



The UK National Work-stress Network ● [workstress.net](http://workstress.net)

## Annual Conference 2010

# Stress Prevention to secure an effective workplace

Hillscourt Conference Centre, Rednal, Nr Birmingham

Courtesy of NASUWT

**Saturday, November 27<sup>th</sup> 9.45 a.m. to 5.30 p.m. and  
Sunday, 28<sup>th</sup> 9.30 a.m. to 12.30 p.m. 2010**

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

### What does your employer do to prevent stress?

In November 09, NICE [the National Institute for Clinical Excellence] published a report on Mental Wellbeing at Work, acknowledging the importance of the interaction between the working environment, the nature of the work and the individual.

“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. For most people, work provides their main source of income.

“Work can also have negative effects on mental health, particularly in the form of stress.

“Working environments that pose risks for mental and physical well-being put high demands on a person without giving them sufficient control and support to manage those demands. A perceived imbalance between the effort required and the rewards of the job can lead to stress. A sense of injustice and unfairness arising from management processes or personal relationships can also increase stress and risks to mental health. Other stressful conditions include physical factors such as material hazards, noise, dust and dirt.”

**ALL employers including Directors, Managers at all levels and workers themselves have a duty of care not to create high levels of stress. 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

- Dr Colin Mackay HSE Speaker – progress with the HSE Management Standards
- Diane Jones, Mental Health in the workplace
- Mindful Employers NW speaker
- Stress victim OR a Safety Rep who has taken the issue up with Management
- John Usher – the case for mediation
- Network Speaker – Ian Draper, Convenor

#### SATURDAY AFTERNOON & SUNDAY MORNING

Workshop sessions guiding Representatives in supporting members, gathering evidence of Stress, dealing with casework, risk assessments and the pursuit of good management practices and commitment through workable in-house Stress Policy - full details to be confirmed 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 31<sup>ST</sup> October 2010**

<b>PLEASE COMPLETE A SEPARATE FORM FOR EACH DELEGATE AND STAPLE TOGETHER IF NECESSARY. PHOTOCOPIES ARE ACCEPTABLE.</b> <b>PLEASE TYPE OR WRITE VERY CLEARLY</b>		
<b>NAME (BLOCK CAPITALS)</b>		
<b>CONTACT ADDRESS (BLOCK CAPITALS)</b>		
		Postcode
<b>TELEPHONE No</b>		<b>MOBILE No</b>
<b>EMAIL Caps please</b>		
<b>ORGANISATION</b>		
<b>SPECIAL NEEDS (Use separate sheet if necessary)</b>		
<b>DAY DELEGATE (per person)</b> <b>One day (Sat): £110.00</b> (Unwaged delegate or non delegate carer: £50)* (For B&B on Friday add £50 to above prices) <b>Two days (Sat &amp; Sun): £130.00</b> (Unwaged delegate or non-delegate carer: £60) * (Fee includes buffet lunch and refreshments on Saturday and packed lunch and refreshments on Sunday)		£
<b>RESIDENTIAL DELEGATE (per person)</b> <b>Two days (including Sat B&amp;B): £210</b> (Unwaged delegate or non-delegate carer:£90)* <b>Two days (including Friday &amp; Saturday B&amp;B): £270</b> (Unwaged delegate or non-delegate carer:£140)* (Fee includes bed & breakfast as booked plus refreshments lunch and dinner on Saturday and refreshments and packed lunch on Sunday)		£
<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 (approximately 3 miles away) at an additional cost of £15 per person per night.</i>		£
<b>Please write total supplement here:</b> <b>SUB TOTAL</b>		£
<b>Less Early Bird discount of 10% (Only if booking and full payment are received by 21<sup>st</sup> September 2010 )</b>		- £
<b>FULL TOTAL</b>		<b>£</b>

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 75% REFUND ONLY MAY BE MADE UNLESS A CANCELLED PLACE IS FULLY FILLED BY ANOTHER NEW APPLICATION.

NO REFUNDS WILL BE MADE ONCE NUMBERS HAVE BEEN CONFIRMED WITH THE CONFERENCE CENTRE BY 31<sup>ST</sup> OCTOBER 2009.

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