



# BENCHPRESS



Merry Christmas everyone ... hopefully.

(I am writing this on 15<sup>th</sup> December and who knows what will happen in the next few weeks?)



Benchpress is back for the first time since before Covid hit; it's been a long time. We have a lot of catching up to do after the two-year absence, hence the bumper 16-page edition, but I'll start with current news first. In the last couple of months, we have picked up arguably the two most prestigious industry awards that a scaffolding contractor can win; the Construction News Access and Scaffolding Contractor of the Year, and the NASC (Large Company) safety award for 2021. I believe this recognition helps to demonstrate that we are now established in that select group of very top-quality scaffolding businesses in the UK.

Some of what has happened since the last edition is covered within the following pages but to summarize; our business continues to do well, maintaining annual turnover of around £20million and making a profit, year on year, despite the pandemic. With cash in the bank and a strong order book, brand new lorries added to our fleet in both regions, we are looking forward to taking advantage of whatever opportunities come our way in 2022. We sold our Hoist business, to Taylors Hoists, back in February last year mainly because Hoist Director, Steve Crompton, and our Hoist Manager, Kevin French, both decided to retire at the same time; we tried but failed to find suitable replacements and so we sold it rather than risk letting our standards slip.

Apart from Steve and Kevin we have said goodbye to my partner and co-founder; Berney McDermott, my ever-present rock; Keith Slight, Northern Region founder; Paul Taylor, also Des McVeigh, Tommy Venables Senior, and Vic Schneider who all feel like they have been with us forever and our engineer, Ali Khan. That is over 140 years of service to Benchmark on that list alone. New staff members include Joe Batty in Design, Robin Anipa in commercial – London, and Mark *Sparky* Hazlehurst who has at last transferred into the office as Contracts Manager – Northern Region.

Since most of you will be viewing this edition electronically, we are able to share this link <https://www.youtube.com/channel/UCmBWfR2MfTEg5wSM-EdNVw> to our new YouTube page which so far holds two promotional videos about our scaffolders App and our 3D design capabilities. Please take a look when you have a few minutes spare and see what you think, whilst we are not about to go into movie making, I am really quite pleased with them both.

Finally, it has been announced that we will all be enjoying an extra Bank Holiday, on full pay, this coming year to coincide with the Queen's Platinum Jubilee. This has stolen my thunder somewhat as I was going to confirm that everyone can have an extra day of holiday in recognition of you all toughing it out throughout the Covid crisis and in the main working straight through. We cannot afford two extra days off in 2022 so from Jan 2023 onwards you can all have the extra day off on us; call it your Birthday Day, or bonus day, but take it when you like. It's not an original idea but when I heard of other Companies bringing it in, I liked it so thought we could copy.

Merry Christmas all and I hope that you enjoy this edition.

Regards,  
Rob West – Managing Director



Benchmark team claim their NASC Health & Safety prize with Glee.

## BENCHMARK SCAFFOLDING

*Setting the Standards*



## MERRY CHRISTMAS



Issue 40  
Winter 2021



# LATE NIGHT FINAL

That heading is more Evening Standard than *Setting the Standards*! I say "Late Night" because, as I write this, it is and "Final" because it will be! Issue 1 of **BENCHPRESS** had a front page written by me and now I am writing my final offering. As some 40 issues have now passed it's the ruby anniversary – anyone fancy going for a curry?

Over the years we have seen **BENCHPRESS** grow into the forum for the whole company that I hoped it would be and I am, of course, delighted. There have been births and, sadly, deaths, new babies, new vehicles and old people, like me (☺), leaving the fold.

In previous issues I have spoken of my hobbies. These include amateur theatre where I act, direct and do all sorts of other, less glamorous but equally necessary, jobs. I have also been attending music festivals several times a year. A new venture began a little over twelve months ago when I began presenting a radio programme on the community station Penistone FM. Penistone is a market town just to the west of Barnsley. I named the programme "Folk Awhile" and I cover folk, roots and acoustic music old, new and all points betwixt. Folk Awhile is plagiarised from the Fairport Convention song "Walk Awhile". Now I know you will all want to listen in and you can do so by tuning to 95.7fm at 7pm on a Tuesday evening. Alternatively, you can go to the website [www.penistonefm.co.uk](http://www.penistonefm.co.uk) – point at "Listen Online" then click on "Listen Again".

