



## SCS - Mental Health session

Last month we had the pleasure to be invited to a Mental Fitness & resilience talk delivered by Jimmy Grittins, organised by SCS. Nearly 50 members of staff attended the talk, including operatives and managers.

The talk focused on some key messages:

- *'Throughout all of our lives there will be people that will tell us to give up on our dreams, that we are wasting our time and should quit, If you listen to these voices, then you will never achieve your dreams. But if you keep going and throw everything into the challenge then you have every chance.'*
- *Jimmy has faced these negative voices and ignored them with amazing and inspirational results*
- *When you are in a dark and negative place, keep positive and moving forwards, things will always get better.*
- ***Winners never quit and quitters never win"***
- *Everybody in life is capable of doing great things, we all have different levels of ability but it's about making the best out of your strengths.*




### Mental Fitness & Resilience

29th January 2020

Invitation to attend a 'Mental Fitness & Resilience' Talk conducted by Jimmy Grittins on site at the Manchester Airport site office, each talk lasting approx. 60 minutes then questions. 2 separate talks, one at 12pm, one at 2pm, 30 spaces per talk based on first come first served allocation.

Please contact Craig Scott on [craigscott@scs-north.com](mailto:craigscott@scs-north.com) or 07917190638 to book your space.



**ABOUT JIMMY GITTINS**

Jimmy Grittins is an ex rugby league player, who in 2002, suffered a horrific injury breaking his neck in 2 places, putting an end to his playing career and changing his life forever.

He walked out of hospital after 9 hard painful months and has since taken on one challenge after another that most people wouldn't even think they could attempt. Jimmy does all this with a smile on his face. His positive attitude to life and to his own limitations can't help but rub off on those he meets.

Before his accident, Jimmy also ran his own very successful construction company with his family. After leaving hospital, knowing he couldn't return to his previous career, knowing rehabilitation was going to be for the rest of his life, he formed a specialist rehabilitation unit, which has gone from strength to strength winning national and regional awards.

Jimmy has also recently been appointed a trustee to the nationally recognised State of Mind programme, travelling all over the country giving presentations on the importance of mental fitness.

## Big Thank you to SCS for organising such a brilliant event



The body  
achieves what  
the mind  
believes

He has spent the years since his injury pushing his body to new limits, he walked out of hospital after 9 hard painful months and has since taken on one challenge after another that most people wouldn't even think they could attempt. Jimmy does all this with a smile on his face. His positive attitude to life and to his own limitations can't help but rub off on those he meets.