

A year with the Stress Network...

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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

- ✓ Conference planning & administration
- ✓ Work on new web site: reviewing the current site; agreeing necessary changes & developments; market research; commissioning new work.

Out and About

- ❖ **Conferences:** NASUWT, Birmingham; PCS, Brighton; UNISON Health Sector, Brighton; GMB Congress, Nottingham; POA, Southport Liverpool; National Hazards Conference, Keele University.
- ❖ **Speaking / training engagements:** UNISON SW Region Health & Safety Conference,, Taunton; North Derbys Tinnitus Support, Chesterfield; Thanet NASUWT, Ramsgate; Hazards Conference, Keele; NIPSA Safety Conference, Belfast; RMT.

The Stress Handbook

- ✓ Launched successfully at Conference 2013
- ✓ Initial print run of 10,000
- ✓ Popular resource at all our conference and seminar appearances
- ✓ Advertising the iconic "Stress Head"!

Conference 2013

- ✓ The Theme..."Sick Workplaces – Sick Workers: Are health and safety cuts the right medicine?"
- ✓ A record attendance – 97 delegates
- ✓ Feedback: Overall expectations met WELL or VERY WELL: 94%
- ✓ Feedback: Would attend again: 95%

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- ✓ Flagship product, together with Conference and Handbook
- ✓ **54,244 visitors** in first 8 months of 2014
- ✓ Downloads of our Handbook in same period: **4,738**
- ✓ **500+** e – subscribers to our Newsletter

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- Re-development project for 2014: updating; some modernisation; “make-over”
- New version hosted by Noovo
- Steering Group members to be trained in updating and maintaining it

Forging Links 1: Major Sponsors

- ❖ ATL
- ❖ GMB
- ❖ Hazards Campaign
- ❖ Irwin Mitchell Solicitors
- ❖ NASUWT
- ❖ PCS
- ❖ POA
- ❖ Scottish Hazards Campaign
- ❖ UCATT
- ❖ UNISON
- ❖ UNITE the Union

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)
- ❖ UNISON Scottish Water
- ❖ UNISON Skills Development Scotland Branch
- ❖ UNISON Somerset County Branch
- ❖ UNISON United Utilities Branch

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Finally

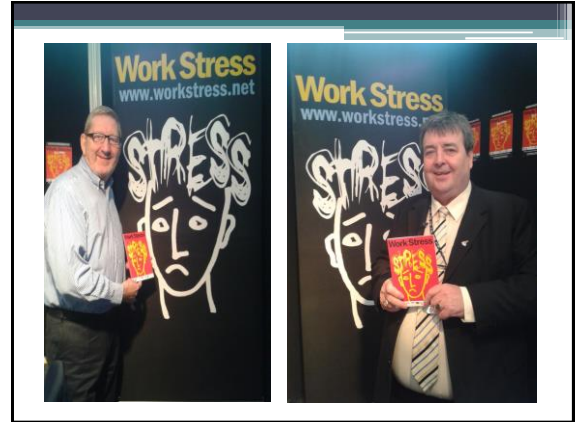
Enjoy Conference 2014!

BUT...there's a need to think ahead. A few words from
Bob Woods.

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This is the year of the selfie!

- One of the joys of attending some of the union conferences is meeting some great activists who hopefully make their way here or at least distribute our material around their workplaces
- Its also an opportunity to meet the great and the good. This is the year I become a groupie!



well that was my year that was
but what's next for 2015....

Every union branch has similar issues to our organisation:

An ageing group of activists

More work on the shoulders of those around

Need to recruit new blood to lessen the load,
expand the work and succession planning

A reality check!

Average age of the steering group is 60 Plus

Two significant & long standing members
members are in their 70's

One, the wonderful Les, our conference organiser
and treasurer has decided to step down

Reality Check Two

- Ian, our esteemed convenor, has said he will step down in 18 months or so
- Others on the committee are also having to deal with personal issues which mean it is difficult to take on more than they already do.
- And this conference, our flagship event, takes a lot of organising!

Reality check three

- We know and understand that union activists have so much to deal with at this very pressured time.
- We know that giving up the odd weekend etc is a big ask
- But there are tasks that allow us to function and will allow us to develop which can be partitioned and shared

Reality check four

- So what could you do:
- You could help run a stall for us at a union conference
- These conferences can be four days long, That's a long time to be on a market stall! But sharing the load with someone makes it easier, allows shorter times to commit to
- And you get to see how other UNIONS work

Reality Check Five

Other tasks

- Writing articles for newsletter
- Helping edit and pull together the newsletter
- Attending branch meetings to talk about Workstress.Net
- Offering a workshop at the conference
- General helping with conference and ongoing administration.

Reality Check Six

- If you think you can offer help with any of these tasks or have a general interest in becoming involved with the steering group please chat to one of the steering group this weekend.
- We are all volunteers, we do this because of our commitment to the cause. We pay travel expenses and subsistence but rely on you giving your time!

Reality check seven

- We appreciate that all union activists are pulled every which way. Work, union work, family, aged parents etc etc,
- So its understood if you can't help directly

But if you can, this is a good weekend to discuss it with any of us!

And finally!

- Have a great time this weekend,
- Enjoy the workshops and speakers
- Enjoy meeting other
- And have a think about what you might be able to bring to our organisation!