



James Rudoni
Managing Director
Mates in Mind

James Rudoni is the Managing Director at industry charity Mates in Mind. Mates in Mind was launched in 2017 to raise awareness, address the stigma of poor mental health and improve mental wellbeing in the construction sector.

Mates in Mind has led in the creation of an innovative approach that helps companies nurture positive mental wellbeing amongst their workforce working in construction and wider construction-related industries. Key to its success is breaking the silence and stigma that can surround mental health in society in general, and the workplace in sectors such as construction in particular.

James has a 30year track record in charity and commercial sectors. Prior to leading Mates in Mind, he was Director of RBLI Living, Royal British Legion Industries leading on supporting some of the hardest to help veterans (including those with PTSD, depression and complex health issues), current service personnel and their families. During which time he was responsible for a sizable support housing portfolio, the provision of high dependency nursing and assisted living healthcare, welfare advice nationally, employment training services and vocational assessments. Also overseeing the transforming rehabilitation services to veterans in the Criminal Justice System. The development of this approach resulted in greater reach that doubled beneficiary numbers, the delivery of a range of innovative new services and RBLI's first national training programme, LifeWorks.



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