburg North, works were scheduled for night works as Site Access was restricted during normal business hours. The team accepted the challenge and through careful planning and coordination completed the site before the Christmas holidays. This site is next to a busy train station and GRA was fortunate to trial and install the first Wave antenna for Optus at this site.

GRA uses inhouse 46m EWP to access mobile tower at M1763 Merlynston.

C485 – VLine Southern Cross – Crew Ready Facilities Refurbishment

In December 2020, **Global Rail Australia** civil division commenced a office refurbishment for VLine at their crew ready facilities at Southern Cross Station, Melbourne. The Crew Ready Building which is affectionately know as the “Tissue Box” is undergoing some internal changes to accommodate an increase in staff numbers for 2021. The facilities upgraded by civil division include a staff kitchen, lunch room, IT area and female toilets. Refurbishment works are being undertaken during both night and day shifts.



If you focus on the image, you can see a passing aircraft which just resumed flight after the COVID lockdown. Some of the views enjoyed by the field crew

Global Rail Australia

5 Plane Tree Avenue
Dingley Village
Vic 3172
Australia

+61 (0) 3 9551 0465

Global Rail Australia has proven experience in delivery of the most exacting projects across a diverse range of service sectors.

Our in-house capabilities, our scale and our supply chain partnerships have allowed Global Rail Australia to deliver complex multi-disciplinary projects that make a positive difference to our clients across the Australian infrastructure industry that we serve.

Rosslare Europort Infrastructure Masterplan Enabling Works

Project Updates

Rosslare Europort have developed an Infrastructure Masterplan which sets out how the port can expand its capacity, address some of the anticipated demand due to Brexit and develop a port that can cater for the anticipated developments in the next 5 – 10 years.

To facilitate the phased delivery of the Infrastructure Masterplan, Rosslare Europort are now progressing a series of site enabling works to eliminate potential disruption to operations and to streamline the delivery of the main Masterplan construction works.

Following the successful delivery in Rosslare Port of two previous projects - Berth 3 Linkspan Remedial Works and Berth 1 Linkspan Extension on behalf of our valued client Irish Rail,

Global Rail Services were awarded Rosslare Europort Infrastructure Masterplan Enabling Works.

The Global Rail scope of works involved the demolition of the steel high level walkway, moveable gangway, two sections of the RC high level walkway, removal of the concrete ramp and construction of new reinforced concrete pavements on Berth 3 to provide additional storage areas & associated surface water drainage and 6 way ducting circuit.

In order to facilitate the Rosslare Europort's operational requirements and a 45% increase in ferry sailings due to Brexit – where Rosslare port could offer an alternative to the UK land bridge by providing direct sailings to Europe – it was vital to have Berth 3 continuously operational at all times. The GRS scope consisted of the following elements:

Mobilisation

- Establish secure site compound in designated area;
 - Establish traffic management arrangements as required;
- During the works on Berth 3, access was required for the mooring of vessels on the berth. A phased construction programme was required in this location to make sure that the port remained operational.

Demolition

- Demolish the existing steel high level walkway and gangway on Berth 3;
- Demolish two sections of the RC high level walkway,
- Demolish the existing reinforced concrete ramped access beneath the existing high level walkway;
- Dispose of all waste arising from the demolition works offsite.

Earthworks

- Excavate the existing pavement and dispose of 2247m³ of excavated material offsite;
- Provide temporary support of the existing adjoining pavement;
- Excavate and fill with 6F2 material any soft spots encountered;
- Prepare the formation for the construction of the new pavement by placing to a designed gradient and compacting 1276m³ of CL804.
- Excavate and install 180m of surface water drainage along with the associated manholes and gully connections.
- Excavate and install 356m of 6 way electrical ducting and construct the associated drawpit chambers

Project Updates

Concrete Pavement Construction

- Lay on a previously prepared surface, 295m³ of ST1 lean mix concrete blinding;
- Set out to an approved design level, 950m of formwork;
- Install and tie 5460m² of a double layer of A393 reinforcement mesh;
- Install stainless steel dowel bars for the creation of 1800m expansion joints;
- Place 1092m³ of C40/50 concrete on blinded surface against formwork;
- Apply a 5460m² of brush finish to exposed top surfaces of concrete;
- Apply line marking to designed trailer parking bay locations and associated double yellow lines and symbols

Global Rail Services commenced the works on the 16/12/2020 and works are on target to be completed on the programmed completion date of April 2021. The site works are conducted in an International Ship and Port Facility (ISPS) which is a restricted access facility and by its very nature a live port and marine environment.