As 2020 has been something of an enigma all the above hobbies have been interrupted to a greater or lesser extent. As we approach 2021 I am now being liberated to indulge my interests and, hopefully, make up for lost time.

I will not be disappearing entirely (what do you mean "Oh, no"?). I will be retained on an as-and-when required basis to offer assistance.

I joined this company in October 1997 but met our Managing Director, Rob West, back in 1986. It's taken him 34 years to get shut of me! Seriously though I look back on our time with much pleasure. I am immensely proud to have been a part of the success story that is **BENCHMARK SCAFFOLDING** and I am especially proud of my friends and colleagues in Wombwell.

I JUST CAN'T WAIT (Written by Ian Campbell, sung by Roy Bailey) Good bye and good luck - for now.

Well, I took this job when I left school and I thought it might be fun,  
I signed the papers binding me, till I was twenty-one

**Best Regards**  
**Paul Taylor**

*Chorus:*

*But I just can't wait to collect my cards, I just can't wait to go,  
I can't get along with the people here and the work it bores me so!*

So, I learned the trade for what it's worth and the time has gone so slow  
But soon my birthday's coming up and I'll be free to go.

*Chorus*

Well, I think I'll wait 'till the wedding's over before I say goodbye,  
'Cause the girl-friend tells me we must save if a house we hope to buy.

*Chorus*

Now I'll have to wait till the baby's born before I can be free,  
For I understand a pregnant wife must have security.

*Chorus*

Well I think I'll wait till the kids leave school before I break away,  
For growing kids eat money and I need the steady pay.

*Chorus*

Now I think I'll wait till the house is mine before I break the tie,  
For the interest rates keep rising and the car it bleeds me dry.

*Chorus*

Now I think I'll wait till retirement age, before I risk a break;  
For the pension scheme insures the wife and it's mainly for her sake.

*Chorus*

Well thank you for the gold watch sir, the silver collection too -  
But are you sure I have to go, for I won't know what to do.

*Changed Chorus*

*And I just can't bear to collect my cards, I just can't bear to go  
For I shall miss the people here, and my life it bores me so.*





# 2 of our longest serving Directors call time on their Benchmark careers Christmas 2020

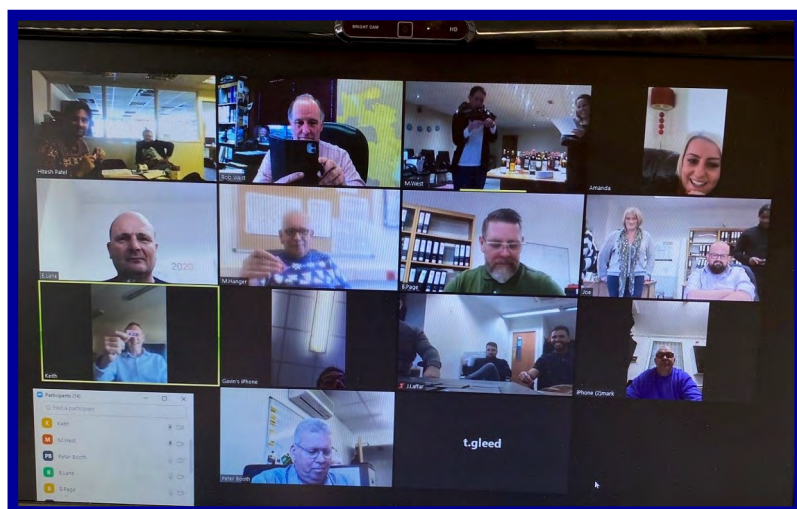


Paul eventually received his watch from Cain whilst maintaining social distancing having failed to receive it through the letterbox.

Keith selected a very expensive set of binoculars for his leaving gift and looks pleased to receive them here before starting his much delayed retirement.



The staff Christmas raffle and Keith's leaving speech and presentation was viewed on zoom so as to avoid a crowd in the boardroom.







# Benchmark Scaffolding & The Local Allotments



An allotment or community garden is a plot of land made available for individual non-commercial gardening and growing of food plants.

These allotments are identifiable worldwide and cover all regions of the UK, those curious odd tracts of land, often viewed alongside your railway journey as a mixture of individual plots and ideas and with increasing popularity, especially due to the recent and ongoing social (coronavirus) changes.

