



Stress In The Workplace

Crumlin Road Gaol
Belfast
30 April 2015
09.30-13.00



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www.amh.org.uk/services/amh-works



amhworks@amh.org.uk



Supporting Healthy, Resilient Workplaces

Stress In The Workplace

Stress is the leading cause of long term sickness absence across all industries and all geographical regions in the UK. Stress is also one of the highest causes of 'sickness presence' for organisations today. Sickness presence is much harder to manage and actually has a higher cost to the employer than sickness absence.

According to the most recent CIPD Absence Management report, stress and mental ill health accounted for the largest combined proportion of days lost to illness in 2014. This shows a slight increase on 2013 and by 2020 it is estimated by the WHO that mental illness will be the most prevalent illness in the world.

So what are employers and managers doing about this? AMH Works in partnership with Big Lottery Awards for All fund is running a series of conferences on the theme of mental health in the workplace.

Employers attending today's conference will gain insight into best practice in managing stress in the workplace for all staff, and will also gain tools and knowledge in the delivery of wellness and support programmes for staff.

The Guest Speakers will be talking about the impacts of stress in their own workplaces and what work they are undertaking to better help and support members of staff who have developed, or are at risk of developing a mental illness due to stress in the workplace.

- Approximately 40% of all sickness absence is attributable to mental ill health
- According to HSE NI the average length of absence for a stress related condition is 41 days and this increases for a diagnosable condition
- Approximately 1 in 20 or 5% of people in work will develop a diagnosable mental illness as a result of work related stress

AMH Works

AMH Works provides quality Mental Health training programmes for employers to **support healthy, resilient workplaces.**

AMH Works also develops the skills and learning required to effectively manage employee mental wellbeing in the workplace.

Conference Chair



Barry Turley is one of Northern Ireland's leading PR and Public Affairs Consultants, with twenty years experience representing clients across the business, voluntary and community, digital and agri-food sectors.

Speakers



Gary Kane is the Employer Development Co-Ordinator for AMH Works where he is in charge of creating bespoke training programmes to fit the needs of the customer and delivery of this training.

So far Gary has delivered to some of the Top 100 companies in Northern Ireland and the UK including Tesco, Sainsbury's, BBC, Queens, Allstate

NI and Schrader Electronics Ltd.



As part of an ILM Level 5 Leadership and Management programme a team of Middle Managers from Schrader

Electronics Ltd, part of Sensata Technologies, have taken part in a Corporate Social Responsibility project.

Partnered with Business in the Community, this unique opportunity saw the team work in conjunction with AMH Works to research and design a management tool to assess stress at both team and organisational levels. The audit has been piloted and reviewed taking three months to complete and the team will present their recommended process at the conference.



Dr Tim Stevenson – Head of Health Services, Virgin Atlantic

Three years general practice training in London made Tim realise that there was enough psychiatry in general practice to keep anyone busy. Tim joined a general practice partnership in the south coast of England near Brighton in 1989, and followed what developed into a portfolio career with general practice, sports medicine and latterly occupational health.

Tim has worked at Virgin Atlantic for 17 years initially part time and over the last three years as Head of Health Services and also in his own company The Healthy Company.

While delivering a wide range of occupational health and specialist aviation health services within these organisations, the provision of wellness and mental wellbeing initiatives in the workplace remains his passion.



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09.00	Registration, Tea & Coffee
09.30	Welcome & Opening Remarks Barry Turley, Turley PR and Public Affairs
09.40	Gary Kane AMH Works
10.10	Schrader Electronics Ltd ILM Manager Team
10.50	Tea Break
11.05	Dr Tim Stevenson Head of Health Service, Virgin Atlantic
11.35	Award Presentation
11.40	Questions & Answers
12.00	Closing Remarks
12.05	Lunch & Networking
13.00	End