Demolition works are fully complete, earthworks are due to be completed in the early months of 2021 leaving 9 weeks to complete the concrete and line marking works.

The demolition and civil crews deserve great credit for carrying out their works safely and without incident in a very demanding and high-risk marine environment. This proved evident during a recent Health and Safety Authority site inspection where GRS were commended for how safely the works were being managed and executed, in particular how the Covid-19 control measures were being implemented on site, as the HSA inspector said ***“what you’re doing in relation to Covid 19, keep doing it”***



Station Monitoring & Security Howth Junction

Project Updates

The project is being carried out on behalf of the Irish Rail CCE department and involves the strip out of an existing ticket office in Howth junction, Co Dublin, the extension of the existing space into the booking hall by approximately 25% to create a brand new state of the art Control Centre. The new facility has been completely rewired and plumbed, including power, electrics, CCTV, a newly installed AC and state of the art ventilation system.

The front façade of the structure was created by the introduction of a structural steel frame and a fire rated Alucobond cladding system. All internal finishes have been completed to a high standard.

The Control centre itself has been fitted with specialised desks and backed up by L-TEC UPS units, ultimately feeding into the main control system.

The Works have been completed within a 3 month ticket office closure and have been successfully delivered on time to the client’s satisfaction.

Gerry Kennedy (Irish Rail) stated ***“the control centre was delivered on time, on budget and executed to the highest of standards. Well done to all”.***



Our Markets

Global Rail Services Ltd is part of the Global Infrastructure Group and is a leading Irish provider of design, construct and commission services for clients across a wide range of engineering and infrastructure sectors



Supply and Installation of Concrete Troughing for Limerick Level Crossing Upgrade Works

Project Updates

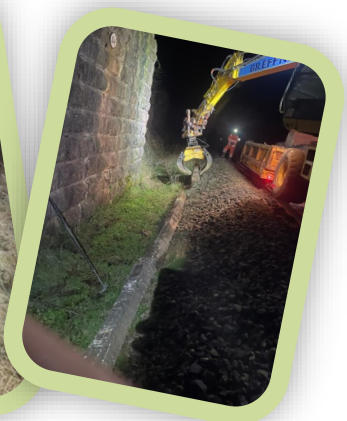
As part of the Irish Rail SE&T Department Cross level crossing upgrade from a maned gated crossing to an automated CCTV crossing, a new 8.5km cable route is required on the Limerick line from Cross to Limerick Junction control room. The new cable route will allow for the newly updated level crossing to be unmanned and controlled from Mallow control centre.

This project provides a great opportunity for Global Rail Services to work hand in hand with the Permanent Way teams for the supply and installation of 8500m of C-19 concrete. The installation of several UTX's, trenching and ducting as required and the installation of King Post and railing protection to existing LOC boxes along the track.

There are a number of bridges along the route that will be traversed by the use of aluminium trunking and installed by our in-house M&E teams.

On completion we are also responsible for the installation of cabling between chambers and LOC boxes. We will work closely with Irish Rail as their SET departments joint and commission the services, so we can lid and secure the troughing.

All works are to be carried out under night-time possessions – estimated program is 16 weeks. The linear site has two access points one at the Oola compound and one at Cross leaving a substantial traverse between sites; transport is carried out by RRV's.





GREAT WORK AND IMAGE PROVIDED FROM OUR IRISH BUSINESS, **GLOBAL RAIL SERVICES**, SHOWING THE WORKS THEY COMPLETED IN HELPING TO LIGHT THE ATHLONE BRIDGE IN THE WEST OF DUBLIN. HOPEFULLY IT WILL SERVE AS A HUGE BOOST FOR THE NATION DURING THESE DIFFICULT TIMES.

**WELL DONE ALL INVOLVED
STUNNING RESULTS**



OUR **GLOBAL RAIL SERVICES LIMITED (GRSL)** TEAM WERE FEATURED IN ITS CLIENTS' **PROGRESSIVE CREDIT UNION'S (PCU)** PUBLICATION, AS A KEY SUPPLIER, TO CELEBRATE 50 YEARS FOR ITS BRANCH IN GLASNEVIN. OUR GRSL TEAM IN DUBLIN LOOK FORWARD TO SUPPORTING PCU FOR MANY YEARS TO COME.