In the United Kingdom these “common lands” can be traced back to Anglo Saxon times, with this modern recognisable system directly related to the Industrial Revolution of the 1800’s, when land was given and allotted to the labouring poor for this provision of food growing, due to the rapid industrialisation of the country.

Legislation followed; for example, in 1908 the Small Holdings and Allotments Act came into force, placing a duty on local Authorities to provide sufficient land according to demand.

Major employers, at the turn of the last century were also providing community resources, the Midland Railway at Cricklewood and the London North Western Railway at Willesden Junction both built housing estates for their employees; whilst here in West London the “Allotment Garden Suburbs” built by the Great Western Railway at West Acton and Hayes are still in existence and thriving, with patches of allotments slotted in between the housing; approximately 65 individual plots in West Acton whilst the neighbouring Chiswick Horticultural Society London Borough of Hounslow Council managed allotments number over 600.



Brunel’s Great Western Railway still flashes through West London and across the Hanwell Viaduct - and the allotments below.

Further developments of this home food production were rapidly driven by the First and Second World Wars, when home food production became critical with “**Dig for Victory**”, when public parks and communal gardens were allocated and dug for allotments, including Kensington Gardens and the lawns of Buckingham Palace.

Benchmark Scaffolding have been able to provide much needed valuable support for these local allotments with their supplies of short off cut boards and tubes and the damp ingrained longer lengths of boards off the long-standing gantries and access ways, not viable for further safe access but hugely beneficial to these allotment holders (many of retirement age) being utilised for raised beds, cold frames, fencing, water butt stands, in fact anything you can utilise scaffolding materials for, which is quite a lot!

Finally, a sincere note of thanks from these recipients to Rob West and Benchmark Scaffolding for their “green” ecological and reusable thinking; to Mick for his rescheduling of transport schedules to accommodate these deliveries and most importantly to John (Rooney) and Dave (Raghbir) for fitting large lorries into very tight spaces.

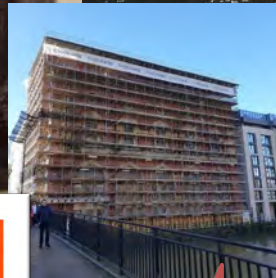
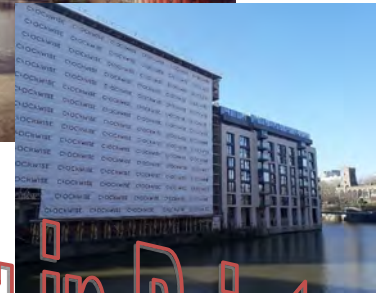
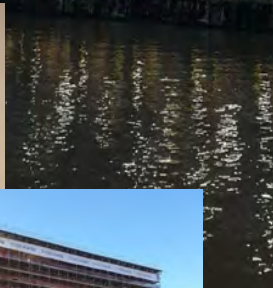
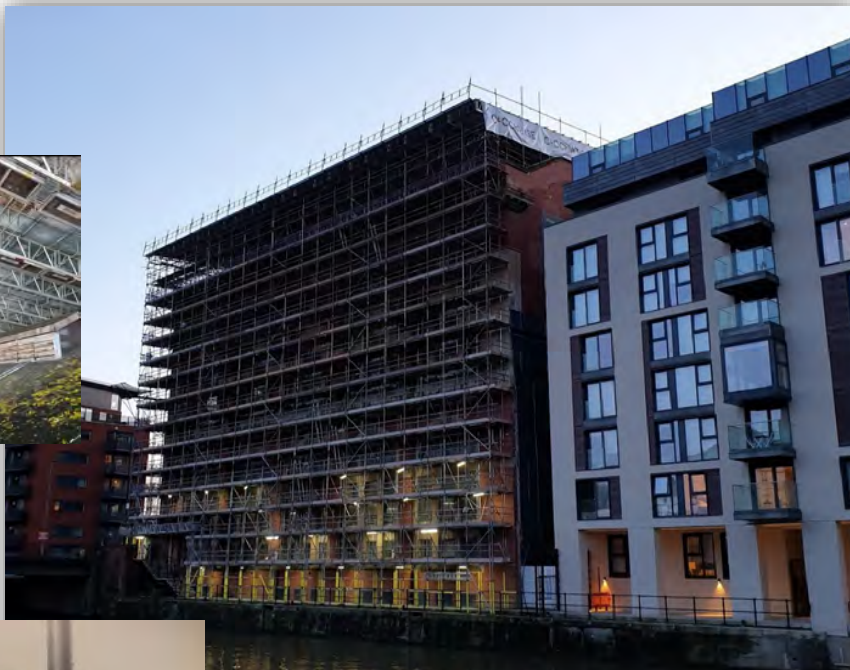


