

**Work Stress**



**WORK stress**

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

**Stress Network Annual Conference 2012**  
**Hard Times, Great Expectations and**  
**Victorian Values –**  
**combatting workplace stress in hostile times**

**Hillscourt Conference Centre, Rednal, Nr Birmingham B45 8RS**

**Friday November 23<sup>rd</sup> 7.30 p.m.; Saturday, November 24<sup>th</sup> 9.45 a.m. to 5.00 p.m. and**  
**Sunday, November 25<sup>th</sup> 9.30 a.m. to 12.30 p.m. 2012**

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

**Government attacks on health and safety put workers at greater risk**

When Charles Dickens was writing, working people led grim lives at the mercy of rapacious employers in often unhealthy and dangerous conditions. Many employers considered the daily sacrifice of the lives of workers the unavoidable and acceptable price of economic growth, attacking any attempt to legislate for better working conditions as a 'burden on businesses'. Thank goodness those days are gone, thanks to the campaigning of workers themselves and the introduction down the years of health and safety legislation. However, the attitudes that led to such conditions are far from dead – indeed they are very much alive just now.

Health and Safety protections for people at work are once more under attack. David Cameron describes health and safety at work legislation as a 'monster'. Christopher Grayling, Secretary of State in the Department for Work and Pensions, has slashed the HSE budget by 35%. Millions of employees in so-called 'safe' occupations outside of the nuclear, chemical and offshore sectors have been abandoned to the mercy of employers who can be confident that they will never see an HSE inspector let alone face enforcement action. Hard times, indeed!

Levels of debilitating stress in the workplace and the serious, sometimes fatal, mental and physical illnesses that ensue continue to rise amongst all employees – there are NO 'safe' workplaces. If an uncaring Government won't, and a stretched HSE increasingly can't wage war on this 21<sup>st</sup> Century workplace epidemic, how are workers to defend themselves? Can we have any realistic great expectations?

This conference will consider amongst others, the effect of Government cuts on levels of workplace stress (including the increased pressure on workplace representatives), on the mental health of workers and on relationships within the workplace. The conference will examine possible ways forward.

**PROGRAMME OUTLINE**

**FRIDAY EVENING** – Informal drinks reception, meeting the Stress Network Team and Networking

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

- **Ralph Fevre**, Cardiff University – *Insight report on Ill Treatment at work* [confirmed]
- **Prospect Speaker** – the HSE Staff Union [pending contact]
- **Mental Health issues in the Workplace** [pending contact]
- **Vaughan Skirrey and Bob Woods UKWSN** – *Trade Union Stewards and their own stressors*
- **Rachael Pope UKWSN** – *Negative Behaviours and aggression in the workplace*

**SATURDAY AFTERNOON & SUNDAY MORNING**

Workshop Sessions:- full details to be confirmed in due course, hopefully to include Legal updates; Mental Health in the workplace; HSE Stress Management Standards; Legal Casework update; Stress Risk Assessments; Stress Audits and workplace responses and more?.

*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 benefit from discounted delegate fees.**

**FINAL CLOSING DATE – Friday 9<sup>th</sup> November 2012**

PLEASE COMPLETE A SEPARATE FORM FOR EACH DELEGATE AND STAPLE TOGETHER IF NECESSARY. PHOTOCOPIES ARE ACCEPTABLE <b>PLEASE TYPE OR WRITE VERY CLEARLY</b>			
NAME (BLOCK CAPITALS)			
CONTACT ADDRESS (BLOCK CAPITALS)		Postcode	
TELEPHONE No		MOBILE No	
EMAIL <b>Block Caps please</b>			
ORGANISATION/UNION			
SPECIAL NEEDS (Use separate sheet if necessary)	Dietary		
	Access etc		
<b>DAY DELEGATE (per person)</b> One day (Sat): <b>£115.00</b> (Unwaged delegate or non delegate carer: £60)* (For B&B on Friday add £50 to above prices) Two days (Sat & Sun): <b>£135.00</b> (Unwaged delegate or non-delegate carer: £70) * (Fee includes buffet lunch plus coffees on Saturday, coffees and packed lunch on Sunday.)			£
<b>RESIDENTIAL DELEGATE (per person)</b> Two days (including Sat B&B): <b>£215</b> (Unwaged delegate or non-delegate carer:£90)* Two days (including Friday & Saturday B&B): <b>£275</b> (Unwaged delegate or non-delegate carer: £140)* (Fee includes bed & breakfast as booked plus coffees etc, lunch and dinner on Saturday and packed lunch on Sunday. Friday evening meal <u>not</u> included.)			£
* Please note that there are no twin/double ground floor rooms in the Conference Centre. Delegates with mobility needs who wish to share a room with a carer will be accommodated for bed and breakfast in a nearby Premier Inn at an additional cost of £15 per person per night. <b>Please write total supplement here:</b>			£
SUB TOTAL			£
<b>Less Early Bird discount of 10% (Applies only to bookings and full payment received by 15<sup>th</sup> September 2012.)</b>			- £
FULL TOTAL			£

Complete this section only 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? (✓)		
Is this person a designated Carer? (✓)		

**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 A NEW OR SUBSTITUTE APPLICATION.

**NO REFUNDS WILL BE MADE ONCE NUMBERS ARE CONFIRMED WITH CONFERENCE CENTRE BY NOVEMBER 5<sup>TH</sup>**

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 EMAIL ADDRESS: <a href="mailto:UKWORKSTRESS@LIVE.CO.UK">UKWORKSTRESS@LIVE.CO.UK</a>
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