



GLOBAL NEWS



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- * A Day In The Life...**



Foreword

Welcome to the 2nd edition of Global News for 2021 and our first following the recent national & global lockdowns!

Firstly, may I take this opportunity to sincerely thank all our people, supply chain partners and stakeholder across our Group for their continued professionalism and complete focus to the 'task in hand' delivering key packages of works whilst getting to grips with a global pandemic. We appreciate that during this last 14-15 months it has not been easy for anybody given the unprecedented challenges we have all had to overcome in both our personal and working lives. It is a real credit to each and everyone of you who have continued to deliver an extremely high standard of workmanship together with maintaining our excellent safety record throughout this difficult period.

We have had to change the way we do things, embrace new ideas and technology to ensure we can continue to meet the demands of our respective industries whilst maintaining the high standards we have set as part of our delivery model. Due to Covid-19, the situation could have been very different, however we took a conscious decision to put the safety and welfare of our workforce and supply chain partners at the top of our agenda.

What was particularly pleasing was the selfless approach our management teams adopted to ensure we implemented the required controls, management and safety aids to ensure we could keep our people safe. This really was an incredible team effort and one that we can all be extremely proud of.

This collaborative and proactive approach from the start of the pandemic, enabled all our businesses to remain fully operational which in turn kept our GRCL family fully employed. Significantly, we managed to maintain a secured turnover comparable with previous years across all business entities and can now look to the future years with a lot more confidence and excitement.

Our secured orderbook across the GIG group is possibly in the best position we have ever experienced and we continue to secure additional contracts across all of our core disciplines to maintain a healthy and prosperous future for the business.

Can I therefore take this opportunity to personally thank each and everyone of you for your incredible support and effort this past year which has been integral in helping to maintain a positive outlook and very bright future for our business.

Finally, I would also like for us all to take a moment to reflect on those unfortunate people around the world who have lost friends and family due to the pandemic. As always, we also take a moment to remember our fallen GIG people who are no longer with us, particularly their families, but live on in our hearts and will always be remembered as part of the Global family.

Take good care of each other and stay safe.

Kind regards

Marco Lombardelli
Managing Director

#TeamGlobal

#KeepSafe

#StayPositive

#StayWell



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 Introduce Real Time Paperless Technology at Feltham

Global Rail Construction Limited (GRCL) are pleased to announce the delivery of our promise to our client Network Rail, with the exciting introduction of a new online digital construction platform for its Feltham Phases 3-4 Advanced Civils Project.

Its winning bid was based upon the provision of paperless technology as part of its UK operational drive towards sustainable, carbon neutral contracting.

From a bespoke list of requirements, our partner innDex has taken many of our existing paper-based site processes and procedures from a paper based, manual process and moved them into a real time application, which is now at the fingertips of our whole workforce.

As a rail business, compliance, processes and procedures are at the heart of what GRCL does and crucial to the delivery of our projects to the expected standards of **every** client. This platform brings together communication and decision making in real time, whereby GRCL will have at their fingertips, the full picture of each and every project delivered and be able to delve into historical projects, to support its continuous improvement drive through lessons learning. Dashboards will be available to help the project monitor and report about its people, health and safety matters and project progress.

Health, safety and wellbeing of our people matters more than ever and the innDex platform will support GRCL, with adherence to project health and safety requirements, allowing the company to address and resolve any issues quickly. It will further enhance GRCL's site induction process too, reducing induction times by over 75%, with the ability to add videos or slideshows to this process, so that staff can be both briefed and site familiarised prior to even setting foot on site. Other features include real-time submissions of close calls, which can easily be viewed, addressed and closed out by the site team through the live dashboard reports. The innDex platform also supports digital toolbox talks and briefings to ensure that the whole team are up to date with any safety information and are aware of any hazards to watch out for on site.

Furthermore, we are using the application in support of our Covid-19 compliance, through the provision of a digital signing on process with a number of key questions that each member of staff/supply chain partner will need to answer prior to being able to sign into the shift. This goes together with our mandatory policy of testing and taking and recording temperatures for every individual at the start of each shift.

Global Rail Construction Limited's Managing Director, Marco Lombardelli added:

"This paperless solution supports our UK sustainability objectives and enhances our business operations, to the benefits of both our entire workforce and our clients. By having full visibility of all our employees and supply chain in terms of skills, competence, experience and location, we can plan out and resource our projects in the most sustainable way. We are also able to calculate carbon footprint on our projects and further offset to become carbon neutral, with our business target of all projects to be carbon neutral by 2026. innDex have supported GRCL through bringing together processes into a single solution, allowing us to automate and digitalise, in order to improve our efficiency, productivity and health and safety. GRCL now have a platform with new, innovative features and functionality and as business are constantly on the lookout for new technology to improve how we operate and how this will benefit the UK rail industry and its passengers."





Member of the SNC-Lavalin Group



The **Global Rail Construction Limited** team successfully completed the demolition of the last standing Signal Box in Essex for the Clacton Re-signalling project, during a busy weekend of rail works on behalf of client **Atkins Global**.

This was a complex task due to the proximity of the OHLE, however with careful planning and a professional delivery approach, the works were completed safely and on time.

Global Rail Construction also undertook the demolition of the adjacent relay room, completing UTX modification works and installing new troughing route.



Global Rail Construction



Project Updates

Global Rail Construction Limited has completed its Thameslink installation works for the Borough Market PHCC. The works included a challenging LVAC cable pull. The site is now ready for the changeover of supplies for the newly installed switchgear and DNO.

GREAT WORK FROM THIS TEAM



Moving forward, this M&E team will be supporting the delivery of non-intrusive signalling surveys covering several feeders between Ely and Peterborough, where **Global Rail Construction** is delivering design for both E&P and Civils (GRIP 4) on behalf of our client **Atkins Global**.

The Civils design covers the review of GRIP 3 designs, surveys and Form 001. E&P Design includes surveys, load monitoring and cable calculations, Form A's for several Level Crossings and power supply schematics.