Mel McMahon

ex Benchmark  
Commercial Manager







# The old generator Building in Bristol

Bristol was the first city in Britain to build an electric tram service and in 1899 the Grade II\* listed Generator Building was opened to supply power to these trams.

Curtis Green was the architect; he later built the Chiswick Power Station, Scotland Yard, and the Dorchester Hotel. War damage closed the tram system in 1941. In the 1980s the Bristol Brewery converted the building to offices.

What was initially a 12 week job became a 2 year project which is still ongoing to this day. It has been a challenging project where we have had to overcome issues such as the limited space, lack of cranes, and the falcons making each day interesting but with the help of the design team we overcame every obstacle and it was definitely full of surprises, cleaning up after the falcons being one of them.

Whilst logistically difficult we still managed to complete the project with a good site team (pictured) and also with help from Mick Burnham and the yard team, the drivers and our Hiab cranes making the job possible.

Dave Harding—Site Manager  
London Region





# Déjà vu in Sheffield.



The northern region recently completed the scaffold around the Metis Building in Sheffield for cladding removal and replacement by Clear Line Maintenance Limited.

The scaffold crews were led by Carl Payling and John Freeman.

Our knowledge of the building was influential in securing the contract as we supplied the scaffold on the original build in around 2007.

William Wood—Operation Director/SHE Advisor  
Northern Region

Our **vision** is to be the scaffolding contractor of choice to our customers and employer of choice to our people.

Our **mission** is to not only "Set the Standards" but to progressively and continuously raise them across all aspects of our business.

## Benchmark Lorries wear their

The NASC, having issued all full member Companies with lorry poppies, requested photos for their NASC Remembers video slideshow to be shown on remembrance day.



# Poppies with Pride



The Berkeley Football Tournament in Shoreditch, was a great tournament and afternoon/evening of football, team bonding and a few pints after.

I think we gave a good account of ourselves and the company, reaching the final of the St. George City Charity Plate Tournament, unfortunately coming up short much like our England team and losing the final 3-2.

After a slow, tricky start to our group stage learning how each other played and gaining confidence, we managed to creep into the knockout phase and really came into our own dispatching of teams with relative ease, until the final where we, I guess, just run out of steam.

Last 16 2-0 winners  
Quarter finals 3-1 winners  
Semi final 3-1 winners  
Final 3-2 lost

Myself and the guys had a great time and ultimately was all for a good cause, I believe the figure raised was around the £80k mark for the Berkeley group's associated charities.

### Players

Daniel Bull  
Paul Tullett  
Georgie Rittenberg  
Tyler Meade  
Taylor wild  
Jack Murphy  
Sean McDonnell  
George Burnham



**Danny Bull**  
**Site Manager**  
**Royal Exchange, Kingston/St Georges**



From left to right: Jack stag, Lincoln Pether, Luke Linden, William Coombes, Dave Harding (Site Manager), Benjamin Palmer, Paul Silverthorne, Ryan Demmery



**A BIG WELL**  
**DONE**

**To Dave Harding and his team for taking part and raising £1,030 for Movember.**



# 37 Months Riddor Free



In October 2020 we had an accident on a site which occurred to one of our sub-contractors. He was making his way down a permanent staircase on site (which was covered in Corex sheeting by others to protect the staircase as it was listed) he stepped on a tread where the Corex was loose and slipped causing him to fall down several steps. He sustained injuries to his arm and shoulder which put him out of work for several weeks. This was not the fault of Benchmark however the rules are, Benchmark are technically the employer, so we must report this.

This brought to end the 37-month period (the longest in Benchmarks history) of RIDDOR free working. This was a remarkable length of time for any company in the construction industry not to have a reportable injury. We have had other occasions when we have not had a RIDDOR for over 12 months. This proving that Benchmark does care about its workers by giving them a safe working environment, the correct PPE, and safe systems of work. This is also attributed to all our operatives by carrying out a safe start before each shift, working to the RAMS and informing your managers if you have any issues.

