RBG Director teams up with fellow AFL legends to Puka Up and fight suicide

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Robert Bird Group’s (RBG) business director and former AFL star Scott Cummings will once again participate in the Puka Up Grand Tour, which aims to ignite a national conversation around mental health in a bid to prevent suicide.

SMEC and RBG, both member companies of Surbana Jurong Group, are proud joint supporters of the Puka Up ride which kicks off at Marvel Stadium, Melbourne on Wednesday March 6.

The 2019 Grand Tour takes place over 10 days from 6th to the 15th March. The team will pedal nearly 2,000 kilometers in ten days, tackling some of Victoria’s most challenging terrain. An open community forum will be hosted in Wangaratta on March 8, in partnership with Wangaratta Council.

Scott said he was looking forward to visiting regional communities which often face significant challenges in relation to mental health.

“I’m very proud to be representing RBG and SMEC on the 2019 Puka Up Grand Tour.

“We want to start meaningful conversations in local communities and across Australia, and build an environment where people can talk openly and honestly about how they’re feeling and whether they’re struggling.

“Eight people a day take their life in Australia and unfortunately the building industry is heavily represented.

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“By normalising the conversation around mental health and removing the stigmas attached we can help to save lives.”

In the Hindi language, *Pukka* means authentic and genuine, with the ride aptly named to encourage real conversations.

Puka Up is a social enterprise founded by retired AFL legend Wayne Schwass. Having battled silently with his own mental health for much of his sporting career, Wayne is now a dedicated mental health advocate, committed to raising awareness about mental health, emotional wellbeing and suicide prevention.

Communities can follow the ride via the [Puka Up](http://www.pukaup.com) website. Scott will be posting daily updates to his Instagram at [Scottycummings1974](https://www.instagram.com/scottycummings1974/).

For more information and to donate to Puka Up, visit [www.pukaup.com](http://www.pukaup.com).

Scott Cummings participating in the 2018 Puka Up Grand Tour.
About SMEC:

SMEC is a global engineering, management and development consultancy delivering technical excellence and specialist solutions to our clients, partners and communities. In 2016 SMEC joined the Surbana Jurong Group, which is headquartered in Singapore and has a global workforce of over 14,500 employees in more than 130 offices across over 40 countries in Asia, Australia, UK, the Middle East, Africa and the Americas.

About RBG:

Robert Bird Group, member of the Surbana Jurong Group, is a specialist structural, civil and construction engineering consultancy with over 600 employees across offices in Australia, New Zealand, the United Kingdom, the United Arab Emirates, South East Asia and the Americas. RBG is dedicated to creating exceptional value for their clients through the intelligent application of engineering science and innovative approaches towards planning for construction.