The Ely to Peterborough scheme is aimed at increasing safety at a number of Level Crossings and increasing the remaining life of the Signalling assets in a number of interlocking areas.



Project Updates

Our **Global Rail Construction** teams' at Feltham have made excellent progress, blessed by good weather over the last couple of weeks. An example of this is our Wokingham PSP site.

From putting the first bucket into the ground, the site team have delivered high quality, at a fast pace - despite the difficult ground conditions they have encountered. To combat this, they installed temporary drainage, in order to bring the ground up to level to allow their earthing installation to be completed to meet the programme date.

The team then undertook preparatory works for the concrete base pour.

Thank you to all the Delivery Team who have been managing the issues faced, including a number of logistical challenges associated with this location.

THANK YOU TEAM





Metro Trains Melbourne (MTM) – Rail Corridor Safety Fence – Dandenong to Pakenham

MTM is currently undertaking a project for Rail Corridor Suicide Safety fence along Dandenong to Pakenham. The project involved multiple locations along the line with installation of 820LM of 1.8m high safety fence.

Global Rail Australia's works were located at Narre Warren, Officer and Cardinia.

The works undertaken were the installation of vehicular access gates, pedestrian gates and safety fence in all the locations. Being on the rail corridor and the services present, all the excavations for the fence posts and gate posts are done using non-destructive digging throughout the project.

Scope as follows: -

Supply and install all the fence materials as per design requirements.

Officer:

- 585LM of fence which includes 2 * 5m wide vehicle access gates, 3.6m wide access gate, 2 * 1m pedestrian gates.

Cardinia:

- 170Lm of fence which includes 1 * 5m wide access gate, 1 * 1m pedestrian gate.

Narre Warren:

- 67Lm of fence which includes 1 * 3.6m wide access gate and 2 * 1m wide pedestrian gates



Progress works at Officer Station



NDD works at Cardinia, Pakenham



Completed works at Cardinia, VIC



Completed works at Officer Station



Completed works at Len Thomas Plane, Narre Warren, VIC.

All works were completed in a live operational environment. Global Rail Australia staging program and procurement plan was key to the success of the project. No reports or incidents were raised by the public or client. We encountered no industrial relations during this project.

Global Rail Australia have delivered this project by investing their time and expertise into the scheme and the project was delivered on time with no safety concerns and within the budget.

This project was successfully executed exceeding the expectation of the client and we continue to deliver more.

Project Updates



TasRail - On Track Mechanical and Land

Maintenance Services Contract

Tasmanian Railway Pty Ltd (TasRail) tendered for suitably qualified, experienced and competent Contractors – which was awarded to Global Rail Australia Pty Ltd to undertake periodic supply of plant, equipment and services as part of a panel of prequalified contractors providing resources under unit or hourly rates or through quotes for specific packages of work. Services are for track and corridor maintenance work activities required to be undertaken by rail mounted plant, vehicles and equipment or where access can only be practically gained by this equipment.



Western Junction Turnout Works

Global Rail Australia provided specialised rail personnel for the upgrade of Western Junction.

Working with GradCo, Global Rail Australia's supervisors managed all track works. The scope of the work included installing 1km of new track, 3 x 1 in 8 turnouts and 1 set of catch-points. All points were pre built before the shutdown to save time as we only had short occupation times.

The restressing work was completed in train free possessions.

Global Rail Australia completed 220 welds in total on the project.



Global Rail Australia

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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

Project Updates

Docklands Precinct – Nokia/TPG Ran Refresh and 5G Upgrade

Whilst upgrading the telecom structure on the Channel 7 News building in Melbourne, the works included the RAN upgrade of existing equipment for both Optus and Vodafone to support the new 5G technology. A challenging site due to the location of the building with surrounding tram assets and Marvel Stadium being right next door.

Traffic and pedestrian management were put into place to ensure safety while the crane was in operation.

Nokia has shown great appreciation to the whole team for the exceptional work they have put into these JV builds as they are extremely difficult and the time frames are very tight to get the sites back on air.

Specific project deliverables include:

- All outage works to be conducted under a 10 SLO (Single Long Outage)
- Removal of all old steelwork and installation of new headframes / steelwork
- Removal of all old antenna and installation of new antenna
- Removal of all old external equipment and installation of new RRUs
- Removal of all old feeders / fibers and installation of new trunk cables
- Swap-out of existing PSU
- Swap-out of Huawei BTS equipment and replacing with Nokia BTS
- Site integration and test calling



Avetta



The Optus/Ericsson 5G Upgrade and Site Modernisation

The Optus/Ericsson 5G upgrade and site modernisation ramped up towards March to meet Optus financial commitment.

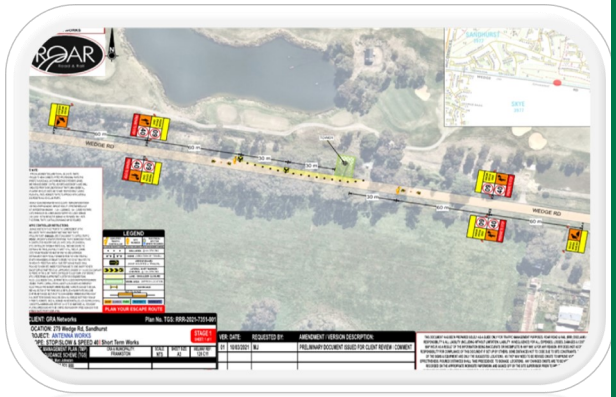
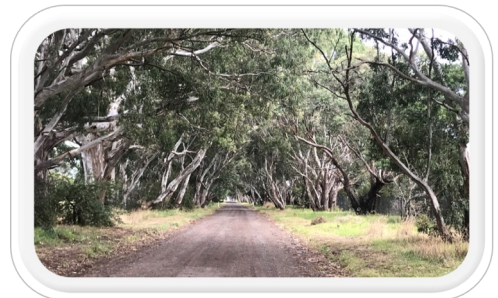
The team has completed the following sites this quarter:

- C445.20 M0086 Langwarrin
- C445.22 M0273 Balwyn
- C445.23 M0177 Mt Duneed
- C445.25 M8538 Safety Beach Central
- C445.27 M1981 Ballarat Replacement
- C445.29 M0469 Moorabbin East
- C445.28 M8278 Sandhurst Golf Club
- C445.30 M0243 Fitzroy North
- C445.31 M0494 Preston West
- C445.21 M1290 Mount Eliza North

Scope:

5G upgrade for Optus on existing rocla concrete monopole. New antennas, RRUS and Combiners were installed. Traffic management required to keep site safe and public exposure to drop zones.