Very good work done by all, our next target now is to beat the 37 months. So, do not assume because you are working for a safe company, you are safe. It is also down to you to carry on working in a safe manner.

If you are suffering any anxiety during these uncertain times, remember Benchmark have a team of Mental health first aiders that can talk to and advise you on what to do, all this is in strictest confidence.

The names of these MHFA are:

**Northern Region**—Billy Wood, Georgina Bradbury, Karl Thorpe and Ryan Vickers.

**London Region**— Rob West, Maria West, Lee Jones, Barry Lane, Eamonn Golledge and Peter Booth.

**Peter Booth**  
Company Safety Manger



On the 19th October we scooped the Construction News trophy for Access & Scaffolding Specialist of the Year and exactly 1 month later we picked up the Health & Safety Award at the NASC.



## October Safety Award ★

The monthly safety awards goes to Brady Collier at the Angel shopping centre who received £25 in vouchers from the PC for his positive attitude towards safety on site. In turn he also receives the Benchmark monthly safety award.

## November Safety Award ★

The monthly safety award goes to Shane Wright for his great work at the Stratford project for Westfield.

# 2019





2020



## January Safety Award

The monthly safety award goes to Mark Davies who won a £50 safety award from Lendlease for spotting a 5 metre fall from height in core 1a that had been created by others; acting swiftly he installed guardrails and a chapter 8 barrier and notified Lendlease immediately.

Sean McDonnell was given an award by Hotchkiss, Wates Site, Project 2020. Sean won the award for the way he and his gang built a tower on wheels to access high level screw jacks around a shrink wrap screen. Saving working on ladders and using other company podiums without a tag.

## February Safety Award



The monthly safety awards goes to Steve Dunn, POW, he was observed working with 2 trainee scaffolders and a part-two and was giving in-depth instruction on how to erect a roof saddle safely.

## June Safety Award



The monthly safety awards goes to Ceslovas Andriuskevicius (Cheesy) & Gintas Bukauskas (Splinter) for whilst at Finsbury Tower, Mace Project, they erected a cantilevered netted fan off a mobile tower so they could push the fan around to enable them to erect screens on the 22nd floor to catch any objects that may fall, all without being instructed.

## August Safety Award



The monthly safety awards goes to Marvin O'Neil, POW, Shepley's for whilst working, noticed that a stone feature was loose and at risk of falling off, Marvin placed some tie tubes around it wrapped in foam, then informed management.

Shane Wright won a green card award at Westfield's site Cherry Park, for being recognised for his outlook on safety and eagerness to help out. He received a £5 breakfast voucher.

## September Safety Award



The monthly safety awards goes to Liam Byrne for raising concerns over Chris Browns disappearance on Battersea Power Station.

## October Safety Award



The monthly safety awards goes to Triton Square, Paul Smith took over the reins as temporary site manager, Paul showed a high standard of communication and consultation both with the client and our workforce, keeping the men on site working safe. This was recognised by Lendlease management.

## November Safety Award



The monthly safety award goes to Daren Redgrave, Wates, Derby Gate, for the removal of a temporary roof, following a plan to the letter and having no incidents whatsoever.



# 2021

## January Safety Award



The monthly safety award goes to Marley Wood at Ingridion, whilst working in a boiler room Marley discovered asbestos. He stopped the work and informed the site management team who shut down the area.

Graham Smith at St George site, Kingston upon Thames, Graham was issued a green card for suggesting that screens be placed in the hoist to maintain social distancing. He was also given the employee of the month by Denis Moran (Project Director)

*"for carrying out yours works so professionally during your involvement in this project. We note diligence in the installation of gantries and protective decks working in proximity to the site boundary – during extreme weather conditions".*

### ROYAL EXCHANGE

Health and Safety Employee of the Month Award  
Graham Smith

January 2021

Dear Graham

I would like to congratulate you on behalf of the Royal Exchange team in winning the Health and Safety Employee of the Month Award for January 2021.

This is for carrying out your works so professionally during your involvement in this project. We note particular diligence in the installation of gantries and protective decks working in proximity to the site boundary – during extreme weather conditions.

