

Individuals Who Have Made a Difference 2014 Winner ~ Alan Hudson

Alan Hudson works for DB Regio Tyne and Wear Limited (DBTW) who are the operators of the Tyne and Wear Metro which serves Newcastle, Gateshead, Sunderland, North and South Tyneside, with an estimated 38 million passenger journeys every year.

During Alan's time as a train driver he experienced a serious incident which resulted in a fatality on the Metro system. These incidents are very traumatic and can have profound effects such as shock, isolation, guilt and loneliness.

DBTW offered their in-house counselling support service to Alan but he felt that after witnessing a harrowing death it did not address the issues that tormented him. It affected his mental health and as a result he had time away from work. However, when he returned to work Alan found that a colleague had shared a similar experience.

Alan was offered external counselling support but found this was not sufficiently helping him. Therefore, Alan decided to take it upon himself to become a counsellor. Although hard work was benefit

anticipated Alan knew it would be a huge benefit to the organisation and DBTW funded the course.

There were many times when Alan felt out of his depth and found the studying hard but the determination to keep going was strong.



Alan Hudson, DBTW, winner of Individuals Who Have Made a Difference with Arshia Bhatti, Cestria, category sponsors.



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Once qualified he was given the opportunity to gain experience and enhance his skills by joining the Newcastle City Centre Chaplaincy and became a Chaplain representing Eldon Square providing support to staff together with a short spell at the Cyrennians listening to the homeless.

Having Alan as the 'corporate' counsellor at DB Regio is a huge benefit as he has the understanding of the demands of a train driver and is able to share his experiences which often lead to a more comfortable heart-to-heart session.

Alan has shown his determination and commitment to become a qualified counsellor. He has spent a lot of his own time learning a completely new field, in a new environment as well as take up an additional voluntary/support position whilst working full time in a safety critical role. Even to this day, when a friend or colleague is looking for support Alan provides his rest days to accommodate the request as he knows how important it is to have someone to simply understand them.

All of this hard work has been and still remains, a voluntary role.

Alan has taken on a role that no-one could have envisaged having a major impact on their workforce. Having the knowledge and the approachable personality, Alan has made a huge difference to the organisation regarding counselling services as he is able to relate to individuals and understand their experiences.

Alan thoroughly deserves to be the winner of this category as he worked in his own time to gain his qualifications to do a role that is voluntary.

"He has been able to put positive actions into place which could have major impacts on people's mental health and developed something very specific to the industry."

ENE Awards Judges.

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