Cherrywood Luas Works

Global Rail Services will soon commence works at Cherrywood Luas Stop on behalf of William Neville & Sons. The project involves modifications, including testing and commissioning, to the AVLS system as a result of works for a new junction located on the outbound Luas Line B1 close to the Laughanstown stop. Global Rail Services will install four new loop buffers and remove one existing loop. Adjacent Traffic Controllers will be updated accordingly. A software update at the CCR Control System will be carried out remotely.

The works will take place at a public access area so measures will be put in place to ensure the access and egress routes remain operational for the duration of the works.

All works are to be carried out adjacent to the operational Luas line under Transdev permits.



Project Updates

EV Charger Installations

Global Rail

Services are currently installing Electric Vehicle Chargers on behalf of clients such as EC Charging, Bus Eireann and Irish Rail.



EC Charging design, develop and manufacture electric vehicle charging stations with markets in Ireland, UK, Germany and UAE. We have installed charging stations on their behalf at various locations nationwide including Lagan Asphalt, Wexford Courthouse, SAP Dublin and SAP Galway.

Installations for Irish Rail and Bus Eireann have been carried out at public areas, taxi ranks and 'staff only' locations across the CIE network. Locations include Athlone CCE Compound, Drogheda CCE Compound, Irish Rail HQ, Bus Eireann HQ, Irish Rail stations and Bus Eireann depots. Two stations have required the co-ordination and completion of scheme designs. This was successfully completed by our M&E and Civils teams in liaison with Irish Rail Design Department, ESB and third party stakeholders.

Global Rail Services carry out all civils works such as excavating trenches, pouring concrete bases for the chargers and mini/micro pillars, installing ducting and safety bollards, and reinstating the area on completion.

Electrical works include installation of the charging units and mini/micro pillars and associated cabling.





Project Updates

3IRL 4G Upgrades and 5G Site Rollout

GRA Networks continue to deliver 4G upgrade sites and 5G sites for 3IRL as part of their rollout plan. Ookla have recently named 3IRL as the number one service provider for the Irish market share and are current market leaders for national mobile coverage. These numbers are set to grow into 2021 as part of 3IRL's strategy to be ahead of other providers for 4G and 5G coverage. **GRA Networks** have been key in the delivery of a number of these sites.

St. Annes ESB was a priority site for 3IRL due to its prime location in Clontarf, Co. Dublin. There were several design issues that needed to be addressed to enable this site to become part of the new network.

GRA Networks worked very closely on this design and build with the Client, 3IRL, and the site owners, ESB, to ensure the finished product was delivered to the highest standards set out by both of these parties.

We received high praise from both parties on the efficiency and manner at which this site was delivered.



GRA Networks continue to be the preferred ASP for the Irish Aviation Authority (IAA)

The aviation sector has been drastically affected by the Covid 19 outbreak, but this has given the IAA a chance to maintain parts of their network that would otherwise be left untouched due to busy air traffic.

With this in mind, aviation engineers have called on

GRA Networks to assist in some repair and maintenance projects on their sites around the country. Most recent being the high powered transmitter

antenna in the midlands on Wolfrap Mountain. **GRA Networks** are currently working here to swap out vital components and cables for the IAA to ensure their equipment is in top shape for the future. IAA also expects to overhaul their radio system in 2021. **GRA Networks** have been tasked to assist with these works and the first of these sites has been named as Woodcock Hill in Co. Clare. Works will commence shortly at their radar site which serves Shannon Airport.



Your Vision - Your Motivation

“See you later” - what does it mean?

For what has now become a regular annual event in the [Global Rail Construction] calendar, we carried out a three-day Christmas safety stand down from 18th December 2020 with the theme **Your Vision - Your Motivation**.

The theme was chosen to reflect the challenging times for both our workforce and the business as a result of the pandemic and to encourage everyone working that they should not give up on their motivations and visions [which may include the wellbeing of their loved ones].

The phrase, **'see you later'** is used by many people when they leave home for work without thinking about the moral commitment they put their loved ones into, as loved ones expect to see them sometime in the evening after the day shift or in the morning after the night shift.