It is great to see that despite pressure you remain focused in ensuring the works are carried out in a safe and controlled manner despite the harsh temperatures. In truth it was hard to separate you from your team who have also been doing an excellent job but I think your excellent attitude and communication to our staff 'edged-it'.

Well done and please accept this gift-voucher as a small token of our appreciation.

Kindest Regards

Denis Moran

Project Director

## February Safety Award

The monthly safety awards goes to James Cheshire Westfield, Cherry Park, he identified a risk of other contractors' lanyards not being in restraint when working at an edge of the building and stopped a potential accident, he also has a good attitude towards Health & safety.

Graham Smith, St George, Kingston, was awarded a green card for suggesting that the hoist have Perspex section placed with-in them to segregate the operative. He also received employee of the month and received £30 in vouchers.

## April Safety Award

The monthly safety awards goes to David Barnett (Barnie) Barnsley Yard Manager for continually improving the health & safety regime in the yard in all aspects, housekeeping, welfare facilities, material stacking even the spray painting.

## March Safety Award

The monthly safety awards goes to Carl Payling (Barnsley Site Manager) for, on two sites, achieving the Considerate Constructors Scheme for Benchmark by passing the in-depth audit.

## May Safety Award

The monthly safety awards goes to Dave Carpenter St Georges project Kingston. Dave attended Simon Harrington after he collapsed due to a hernia, he stayed with Simon keeping him calm and went to hospital with him keeping reassured while in pain.

## June Safety Award

The monthly safety awards goes to Liam Byrne, while he was returning back to work from his break, he spotted 3 operative on a roof working with no edge protection or fall arrest equipment. He reported it to the Mace safety team. The area is a permit to work area and the barrier on the roof needs to be opened with a key, they jumped over to carry out the works.

## July Safety Award

The monthly safety awards goes to Amy Robinson for receiving the silver winner award in the National Building and Construction awards in the category of 'Apprentice of the Year', also for receiving outstanding reports from the training centre on her apprenticeship course.





## August Safety Award



The monthly safety award goes to Taylor Wild, Richmond House. Whilst moving the concrete blocks (kentledge) using a pallet truck, after being unloaded from the lorry, Taylor was observed to be very careful and aware of others in the area and taking his time not to have any incidents.

## September Safety Award



The monthly safety award goes to Tom Bird and Matt Tiborzia, Mace project, One Thames City for being recognised by Mace, for their continued high standard of safety on site £50 each.

## October Safety Award



The monthly safety award goes to Daren Redgrave, Wates project, Norman Shaw North, for his Power Point Presentation Risk Review, Daren (and his wife) receives the safety award for going above and beyond what would normally be expected of a Project Manager in producing this very professional looking piece of work.

## November Safety Award



The monthly safety award goes to Gary Pike (various projects) for carrying out all of his works in a safe manor, he has very good communication skills with the PC and his Contracts Manager and for also being able to resolve problems on sites without fuss.

# Amy wins Silver

Last year we entered our Amy Robinson into the National Building & Construction awards 2020/21 for the apprentice of the year. Many companies put their apprentices forward and these were then whittled down to the last 5 with the awards ceremony being held at the Wembley Hilton Hotel where we were very pleased to see Amy come out the silver winner despite fierce competition. Amy came into the office the following week where she was presented with her trophy by our MD Rob West.

Amy had started her working career as a hairdresser but soon found this was not for her, as a strong outgoing girl, she desired a more physically challenging role. She went in search of a position in construction, which is when we were lucky enough to find her; she was cutting the hair of our project manager's wife when the conversation resulted in the start of the process of us enrolling her. Amy started work with Benchmark Scaffolding on 26<sup>th</sup> June 2019 and she was soon placed on a two-year apprenticeship scheme sponsored by Simian Risk.

During her time with us Amy has assisted in the erection and dismantling of many large scaffolds on the Battersea Power Station project, where she is currently based. She is now working her way through her part 2 CISRS, and we are sure she will not stop there.

We as a company would like to encourage more female Scaffolders into the industry and we will use Amy as an ambassador; the message being that Scaffolding, whilst historically a male dominated industry, is changing and we have a girl right here who is as good as any of them.

Mike Hanger - QSHE Systems Manager  
London Region





# TEAM BENCHMARK



## 4th Challenge

On Thursday 23<sup>rd</sup> September Team Benchmark dusted off their lycra shorts to take to the roads again for their 4<sup>th</sup> challenge, The Structure Tone Charity Sportive.

