



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

## Annual Conference

# Stress – the 21<sup>st</sup> Century Epidemic?

Hillscourt Conference Centre, Rednal, Nr Birmingham

Courtesy of NASUWT

**Saturday, November 21<sup>st</sup> 9.45 a.m. to 5.30 p.m. and  
9.30 a.m. to 12.30 p.m. Sunday, 22<sup>nd</sup>, 2009**

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

### Stress remains rampant and growing ... ..

A 2008 survey conducted by the Samaritans confirmed that 38% of Britons cited work as one of their biggest stressors with over 68% reporting high levels of irritability and 56% losing sleep over their work-related worries. CBI figures report over 13.5million working days lost to work-related stress and associated illnesses, costing UK plc a staggering £3.7bn during 2006-07. 40% of respondents to the 2008 TUC Safety Rep Survey quoted Bullying Management Style as a major cause of stress.

New research looking at the improvement of management skills is nearing completion and will be the subject of discussion alongside information on how the EU is seeking to deal with increasing levels of stress throughout the wider community.

We hope also to hear from those who have been directly involved in stress-related situations at work and in pursuing their cases.

*The Conference will provide an opportunity to hear from and discuss issues with speakers, attend a range of workshops on aspects of, and the handling of stress at work.*

### PROGRAMME OUTLINE

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

- Ian Draper – Stress Related Illness – the causes, effects, symptoms, costs and actions
- Emma Donaldson-Feilder, HSE/CIPD Management Competencies Research Project
- Isabelle Schoemann, ETUC Researcher – the EU Framework on work-related health issues
- HSE Speaker Or TUC Speaker *details to be confirmed*
- Stress victim speaker OR a Safety Rep who has taken the issue up with Management - *details tbc*

#### SATURDAY AFTERNOON & SUNDAY MORNING

Workshops aimed at guiding Representatives in supporting members, gathering evidence of Stress, dealing with casework, and the pursuit of good management practices and commitment through workable in-house Stress Policy - full details to be confirmed in due course

- \*\* Supporting colleagues with stress-related illness
  - \*\* Workplace Auditing
  - Improving Management Style
  - Gender and Stress
  - Pursuing workplace action and policy against stress
  - HSE Management Standards implementation
  - Securing a Work-life Balance
  - The effects of long-term absence on workers
- \*\* These two workshops will be repeated on Sunday morning to expand delegates' choices.

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. CLOSING DATE 31<sup>ST</sup> October '09**

Please complete a *separate form for each delegate* and staple together if necessary.  
 Photocopies are acceptable. **PLEASE TYPE OR WRITE CLEARLY**

<b>NAME (BLOCK CAPITALS)</b>	
<b>CONTACT ADDRESS (BLOCK CAPITALS)</b>	
	<b>Postcode</b>
<b>TELEPHONE No.</b>	
<b>EMAIL Caps please</b>	
<b>ORGANISATION</b>	
<b>SPECIAL NEEDS</b> (Please specify)	

	<b>Totals</b>
<b>1 DAY DELEGATE</b> (SATURDAY 21 <sup>st</sup> November only) <b>Full Rate £100.00</b> <b>Unwaged Rate £40</b>	£
<b>RESIDENTIAL DELEGATE</b> (SATURDAY 21 <sup>st</sup> November and SUNDAY 22 <sup>nd</sup> November) <i>Includes accommodation on Saturday night</i> <b>Full Rate £160</b> <b>Unwaged Rate £78</b> <b>Deduct £6.00 if sharing a room</b>	£
<b>Non Residential Day Delegate Fee</b> <b>2 days £110</b>	
<b>Optional extra B&amp;B (FRIDAY 20<sup>th</sup> November if required)</b> <b>Single room £40 Shared room £36, per person.</b> <b>NO Separate Unwaged Accommodation Fee</b>	£
<b>SUB TOTAL</b>	£
<b>Less Early Bird discount of 10% (If booking and payment received before 20<sup>th</sup> September 2009 )</b>	- £
<b>FULL TOTAL</b>	<b>£</b>

Complete this section if you have opted to share a room		
Name of person with whom you are sharing.		
Type of room	<b>TWIN</b>	<b>DOUBLE</b>
Is this person a delegate?	<b>YES</b>	<b>NO</b>

**CANCELLATIONS POLICY:** UP TO AND INCLUDING THE EARLY BIRD DISCOUNT CLOSING DATE, FULL REFUNDS [LESS AN ADMINISTRATIVE FEE OF £10] WILL BE MADE. AFTER THAT DATE 75% REFUND ONLY WILL 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:</b> <a href="mailto:UKWORKSTRESS@LIVE.CO.UK">UKWORKSTRESS@LIVE.CO.UK</a>
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