*The road to a successful delivery requires careful planning and execution.
Photo taken on a site visit to Sandhurst Golf Club in Melbourne.*



C445.28 M8278 Sandhurst Golf Club



For the very first time a 28 port antenna has been deployed in the Network and GRA was there to deploy.

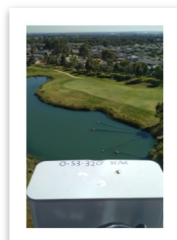
RRZZVVT4S4-65D-R8

28-port sector antenna

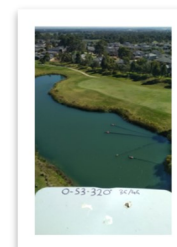
4x 694–960, 4x 1427–2690 & 4x 1695–2690 MHz

65° HPBW, 8x 2300–2690 & 8x 3300–3800MHz, 90° HPBW,

8x RET



**VIEWS FROM THE
TOP OF THE
TOWER**





Project Updates

Three Ireland

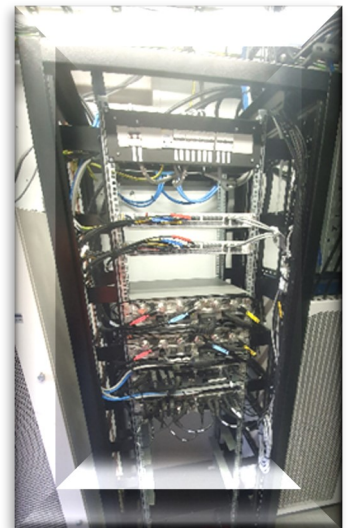
Global Rail Networks Ireland recently completed the upgrade of a Three Ireland site at Louisa Bridge train station in Leixlip, Co Kildare.

An extensive structural analysis was completed on the tower during design stage which highlighted that the tower was structurally inadequate for the proposed loadings and that the bottom 3 section legs would be overstressed with utilisation of up to 138%.

From the structural analysis it was proposed that we add horizontal members between the diagonal bracings from 0 – 18m AGL. With the structural steel work added the tower could then take the proposed loadings and allow for the antenna upgrade works to be completed on behalf of Three Ireland.

The antenna upgrade works consisted of removing 6no existing antennas, 3no single-band & 3no dual-band to be replaced with 3no hexa-band antennas on new standoff steelwork. 6no RRU mounted behind and below antennas and install all associated fibre & DC cables on upgraded cable management solution. A full PSU swap was completed whilst also having to keep all transmission dependencies live due to the critical infrastructure to local businesses that this site provided.

The site had to be kept to the minimum down times so the GRA Networks crew had to work under strict outage timelines whilst completing all works safely and to the highest of standards.



Project Updates

GSMR Civils Works Package 3A Package (Dublin to Cork Line)

After the successful completion of packages GSMR 2 and GSMR 3A (Kerry to Cork line), GSMR 3A Package 2 (Cork line) has been successfully awarded to **Global Rail Services**.

The GSMR system is a vital part of the network to monitor all train movements on the entire network.

This package contains a total of 18 sites.

Works involved throughout the project will be as follows:

- ◆ Community liaison throughout the project.
- ◆ 5no. sites will require SFA of piling, SFA piling to depths of 12m.
- ◆ Installation of new king post walls due to the slope of embankment.
- ◆ Installation of mast/TER bases for 12no. 30m masts and 6no. monopoles.
- ◆ All associated ducting.
- ◆ New access roads.
- ◆ New TER compounds.
- ◆ Installation of trackside chambers and fibre ducting works during T111 possessions.
- ◆ Crane lifts.
- ◆ Installation of all masts / monopoles.

Work has commenced on the first sites and are progressing well. Green zones have been set up under Irish Rail Lookout protection. Piling works commenced mid-May.



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



- Civil Engineering
- Building
- M&E
- Permanent Way
- Train Support

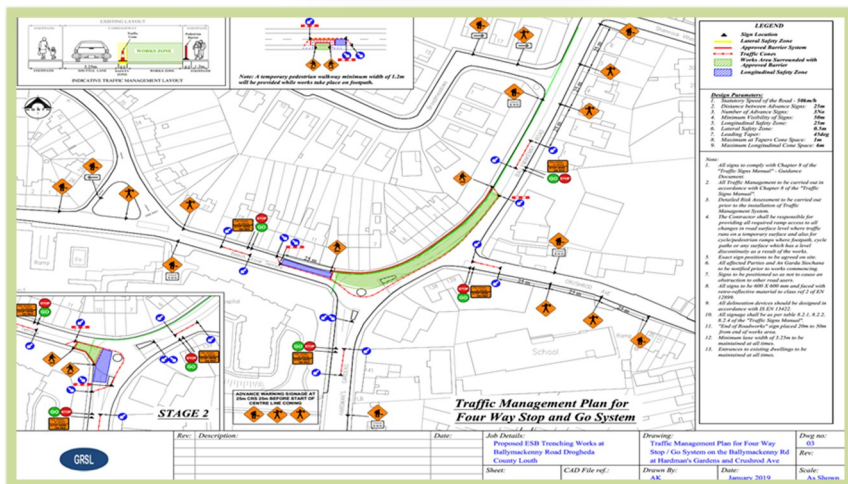
MV Connection back haul connection to Our Lady's of Lourdes Hospital, Drogheda Co Louth

Global Rail Services was commissioned by ESB networks to install a new 1-way 20V ducting for a back haul system for the local hospital in case of an outage on the main line. This was a very complex job due to working inside the urban area with complex traffic management plans, residents and 2 nearby schools.