They committed to raise money for one our most supported and well-deserved charities, the Lighthouse Club.

The 40-mile route was Team Benchmark's most challenging yet, with many steep hills, and some members wanting to give up within the first 40 minutes. They pushed on through with every member completing the route in a respectable time... well Rob actually came in last but at least he eventually finished the course. Well-done Team Benchmark!

We're pleased to announce that they raised £3,396 and would like to say a big thank you to everyone who took the time and effort to donate – THANK YOU!

What will the next challenge be?



Vicky Hunt-Poore  
PA to MD and Company Buyer





# Rustin's 2nd Birthday

Rustin "Rusty" recently celebrated his 2<sup>nd</sup> birthday (09/12). His biggest present was an electric motocross bike. Hopefully soon enough, he'll be able to join his sisters Sophia & Ashleigh on their Yamaha PW 50, myself & my father on our motorised 2 wheeled machines.

I managed to source the bike last month. In the following weeks, one of my all-time favourite motocross racers had recently signed back with Kawasaki (for those that don't know, they're green!) and his number? Number 4. So, with me being rather motorcycle oriented, took this as a sign, as Ricky Carmichael, or RC, or the GOAT (Greatest of All Time) had one of the most illustrious motorcycle careers of all. 2 perfect seasons, where they have 2 races in a weekend, of which he won them all. 100% win rate. He was that good, Honda named their electronic power valve after him, the RC valve. I was lucky enough to own a Honda CR 250, with said RC valve, which ended in tears!

Within minutes, he'd already chucked it down the road. Like father, like son!

Mark Knitter—Estimating Manager  
Northern Region







Across the UK prostate cancer is the most common cancer in men therefore we thought it best to write to few important key points in Benchpress.

More than 47,500 men are diagnosed with prostate cancer every year – that's 129 men every day.

Every 45 minutes one man dies from prostate cancer – that's more than 11,500 every year.

1 in 8 men will be diagnosed with prostate cancer in their lifetime.  
Around 400,000 men are living with and after prostate cancer.

### What is the prostate?

The prostate is a gland. It is usually the size and shape of a walnut and grows bigger as you get older. It sits underneath the bladder and surrounds the urethra, which is the tube that carries urine (wee) out of the body. The prostate's main job is the help make semen – the fluid that carries sperm. The most common prostate problems are an enlarged prostate, prostatitis and prostate cancer.

### What is prostate cancer?

Prostate cancer can develop when cells in the prostate start to grow in an uncontrolled way. Some prostate cancer grows too slowly to cause any problems or affect how long you live. Because of this, many men with prostate cancer will never need any treatment. But some prostate cancer grows quickly and is more likely to spread. This is more likely to cause problems and needs treatment to stop it spreading.

### Are you at risk?

Prostate cancer mainly affects men over 50, and your risk increases with age. The risk is even higher for black men and men with a family history of prostate cancer.

### Signs and Symptoms

Most men with early prostate cancer don't have any signs or symptoms. If you notice changes in the way you urinate, this is more likely to be a sign of a very common non-cancerous problem called an enlarged prostate, or another health problem. But it's still a good idea to get it checked out. Possible changes include:

- Difficulty starting to urinate or emptying your bladder
- A weak flow when you urinate
- A feeling that your bladder hasn't emptied properly
- Dribbling urine after you finish urinating
- Needing to urinate more often than usual, especially at night
- A sudden need to urinate – you may sometime leak urine before you get to the toilet.

If prostate cancer breaks out of the prostate or spreads to other part of the body, it can cause other symptoms:

- Back pain, hip pain or pelvis pain
- Problems getting or keeping an erection
- Blood in the urine or semen

### What tests will I need?

There is no single test to diagnose prostate cancer. There are a few tests that your GP can do to find out if you have a prostate problem. The main tests include:

- A urine test to rule out a urine infection
- A prostate specific antigen (PSA) blood test
- A digital rectal examination (DRE)

Before you have these tests, your GP should explain what they involve and talk you through the advantages and disadvantages. They can help you understand more about prostate cancer and your own risk of getting it. It's up to you whether you have the tests, so make sure you've got all the information you need, and give yourself time to think it through. After you've had the tests, your GP will talk through the results with you. If they think you may have a prostate problem, they'll make an appointment for you to see a specialist at a hospital.