Yet it looks satisfying when our loved ones are seen again after work, on the other hand, the desire to see loved ones every day could motivate our workforce to arrive at work healthy, work safe and leave safely for home in order to see those they promised after work; which is what our behavioral safety programmes support.

To achieve this objective a number of questions were discussed during our stand down sessions to challenge our workforce.

Some of which were:

- 1) Who did you talk too before you left your home for work today?
- 2) What did you say to them?
- 3) Do you think you can live to the commitment?

The belief, therefore, was that when we find our thoughts start running wild and all the plans for that day, we should maybe **STOP** and take five (5) seconds to look out for a hazard in the middle of our activities and reconsider our loved ones whom we promised to come home too. Below, we provide a summary of the feedback from the stand down and the discussions that transpired during the engagement.

Feedback Received

Our report indicated the exercise was well received by our workers who worked with us throughout the Christmas holidays. The evidence of completing all planned works with no event [i.e., accident, incident or near misses] reported meant the workforce arrived at work healthy and left back home safely to fulfil their commitment of seeing their love ones later after work.

Your Vision - Your Motivation

So, we understand what **see you later** means, the event and our embedded vision, that everyone arrives healthy and leaves for home safely, is not only reserved for a safety stand down message or theme but should be **Your Vision - Your Motivation** every day.



5 Ways To Practice Mindfulness

validium.com



Mindfulness exercises that take very little effort and can be done pretty much anywhere at any time:

1. Mindful Breathing

This exercise can be done standing up or sitting down, and pretty much anywhere at any time. All you must do is be still and focus on your breath for just one minute.

- Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds.
- Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
- Let go of your thoughts. Let go of things you must do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.
- Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.
- Then watch with your awareness as it works work its way up and out of your mouth and its energy dissipates into the world.

If you are someone who thought they would never be able to meditate, guess what? You are halfway there already!

If you enjoyed one minute of this mind-calming exercise, why not try two or three?

2. Five-finger breathing

This simple practice is easy to remember and is often taught to children to help them calm themselves in times of high stress. It works by engaging multiple senses at the same time.

- Hold your hand in front of you, fingers spread.
- Using your index finger on the opposite hand, start tracing the outline of your extended hand, starting at the wrist, moving up the pinkie finger.
- As you trace up your pinkie, breathe in. As you trace down your pinkie, breathe out. Trace up your ring finger and breathe in. Trace down your ring finger and breathe out.
- Continue finger by finger until you have traced your entire hand. Now reverse the process and trace from your thumb back to your pinkie, making sure to inhale as you trace up, and exhale as you trace down.

5 Ways To Practice Mindfulness

validium.com

3. Mindful Observation

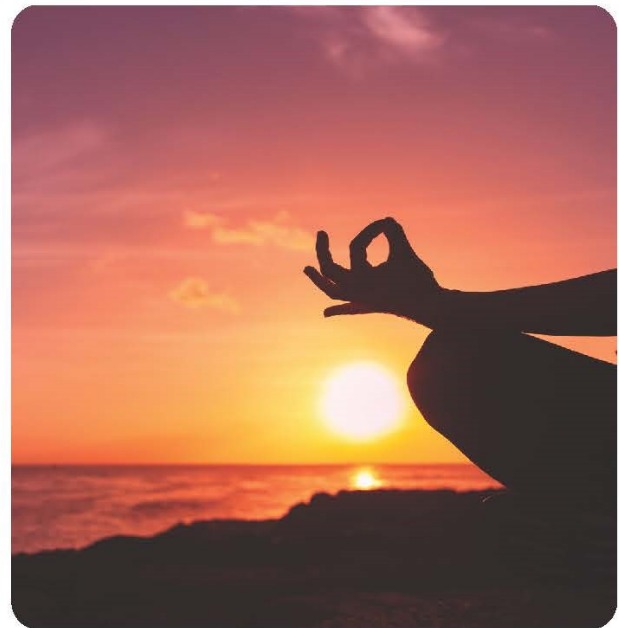
This exercise is simple but incredibly powerful because it helps you notice and appreciate seemingly simple elements of your environment in a more profound way.