Works involved throughout the project were:

- ◆ Traffic management.
- ◆ Installation of 1no. 125mm ESB duct.
- ◆ 3 no road crossings.
- ◆ Excavation of joint bays and pulling pits.
- ◆ Cable pulling and testing of ducts.
- ◆ Complete reinstatement of all footpaths and carriageway.
- ◆ Provide all assistance with ESB Networks cable joiner crews.

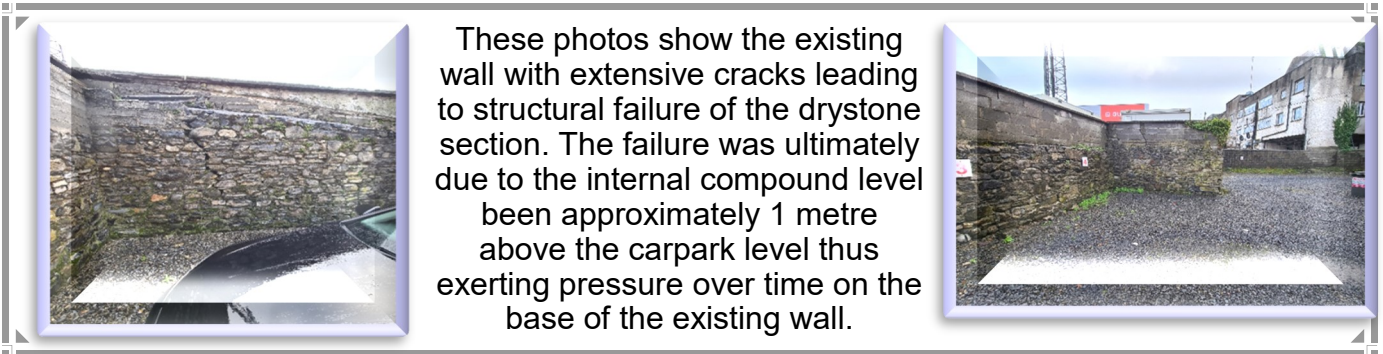
Works were completed on time and within budget and ESB Networks have now commissioned.



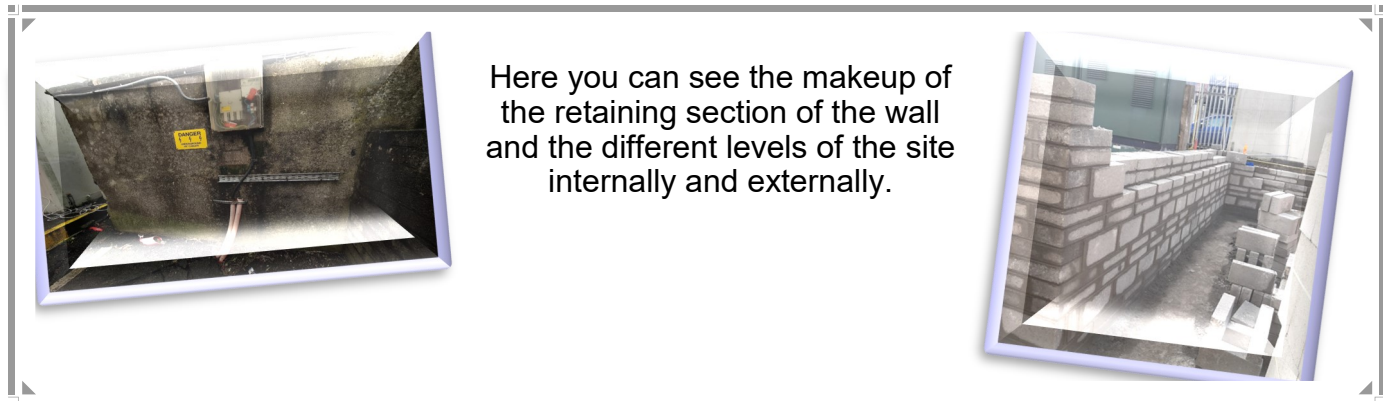
ESBT: Mullingar AO Wall Remedial Works

Global Rail Services were engaged by ESB Telecoms to undertake remedial works on the boundary wall of their mast location in Mullingar. The project consisted of removal and relocation of the existing power supply to the Vodafone cabin on site, demolish the existing boundary wall and rebuild the wall in situ.

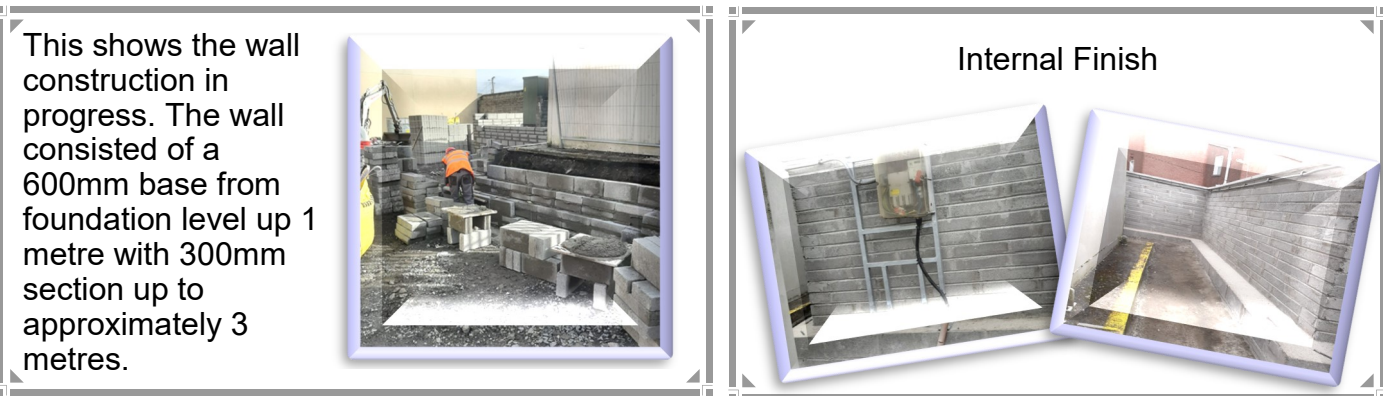
This site was difficult to access with limited space as we had to maintain parking for the adjacent businesses during the construction.



