



The UK National Work-stress Network • workstress.net

Annual Stress Network Conference 2011

From Recession to Depression?

Hillscourt Conference Centre, Rednal, Nr Birmingham B45 8RS

Courtesy of NASUWT

**Saturday, November 26th 9.45 a.m. to 5.00 p.m. and
Sunday, November 27th 9.30 a.m. to 12.30 p.m. 2011**

This conference is aimed at Health & Safety Representatives, Health & Safety and Human Resources Specialists, Stress Management Consultants and Trades Union Shop Stewards

Government financial policy leading to job uncertainties and damage to well-being?

The nation's workforce is very much under threat, with rising inflation, increased job insecurity and constant vilification by media and ill-advised politicians. There are increased stress levels especially in the public and voluntary sectors. Taxation, travel costs, weekly budgets, pay levels, pension contributions and more all create greater uncertainties for workers and raise stress levels.

Work has an important role in promoting mental wellbeing. It is an important determinant of self-esteem and identity. It can provide a sense of fulfillment and opportunities for social interaction. Work can also have negative effects on mental health, particularly in the form of stress.

A sense of injustice and unfairness arising from management processes or personal relationships can increase stress levels and risks to mental health. Stressful conditions in many workplaces include physical factors such as material hazards, noise, dust and dirt.

This conference will address through plenary and workshop sessions the issues that relate to good personnel management, effective workload control and the overall well-being and mental health of the workforce.

Employers, Directors, and Managers at all levels as well as workers themselves have a duty of care not to create high levels of stress. The perceived need to cut the national deficit is not an acceptable excuse to create stress related ill-health for the workforce.

Failure to prevent a high-stress climate in the workplace should lead to enforcement and prosecution. Prevention is central to success. Cures are too late and ineffective.

PROGRAMME OUTLINE

SATURDAY MORNING – panel of speakers with Q&A session to follow

- Prof Tarani Chandola, Manchester University confirmed
- Judith Hackitt, HSE Chair – invited
- Dr Iain Burnside, Clinical Psychologist, Wakefield Pinderfield Hospital confirmed
- Rachael Maskell, UNITE Official, Voluntary Sector confirmed
- CIPD – invited
- A speaker from West Midlands MIND – invited
- Stress Network speaker

SATURDAY AFTERNOON & SUNDAY MORNING

Two discreet Workshop sessions [each of 2 hours] guiding Representatives in supporting members; gathering evidence of Stress; dealing with casework and the stress factors facing TU Stewards; risk assessments and the pursuit of good management practices and commitment through workable in-house Stress Policy; bullying and negative behaviours - *full details to be finalised in due course.*

With an overnight stay in pleasant, comfortable rural surroundings to the SW of Birmingham, it is hoped that this weekend event will provide a wide range of networking opportunities for delegates.

Don't delay – Book NOW to avoid disappointment and get the benefit of discounted delegate fees.

FINAL CLOSING DATE 31ST October 2011

<p align="center">PLEASE COMPLETE A SEPARATE FORM FOR EACH DELEGATE AND STAPLE TOGETHER IF NECESSARY. PHOTOCOPIES ARE ACCEPTABLE. PLEASE TYPE OR WRITE VERY CLEARLY</p>			
NAME (BLOCK CAPITALS)			
CONTACT ADDRESS (BLOCK CAPITALS)		Postcode	
TELEPHONE No		MOBILE No	
EMAIL Block Caps please			
ORGANISATION/UNION			
SPECIAL NEEDS (Use separate sheet if necessary)	Dietary		
	Access etc		
<p align="center">DAY DELEGATE (per person)</p> <p>One day (Sat): £110.00 (Unwaged delegate or non delegate carer: £60)* (For B&B on Friday add £50 to above prices)</p> <p>Two days (Sat & Sun): £130.00 (Unwaged delegate or non-delegate carer: £70) * (Fee includes buffet lunch plus coffees on Saturday and coffees and packed lunch on Sunday)</p>			£
<p align="center">RESIDENTIAL DELEGATE (per person)</p> <p>Two days (including Sat B&B): £210 (Unwaged delegate or non-delegate carer:£90)* Two days (including Friday & Saturday B&B): £270 (Unwaged delegate or non-delegate carer: £140)* (Fee includes bed & breakfast as booked plus coffees etc, lunch and dinner on Saturday and coffee and packed lunch on Sunday)</p>			£
<p><i>* Please note that there are no twin/double ground floor rooms in the Conference Centre. Delegates with mobility difficulties who need to share a room with a carer will be accommodated for bed and breakfast in a nearby Premier Inn (3 miles away) at an additional cost of £15 per person per night and possibly involving £7 taxi fares each-way.</i></p> <p align="right">Please write total supplement here:</p>			£
SUB TOTAL			£
<p>Less Early Bird discount of 10% (Applies only to bookings and full payment received by 20th September 2011.)</p>			- £
FULL TOTAL			£

Complete this section if you wish to share a room		
Name of person with whom you are sharing.		
Type of room (✓)	TWIN	DOUBLE
Is this person a delegate? (✓)	YES	NO
Is this person a designated Carer? (✓)	YES	NO

CANCELLATIONS POLICY: UP TO AND INCLUDING THE EARLY BIRD DISCOUNT CLOSING DATE, FULL REFUNDS [LESS AN ADMINISTRATIVE FEE OF £10] MAY BE MADE. AFTER THAT DATE A 75% REFUND ONLY MAY BE MADE UNLESS A CANCELLED PLACE IS FULLY FILLED BY ANOTHER NEW OR SUBSTITUTE APPLICATION.

**NO REFUNDS WILL BE MADE ONCE NUMBERS ARE CONFIRMED WITH CONFERENCE CENTRE
BY OCTOBER 31ST**

<p>COMPLETED APPLICATION FORMS SHOULD BE SENT TOGETHER WITH CHEQUE(S) PAYABLE TO UK NATIONAL WORK-STRESS NETWORK TO:- LES ROBERTS, CONFERENCE SECRETARY, 33 OLD STREET, UPTON UPON SEVERN, WORCS, WR8 0HN EMAIL ADDRESS: UKWORKSTRESS@LIVE.CO.UK</p>
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