- Choose a natural object from within your immediate environment and focus on watching it for a minute or two. This could be a flower or an insect, or even the clouds or the moon.
- Do not do anything except notice the thing you are looking at. Simply relax into watching for as long as your concentration allows.
- Look at this object as if you are seeing it for the first time.
- Visually explore every aspect of its formation and allow yourself to be consumed by its presence.
- Allow yourself to connect with its energy and its purpose within the natural world.

4. Mindful Awareness

This exercise is designed to cultivate a heightened awareness and appreciation of simple daily tasks and the results they achieve.

- Think of something that happens every day more than once; something you take for granted, like opening a door, for example. At the very moment you touch the doorknob to open the door, stop for a moment and be mindful of where you are, how you feel in that moment and where the door will lead you.
- Similarly, the moment you open your computer to start work, take a moment to appreciate the hands that enable this process and the brain that facilitates your understanding of how to use the computer.
- These 'touch point' cues do not have to be physical ones.
- For example: Each time you think a negative thought, you might choose to take a moment to stop, label the thought as unhelpful and release the negativity.
- Or perhaps each time you smell food, you take a moment to stop and appreciate how lucky you are to have good food to eat and share with your family and friends.
- Choose a touch point that resonates with you today and, instead of going through your daily motions on autopilot, take occasional moments to stop and cultivate purposeful awareness of what you are doing and the blessings these actions bring to your life.



5. Mindful Immersion

The intention of this exercise is to cultivate contentment in the moment and escape the persistent striving we find ourselves caught up in daily.

Rather than anxiously wanting to finish an everyday routine task to get on with doing something else, take that regular routine and fully experience it like never.

- For example: if you are cleaning your house, pay attention to every detail of the activity.
- Rather than treat this as a regular chore, create an entirely new experience by noticing every aspect of your actions:
- Feel and become the motion when sweeping the floor, sense the muscles you use when scrubbing the dishes, develop a more efficient way of wiping the windows clean.
- The idea is to get creative and discover new experiences within a familiar routine task.
- Instead of labouring through and constantly thinking about finishing the task, become aware of every step and fully immerse yourself in the progress. Take the activity beyond a routine by aligning yourself with it physically, mentally, and spiritually.

Who knows, you might even enjoy the cleaning for once!

A DAY IN THE LIFE OF

In this issue, we meet Nick Ansell, Business Development Manager for Global Rail Construction. We find out a bit more about him.....

Why did you choose this profession?

I started in rail recruitment back in 2001, a client I was supplying offered me a position in business development. It's a role that I feel is suited to me, as it involves lots of interaction with people plus organisation skills.

Who was your greatest mentor?

My Dad – he taught me how to be patient and kind, even when you don't feel that way.

What's the best piece of advice you have been given?

What goes around comes around.

What's your favourite way to spend time with your family?

Long walk followed by a pub lunch.

How do you spend your free time?

Watching my son play rugby for London Irish, we are both season ticket holders at London Irish and will be back in the new stadium when allowed. Taxi service for my daughter, playing golf and socialising with friends.

What are your top three favourite books and why? I must be honest, I don't read books!!!

What are you most afraid of? Being alone.

What is your strongest quality? Loyalty.

What is your weakest quality? Saying "*I must go home after that pint*".

If you could witness any event of the past, present, or future, what would it be?

England football winning the world cup!!!!

What is a skill you'd like to learn and why?

Learn another language – as it would enable me to engage with other people more, rather than me expecting them to speak English.

What are your strongest beliefs about?

Giving my Son & Daughter the best upbringing, and always appreciate what you have.

What's the most courageous thing you have ever done?

Gave up my apprenticeship at British Airways to focus on my golf career, I turned Professional at 20 but wasn't good enough to play on the tour, so after 4 years made the decision to get back my amateur status and played amateur tournaments until 4 years ago.

What's invisible but you wish people could see? Deceit.

In one sentence, how would you sum up the internet?

A great tool which can do both harm and good.

What's something you're interested in that most people wouldn't expect?

Cleaning & Ironing...