These photos show the existing wall with extensive cracks leading to structural failure of the drystone section. The failure was ultimately due to the internal compound level been approximately 1 metre above the carpark level thus exerting pressure over time on the base of the existing wall.



Here you can see the makeup of the retaining section of the wall and the different levels of the site internally and externally.



This shows the wall construction in progress. The wall consisted of a 600mm base from foundation level up 1 metre with 300mm section up to approximately 3 metres.

Internal Finish



This is the completed wall sections and the reinstatement of the carpark.

**Excellent Work By
The Global Rail Services Team**



Global
Rail
Services



Iarnród Éireann
Irish Rail

M3 Parkway Connolly Master Plan

The overall objective of this project is to provide for the relocation of the Connolly West Signalling, Electrical & Telecoms (SE&T) department from their existing compound at Connolly Station. The M3 Parkway Station was identified for the relocation of the SE&T workshop, storage, welfare facilities, parking, maintenance and meeting rooms. The project involved the remodelling of the existing station building into maintenance offices for the SE&T Signalling West department.

The works also included the construction of a new workshop building and storage buildings, along with associated road realignment to the station entrance and provision and installation of all new utilities while maintaining access and egress to the M3 park and ride facility. The works have now been successfully handed over to Irish Rail and we are happy to say they are delighted with their new facility.



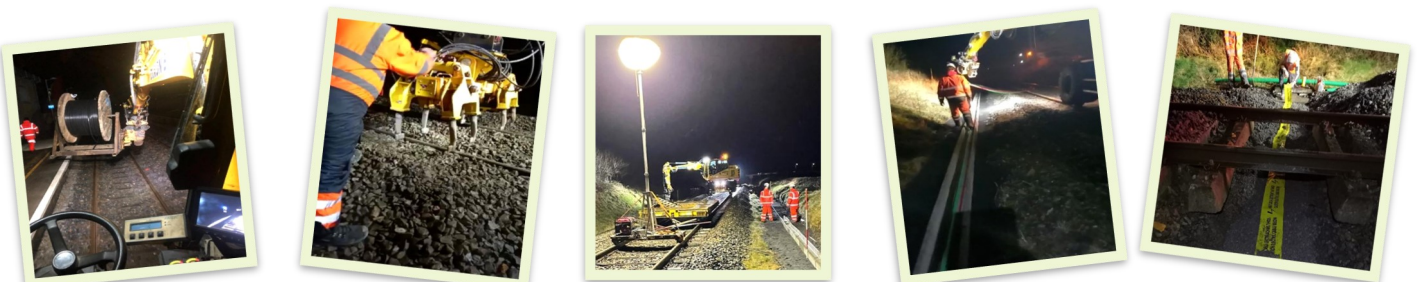
Supply and Installation of Concrete Troughing for Limerick - Level Crossing Upgrade Works

This project is being carried out on behalf of the Irish Rail SE&T department and is 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, troughing, trunking through the bridges, as required, and the installation of king post and railing protection to existing LOC boxes along the track.

The project has now been successfully completed with the installation of 80,000m of cable, all jointed and lids installed. Due to Covid restrictions we had to provide RRV Vehicles, self-drive to transport TSC's & Irish Rail Permanent staff.

A big THANK YOU to the team who worked tirelessly through a 16 week program to complete the works; at the peak installing as much as 10,000m of cable a night, 350m of troughing and 750 lids



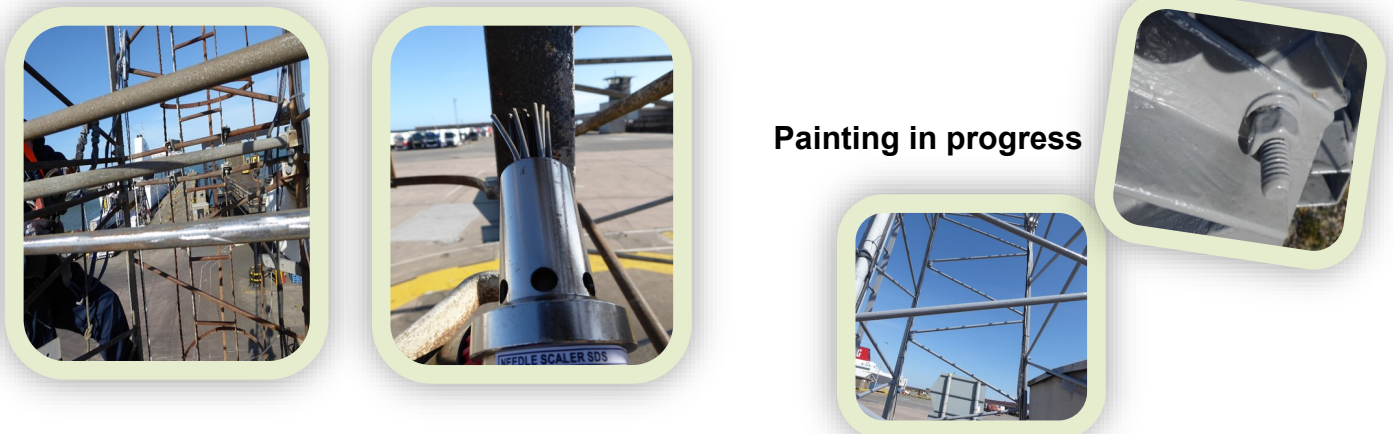
Rosslare Europort Tower Remedial Works

We were initially engaged by Irish Rail to survey 5 existing towers within Rosslare Europort Terminal. The surveys or climbdowns were carried out to determine the general condition of each tower and to identify remedial works that should be undertaken to preserve the longevity of each tower.

