



A year with the Stress Network...

Vaughan Skirrey

*Deputy Coordinator, UK National Work Stress
Network*

At home... The Steering Group

- ✓ Met here at Rednal in January, March, June & September
- ✓ Deciding our strategy & activity for the year
- ✓ Financial budgeting, planning & auditing
- ✓ Publicity and Social Media activity

At home... The Steering Group

- ✓ Handbook: editing and revision
- ✓ Conference planning & administration
- ✓ Evaluating the past...reviewing the present...planning for the future.

Out and About...

- ❖ **Conferences:** NASUWT, Bournemouth; PCS, Brighton; UNISON, Liverpool; Hazards, Keele University.
- ❖ **Speaking / training engagements:** UCATT, Derby; UNISON, Coventry and Preston branches; Royal College of Nursing, Leeds; Hazards Conference, Keele; CWU, Shrewsbury...

The Stress Handbook

- ✓ Planning began in January for the new edition
- ✓ Editorial Sub-group, working with Steering Group, Hazards Campaign and Scottish Hazards colleagues
- ✓ Revising text to take account of political, legal and other changes
- ✓ Improving readability and style, based on feedback received

The Stress Handbook

- ✓ Six drafts later.....!
- ✓ Seeking sponsors and supporters (see “Forging Links”)
- ✓ Liaison with design & print teams to ensure a high-impact end product

www.workstress.net

- ✓ Still high on the list for Google search on “work stress”...however, ominously, we have been overtaken by some “self help” sites
- ✓ **46,815 visitors** in first 8 months of 2013
- ✓ Popular pages: “What is stress?”; “Stress and the Law”; “Victorian Values” presentation from 2012 Conference.

The Main Event... Conference

- The Stress Network held another successful annual conference, entitled “**HARD TIMES, GREAT EXPECTATIONS and VICTORIAN VALUES**” over the weekend of **24th November 2012**.
- We welcomed over 80 delegates and contributors; full plenary sessions and workshop periods enabled delegates to discuss, debate and examine a range of topics.

**Forging Links 1:
Major Sponsors**

- ❖ ATL
- ❖ GMB
- ❖ Hazards Campaign
- ❖ Irwin Mitchell Solicitors
- ❖ NASUWT
- ❖ PCS
- ❖ POA
- ❖ Scottish Hazards Campaign
- ❖ UCATT

**Forging Links 2:
Friends of the Stress Network**

- ❖ GMB Glasgow General Apex Branch
- ❖ PCS British Council Branch
- ❖ UNISON Camden & Islington Community Health Branch
- ❖ UNISON Camden Local Government Branch
- ❖ UNISON Enfield Branch
- ❖ UNISON Glasgow Housing Branch
- ❖ UNISON NWLH Branch 3928 (Northwick Park & St. Marks)

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Finally

If you would like to be part of this work, we'd love to
hear from you.....

Have a good Conference!