Congratulations to James Sykes (GRCL Assistant Project Manager) who was successfully admitted as a Technician to the ICE (Institution of Civil Engineers). The Institution of Civil Engineers (ICE) is a professional membership body that government and industry listen to while providing unrivalled support to approximately 95,000 civil engineer members. James said *"I am immensely happy to have become a Technician of the Institution of Civil Engineers. Completing the application and interview was a rewarding and challenging experience. I would like to especially thank Andy Crawford and David Vine for all their help. Their support through the process was greatly appreciated and I was fortunate to have the opportunity to work closely with them. I feel I have gained some key knowledge through the process and looking forward to taking the next step"*

The Institution of Civil Engineers (ICE) is one of the world's most respected professional engineering associations. Since they were formed 200 years ago, they have attracted some of the most famous and influential civil engineers in history.

HAPPY BIRTHDAY



A very Happy **30th** Birthday to **RACHEL WALSH** (GRSL Office Manager) who celebrated her milestone birthday in January. Rachel has been with the Global Family since 2018 and was surprised with cake & presents to mark her special day.



Congratulations from All The Global Family



HAPPY BIRTHDAY

A very Happy **65th** Birthday to **Derek Webb** (GRCL Supervisor) who celebrated his birthday in March. We all hope you had a wonderful time celebrating this milestone birthday.



HAPPY BIRTHDAY

A very Happy **60th** Birthday to **Noel Irwin** (GRCL Skilled Operative) who celebrated his birthday in March. We all hope you had a wonderful time celebrating this milestone birthday.

WELL DONE



Barry Smith (GRCL Project Manager) (L) handing over the voucher reward to Jordan Evans (C) & Ashley Phillips

Ashley Phillips (GRCL Supervisor) and Jordan Evans (GRCL Site Operative) received the **GRCL Positive Intervention Award** following their swift thinking and even quicker actions when they were faced with a lady in distress.

Ashley & Jordan were returning to site when they noticed a lady in the road crying for help, they stopped and observed the lady had some blood on her hands and asked her what was wrong? The lady told them that a pipe had burst in her house and was causing flooding but she did not know how to stop the water.

Ashley and Jordan went to the lady's house and found the outside stop tap in the street which they turned off and in turn stopped the mains water going to the house.

This quick action from the men stopped the burst pipe from causing serious damage to the house.

**Well Done & Thank You
Ashley and Jordan**



Safety Award

Congratulations to Dan Sweeney (Site Manager Global Rail Services) who received the QSE award for completing the most safety audits. Dan completed a total of 31 audits from August – December 2020.

**Well Done Dan
Keep Up The Great Work**



Whilst on a survey walkout at our Feltham site, Mark Parker (GRCL Civils Construction Manager), observed this tree laying across the track. Mark did his emergency phone call to notify the Signaller to block all lines effected, which in turn would stop a potential derailment, and get power isolated to have the tree removed.

Well Done Mark



Congratulations

Ray Collins Promoted to Commercial Director for our Operations in Ireland

We are delighted to announce the promotion of Ray Collins to Commercial Director for our Irish Operations covering our Construction, Infrastructure and Rail Contracting business **Global Rail Services Limited** and our telecoms arm **GRA Networks Ireland**.

The promotion is testament to the dedication Ray has provided over the last 12-years' – support that has been instrumental in the growth and prosperity of our businesses in Ireland.

His role going forward, will involve directing all commercial aspects of our contracting throughout Ireland, supporting staff – forming part of a new senior management team, with fellow Directors Aidan Kelly and Eoin Short.

Ray will be supporting new General Manager Stephen O'Brien, to further grow and develop these organisations, by providing the necessary commercial governance and structure.

Ivan Holloway, CEO of Global Rail Services Limited said:

“Ray is a consummate professional and a talented commercial leader. We are delighted to promote him to Commercial Director and look forward to his advice and support for many years to come.”



Damien Carroll Promoted to Senior Project Manager

Our Dublin based Global Rail Services team are delighted to announce the promotion of Damien Carroll to Senior Project Manager.

The promotion is testament to the expertise and dedication Damien has provided over the last 4 years – support that has been instrumental in the success of our rail and construction operations in Ireland.

His role going forward will involve project managing key contracts throughout Ireland,

supporting staff and acting as senior liaison with clients.

Damien will be supporting Operations Director Eoin Shortt, to deliver sustainable project management solutions in line with both client and business requirements.

Eoin Shortt, Operations Director of Global Rail Services Limited said:

“Damien is a talented Project Manager. We are delighted to promote him and look forward to his support of Global Rail Services' future growth and prosperity.”