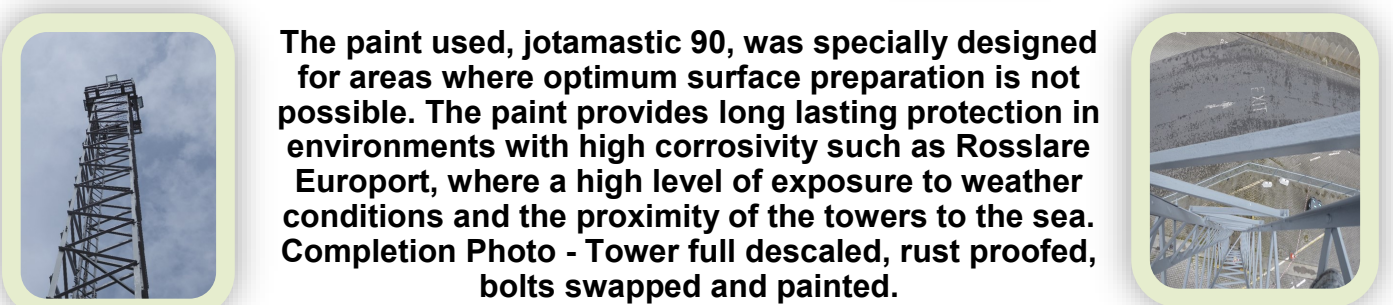
During the survey, Towers 2 and 5 were found to have excessive rust and would probably require major intervention or have to be replaced with new tower structures. Towers 1, 3 and 4 were found to have medium rust and would require bolt replacement, descaling, painting and earthing. The photos below show examples of the general condition of each tower including surface rust and bolt condition.



Descaling tower section and preparing for painting.



Painting in progress



The paint used, jotamastic 90, was specially designed for areas where optimum surface preparation is not possible. The paint provides long lasting protection in environments with high corrosivity such as Rosslare Europort, where a high level of exposure to weather conditions and the proximity of the towers to the sea. Completion Photo - Tower full descaled, rust proofed, bolts swapped and painted.

hyh

Herts Young Homeless

Before Easter Herts Young Homeless (hyh) asked local businesses to support them with their Easter 'Self Care' Packages and they were overwhelmed by the response, ***"It's been incredible receiving such wonderful items from 7 companies who have gone above and beyond to organise their***



donations for us to give out to our service users."

From easter eggs to face masks, notebooks to water bottles and lots of activities and treats for young families, the donations received were distributed to the many young people and their families who simply cannot afford to treat themselves.

The packs brightened up the young people's day who have been struggling in so many ways and simply can't afford to treat themselves.

Caring Contractors

While undertaking works on Feltham & Wokingham Phase 3 & 4, **Global Rail Construction** (GRCL) set up a compound within Datchet Station Car Park off Avenue Rd.



Anthony Gallagher (GRCL Assistant Project Manager) giving flowers to the neighbour

During week 49 blockade a complaint from a neighbour was issued via Network Rail regarding the noise and positioning of the VT1 ECO tower light operating during the night shifts.

Once the issue was raised to GRCL management, the VT1 ECO Tower light head was lowered and rotated further away from the neighbour's house.

The Telehandlers movements were limited during nights at the top end of the compound which was the area closest to the neighbours house.

After the blockade works were successfully completed and Datchet Station car park was cleared of all plant and materials, a member of our team visited the neighbour to apologise with some flowers and chocolates for any disturbance caused.

The neighbour was very understanding and was pleasantly surprised by the gesture and appreciated the acknowledgement of her complaint.

A huge **THANK YOU** to Andy Fingleton (GRCL Supervisor) and Mick Jupp (GRCL Signalling Assistant) who used their quick reactions when the cleaner fainted at our Feltham Site.

During the removal of a 24 foot welfare unit which the cleaner was then going to sweep the area, Andy turned around only to see the cleaner shaking before falling to the ground; Andy immediately phoned the emergency services. Whilst waiting for the paramedics to arrive, Andy & Mick picked up the cleaner and put him in a comfortable position in a chair whilst also attending to his cuts.

He was then taken to hospital as a precaution and we are pleased to confirm he recovered quickly.



WELCOME

GRCL Appoints a Head of Design & Engineering

The Global Infrastructure Group of brands are pleased to welcome a Head of Design and Engineering to our UK family. Chartered Engineer Ponnampalam Linkeshwaran will lead **Global Rail Construction Limited's** Design & Engineering team with their expanding project portfolio and the company's growing pipeline of opportunities both as a design and build contractor and as a standalone designer supporting clients through the project lifecycle. With a 27 year of career spanning railways, structures, power networks and highways Ponnampalam embraces the industry ethics of high safety and quality of work standards. With his UK Global Rail Construction team currently focused on the rail industry, he will be supporting key customers in Network Rail and TfL – where the business acts as a Principal Contractor – and also sub-contract works that are undertaken with a number of Tier 1 partners. Currently, design input is required on a vast range of schemes including Cambridge Area Re-Signalling Grip 4, Ely to Peterborough Grip 4 and Feltham Resignalling Phases 3&4. Prior to joining Global Rail Construction Limited, Ponnampalam held Principal Design and Engineering roles at some of the largest design consultancy's – including Amey and Jacobs – and is a strategic thinker who will enhance the capability of the UK business to seek out and secure the most suitable opportunities. GRCL look forward to Ponnampalam's wisdom and teaching to develop its growing design team, his support in developing and enhancing constructability and his valued input into other areas of the business including Compliance, Health, Safety and Environmental and CSR (Corporate Social Responsibility).