For more detailed information please visit [www.prostatecanceruk.org](http://www.prostatecanceruk.org) or call their specialist helpline on 0800 074 3838

# Condolences

During this year we have lost two of our loyal Benchmark family; Paul Murray passed away on 4<sup>th</sup> April after a long battle with Cancer, and Wayne Didd died from an aneurism on 17<sup>th</sup> October.

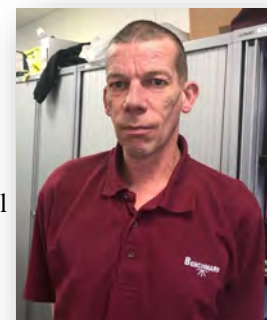
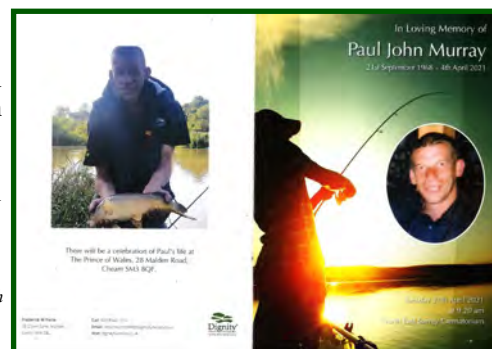
Mark Byrne had been a life long friend of Paul and initially sent the following note to all Benchmark people.

*Good afternoon,  
It is with regret that I inform you that our friend and colleague Paul died on Sunday 4<sup>th</sup> April in Charing Cross Hospital Hammersmith.  
He underwent throat surgery a few weeks ago and suffered major complications from which he never fully recovered.  
Paul passed away peacefully with members of his family at his bedside.  
I felt I should share this with you all, as he has worked with most of you for many years.  
Kind regards  
Mark*

Mark subsequently notified everyone of the funeral arrangements and the collection, which was so well supported by many of you, and he signed off with the line;

*Attached is a picture of Paul, which we used at BPS to scare the Mace managers! Regards, Mark*

Picture (right) – I believe that Paul would have laughed.



I was tasked with notifying you all about the passing of Wayne which was even more shocking due to his age and his young dependent children;



*Dear colleagues,*

*Many of you will by now be aware that we lost one of our Benchmark Family last weekend when Wayne Didd died peacefully at home following a brain aneurism.*

*Wayne was 29 years old and leaves behind his pregnant partner, Kirsty, and their four young children.*

*This is a shocking and sad loss of a young and very popular member of the team at Battersea Power Station, where Wayne has worked for most of the last three years, and I know that many of you would want to help the family financially; help that I know will be very much appreciated.*



*If you would like to donate cash, either through local on-site collections or by sending money in an envelope back to the office, please mark donations for the attention of Maria West who will record details and add this to the collection total.*

*If you wish to have money deducted from your wages ( hourly paid or staff ) please confirm your pledges to Maria or Tanya in Hanwell or Georgina in Barnsley and they will arrange for deduction to be made from your net pay and then again added to the total fund.*

*The Company will also add a donation before we pass whatever is raised over to the family to help with funeral costs initially and then to provide a fund for future costs.*

*This is a tragic loss to all of us who knew Wayne but his family are heartbroken so let's show that we care by raising as much as we can.*

*Thank you  
Rob*

The reaction to the request for donations for Wayne's family was amazing and your generosity is sincerely appreciated by those that understand – the children are still too young to comprehend but they will of course benefit in the future.

Finally I must mention the fact that one of our customers made significant donations to both of these collections and although they wish to remain anonymous Benchmark, and the families involved, really appreciate their extremely generous gestures.



If you've recently had a new addition to your family,  
or have a birthday coming up  
send us a photo to the Barnsley office  
and we'll make sure we show them in the next edition.  
Or you could email us:

[barnsley@benchmarkscaffolding.com](mailto:barnsley@benchmarkscaffolding.com)



# New Northern Region

## Volvo turns heads



Our new flagship lorry for the Northern Region was snapped on one of her first working journeys by an amateur photographer for his Facebook page on *Trucks around Yorkshire*.

Great Photo Chris ( Procter ) and thanks for sharing it with us.

### Contact Numbers & Offices

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# BENCHMARK SCAFFOLDING



*Setting the Standards*