CONGRATULATIONS

Niall Taaffe
(GRCL Senior Contracts Manager)
10 Years Service

Marco Lombardelli (GRCL Managing Director) shared his congratulations to Niall,

“We are extremely pleased to announce that Niall Taaffe has recently completed 10yrs service with ourselves at GRCL.

Niall initially started with ourselves as a Site Engineer and worked through the ranks to his current appointment, Senior Contracts Manager for the business which he has held since March 2017. However, some of you may not know that Niall worked for our sister company in Ireland prior to joining ourselves in the UK.

I remember being on one of the management meetings with our sister Company post 2008 and at a time where the fall of the Celtic tiger was really taking a hold on the country and Niall’s name was mentioned in the meeting. The reason I remember it so clearly was the disappointment on the faces of our senior leadership team at that meeting and how sorry they were to see him go.

Due to the lack of ongoing opportunity in Ireland at that time, Niall left the business and went to work in Africa for another Irish business who were recently established and looking to tender construction works in that part of the world.

In 2010, Niall returned to Ireland and then the UK to support ourselves at GRCL.

I have to say in all the years I have known Niall, I have always been impressed with his knowledge, work ethos and motivation to support some of our younger, less experienced individuals who have since blossomed though that mentoring and now hold key positions and responsibilities within our business, largely thanks to Niall’s time, effort and dedication.

It has been a real pleasure to see Niall grow within GRCL to the position of Senior Contracts Manager and to have also had the opportunity of working closely with him for the past 10 years.

Thank you Niall for all your support and involvement in helping GRCL grow, here’s to the next 10 years!!”

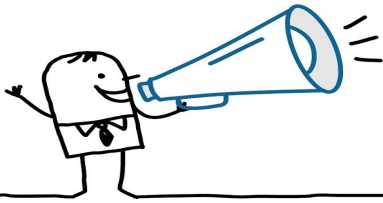
General Manager of Global Rail Services Limited and Director of Telecoms for GRA Networks, Ireland

Welcome Stephen O’Brien, General Manager



Stephen is responsible for the management of **Global Rail Services Limited** and has three decades of experience in the management and delivery of projects for the construction and professional services industries. He previously held senior management positions at Morrison Telecom Services and Obelisk.

With an MBA and degrees in Mechanical and Industrial Engineering from Trinity College, Dublin and University College Dublin respectively, Stephen is a professionally affiliated leader. He holds memberships of both the Irish Management Institute (MIMI) and the Institute of Engineers of Ireland (MIEI).



Welcome To The Global Family...



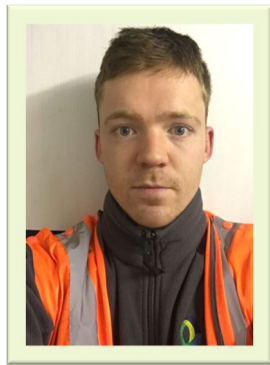
Nicholas Harvey
E&P Estimator



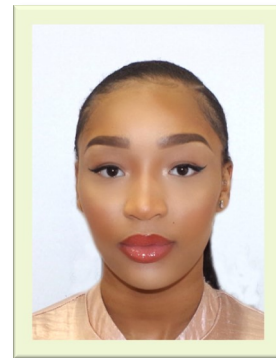
Mauricio Fiorentin
Civil Design Engineer



Martin Rollins
HSQE Advisor



Tom McGee
Site Engineer



Wendy Ositelu
Office Assistant

The Global Infrastructure Group of companies, which have been established since 2001, incorporates – **Global Rail Construction Ltd, Global Rail Services Ltd, Global Rail Australia Pty Ltd and GRA Networks** a subsidiary operating in both Ireland and Australia.

“Our USP is without doubt our people and our long-term strategy will ensure we continue to invest in and develop our people to enable us to deliver our customers expectations, in an efficient and consistent manner”.



SHARE YOUR NEWS

Tell us what’s happening or send us your pictures or videos.

globalnews@grcl.co.uk



Global
Infrastructure
Group

A Leading Provider Of Turnkey Solutions
For The Rail Industry



Railway
Construction



Civil
Engineering



Telecomms



Multi-Utilities



Power
Networks



General
Construction



Design and
Consultancy

Combining technical and innovative excellence with a
real passion for detail and safe delivery of projects

www.theglobalinfrastructuregroup.com