Senior Project Manager Joins Global Rail Construction Limited

Global Rail Construction Limited is pleased to welcome Senior Project Manager Ben Porter. He joined the UK rail business in June 2021, to support the current contracting portfolio, whilst assisting in the development and delivery of new opportunities, particularly on Network Rail's Anglia Route.

As a Chartered Civil Engineer, Registered Engineer with FEANI and Member of the Institute of Management, Ben is a collaborative Contracts Management professional with over 27 years Civil Engineering experience for both the Rail and Construction industries.

Having worked for several Tier 1 contractors including BAM Nuttall and Volker Fitzpatrick, Global Rail Construction Limited look forward to working with Ben, as its UK multi-disciplinary offering expands and grows.

We welcome Ben to the GRCL family and look forward to his support for the successful delivery of current and future projects.



A DAY IN THE LIFE OF

In this issue, we meet Robert Reid, Telecoms Technical Manager for Global Rail Services.

We find out a bit more about him.....

Why did you choose this profession?

Being honest I didn't choose it. I was working in construction and a friend asked if I'd like to apply for a job with a telecoms company. That was 15 years ago so it was obviously a good choice.

Who was your greatest mentor?

My Mam – She was always on hand with great advice. Providing guidance, motivation and emotional support; and a crack of the wooden spoon when needed.

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

There is nothing we can't do. We just haven't figured out how to do it yet.

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

Playing in the garden with the kids followed by a movie night.

How do you spend your free time?

I enjoy all sports so usually if I get time I'll park myself on the couch and enjoy some sport on the TV. I like to socialise with family and friends but Covid has put a stop to that.

What are your top three favourite books and why?

I could lie but I won't. I don't read, I tried to start a book 2 years ago and I am still only half way through it.

What are you most afraid of?

Death.

What is your strongest quality?

Conscientiousness

What is your weakest quality?

The inability to say no.

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

I would be at the next rugby world cup watching Ireland win it in the final against England.

What's invisible that you wish people could see?

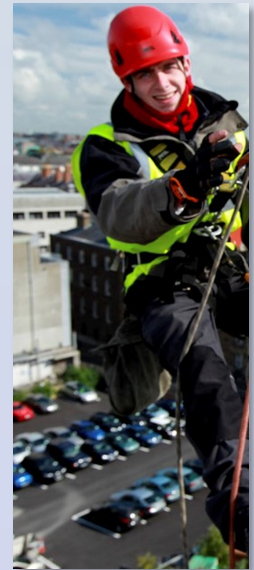
Sadness (a fake smile wouldn't be able to cover up if somebody was sad or low then we would all know to help that person out).

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

A dependency rather than an aid.

If you won the lotto what would you do?

I probably wouldn't change a lot; (obviously buy my dream cars and home) I'd be content with that.



Mental Health

TRIGGERS

People often undergo significant life changes without developing a mental health issue. But for some people changes in their work or personal life, including happy events, can prove stressful and may trigger mental ill health.



Examples of circumstances which might trigger mental ill health include:

Personal Life Changes: Bereavement, Relationship Breakdown, Having Children, Health scares or Illness.

Changes At Work: Starting a New Job/Role, Coping with Increased Workload, Poor relationships with Colleagues, Job Insecurity

SIGNS TO SPOT

Recognising a mental health issue is the first step in getting the support needed to recover. One of the first signs of mental ill health may be changes in the person's behaviour. This table shows some of the signs to look out for.

Common WARNING SIGNS of Mental Illness

Diagnosing mental illness isn't a straightforward science. We can't test for it the same way we can test blood sugar levels for diabetes. Each condition has its own set of unique symptoms, though symptoms often overlap. Common signs and/or symptoms can include:

<ul style="list-style-type: none"> ! Feeling very sad or withdrawn for more than two weeks ! Trying to harm or end one's life or making plans to do so ! Severe, out-of-control, risk-taking behavior that causes harm to self or others ! Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort or difficulty breathing ! Significant weight loss or gain 		<ul style="list-style-type: none"> ! Seeing, hearing or believing things that aren't real* ! Excessive use of alcohol or drugs ! Drastic changes in mood, behavior, personality or sleeping habits ! Extreme difficulty concentrating or staying still ! Intense worries or fears that get in the way of daily activities
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*Various communities and backgrounds might view this sign differently based on their beliefs and experiences. Some people within these communities and cultures may not interpret hearing

Things You Can Do To Help Your Own Mental Health

<ul style="list-style-type: none"> * Talk About Your Feelings * Eat Well * Keep In Touch * Take a Break * Do Something You Enjoy 	<ul style="list-style-type: none"> * Keep Active * Drink Sensibly * Ask for Help * Accept Who You Are * Care for Other
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Some other places to get advice or help are:

- | | |
|--------------------|--|
| Mind | www.mind.org.uk |
| NHS | www.nhs.uk/you |
| CALM | www.thecalmzone.net |
| Men's Health Forum | www.menshealthforum.org.uk |
| YoungMinds | www.youngminds.org.uk |



GRCL's Employee Assistance Programme (EAP) with Validium is confidential & 24/7. You can call them on 0800 358 4858 or visit www.validium.com

SAFETY STAND/DOWN

On the 27th May, Henry Bonuah (GRCL Health, Safety and Environmental Manager) and Martin Rollins (GRCL Health, Safety and Environmental Advisor) undertook a Safety Stand Down at our Feltham & Wokingham Resignalling Project (FWRP) sites

As part of the organisation's behavioural safety management system FWRP, as any other project within the business, is required to interact with the workforce and our supply chain in the delivery of the works.

While many programme arrangements are already in place to ensure this interaction, safety stand down is considered as another forum to encourage workers and our supply chain partners to discuss key topics of interest to the project.

The three topics that were discussed on this recent standdown were:

- Biodiversity
- Being a good neighbour
- People and plant interface

Due to ongoing COVID-19 restrictions, numbers had to be limited so that we could adhere to the 2 metre social distance rule. The meeting was attended by approximately 50 participants, made up of subcontractor teams, working site individuals and other supplier representatives. It was a very interactive forum as people were very passionate about the topics. Going forward, the FWRP safety stand down will be held on a monthly basis.

*** Thank You All For Your Time In Attending This Important Event ***





Facts Regarding Earth Day Which Was Celebrated On The 22nd April 2021:

- US Senator Gaylord Nelson founded Earth Day after witnessing a massive oil spill that leaked millions of gallons of oil off the coast of Santa Barbara in 1969.
- The first Earth Day was celebrated on April 22, 1970. Sen. Nelson chose this day because it fell between most students' spring break and final exams, and he wanted to encourage young people specifically to participate.
- The very first Earth Day sparked an environmental movement and led to the creation of the National Oceanic and Atmospheric Administration (NOAA) and the US Environmental Protection Agency (EPA) later that year.
- Earth Day was also influential in passing environmental legislation like the Clean Air Act, Clean Water Act, Endangered Species Act, National Environmental Education Act, and more.
- On the very first Earth Day, more than 2,000 colleges and universities, 10,000 public schools, and 20 million citizens participated -- which was about 10% of the US population at the time.
- Earth Day originated in the US but became recognised worldwide by 1990.
- In 2009, the UN designated April 22 as International Mother Earth Day.
- It's estimated that over a billion people participate in Earth Day every year, making it the largest secular observance in the world.
- Over 95% of primary and secondary schools in the US and millions of schools globally observe Earth Day each year.
- On Earth Day 2012, more than 100,000 people rode bikes in China to reduce CO2 emissions and save fuel.
- On Earth Day 2020, 20 million people worldwide tuned into the 12-hour Earth Day Live event, hosted remotely due to the coronavirus pandemic.





CONGRATULATIONS

Emma Russell
(GRCL Commercial Manager)
10 Years Service



Global Rail Construction Ltd (GRCL) were delighted to celebrate the 10 Year Anniversary of Commercial Manager, Emma Russell. Emma has provided commercial services to GRCL over the course of the last 10 years and is able to deliver complex and challenging contracts whilst providing invaluable guidance and support to our commercial and project teams.

We would like to take this opportunity to thank Emma for her continued professionalism and commitment when engaged with ourselves and look forward to working together on future projects.



Global Rail Services Safety Award was awarded to Nicolae Gherghelas (GRS Site Foreman). Nicolae was the recipient of the January / February safety awareness certificate in recognition of his proactive approach to safe driving. This was evident by the driver score versus distance travelled record in February 2021.

*** Well Done Nicolae ***



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”.

Congratulations

Congratulations to Carmel Juanillo (GRCL Administrator) & Alex who welcomed their beautiful baby son Isaac Juanillo Tasker into the world on the 05.03.2021 and weighed 6lbs 8oz. All are doing well and enjoying family life.



**CONGRATULATIONS FROM
THE GLOBAL FAMILY**



HAPPY BIRTHDAY

A very Happy **60th** Birthday to Mick Jupp (GRCL Signalling Maintenance Assistant) who celebrated his birthday in April.

We all hope you had a wonderful time celebrating this milestone birthday.

Well Done to Henry Bonuah (GRCL Health, Safety and Environmental Manager) who passed the IEMA (Institute of Environmental Management & Assessment) Lead Environmental Auditor course. As lead auditor this will now allow Henry to remain at the forefront of EMS (Environmental Management System) strategy and drive efficiency in line with ISO 14001.

Henry will play a pivotal role in ensuring Global Rail Construction Ltd are committed to environmental best practice. This Lead Environmental Auditor Course aims to develop participants' auditing skills and understanding of environmental management systems, environmental issues and EMS auditing processes and techniques. It assists individuals who want to become lead environmental auditors or those with a quality or health & safety background who wish to expand into environmental management.



Global Rail Australia Organise Corporate Massage

Global Rail Australia organised a voluntary Corporate Massage booking for staff in the office.

The purpose of this activity was to offer staff some quality time to relax and reduce stress. Participating staff got to enjoy 30 minutes each and advised of benefits such as reduced muscle tension and improved circulation.



QSE Breakfast Briefing

Global Rail Australia held its annual QSE Breakfast Briefing with all staff in attendance alongside some yummy breakfast. It was great to see the team come together on the occasion and also gave us the opportunity to welcome some new faces. GRA QSE advisor, Bronwyn, provided a QSE briefing to all staff, with Ivan, GRA Director, also providing a company update & overview.

Project Managers got the opportunity to give an update on their departments and upcoming projects.

We also utilised this day to undertake some group training, i.e. CPR/First Aid & EWP

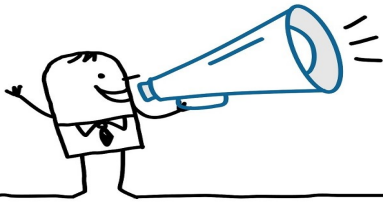
Rescue, and checks i.e. compliance & vehicle checks, were all completed.



EWP Rescue Training



CPR Training



Welcome To The Global Family...

Global Rail Services



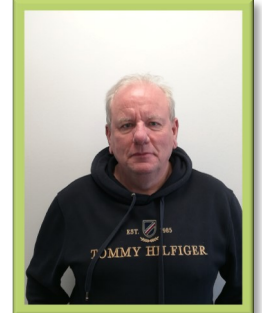
Kasia Kaczorowska - Office Administrator

Global Rail Services



Damien Galligan - Senior Commercial Manager

Global Rail Services



Gerard Kavanagh - Programme Manager - GRA Networks

Global Rail Australia



Tanitsorn Chinavonchai Telecommunications Technician

Global Rail Australia



Paul Tunney Rail Superintendent

Global Rail Australia



Simon English Civil Supervisor

Global Rail Australia



Baileigh Vaigafa Office Manager/EA

Global Rail Australia



Jasper Dyson Telecommunications - Rigger

Global Rail Australia



Josh Smith Telecommunications Lead Rigger

Global Rail Construction



Sambavi Annalingam Design Graduate Civil Engineer



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