



South West Region Meeting

Date: Saturday, 19th May 2012, 9.30 am – 3.45 pm
Venue: The Cleve Spa Hotel & Conference Centre,
Mantle Street, Wellington, Somerset TA21 8SN
Cost: £40, all inclusive (£50, non-members)

Speakers: Richard Frost and Alison Williams

Topic: **Being a Mindful Employer**

The last meeting of the South West region highlighted the importance of managing personal stressors. Continuing the theme of interventions, the next session of ISMA West Region will focus on the organisational aspects. The day will consist of a mixture of presentations, informal group discussions and individual work. Both our speakers are experienced presenters: Richard Frost in the morning and Alison Williams after lunch.

Target audience and expected outcomes: These workshops would be useful for those organisations and individuals wishing to introduce and/or implement ways to reduce stress in the workplace.

Mindful Employer

From small beginnings, MINDFUL EMPLOYER has become a well-respected UK-wide initiative providing employers with easier access to information and local support relating to staff who experience stress, anxiety, depression and other mental health conditions. In this session, Richard will talk about the benefits of being a Mindful Employer, some of the challenges that exist in transforming workplace culture and ways that line managers and other staff can feel more confident and informed about the relevant issues.

Richard Frost Employed by Devon Partnership NHS Trust, Richard is Lead Vocational Advisor for Job Retention at Workways in Exeter which provides information, advice and practical support for people with mental health problems in finding and maintaining employment. He leads on the UK-wide MINDFUL EMPLOYER initiative which provides support for employers in recruiting and retaining staff who experience mental ill health and was a member of Dame Carol Black's Mental Health and Employment Strategy Group.

Richard has worked in the field of employment since 1979, specialising in helping people with disabilities. Richard has specialised in mental health since 2002 although his interest in that particular area dates back many years.

Richard Frost



Well@Work at Devon and Somerset Fire and Rescue Service

Devon and Somerset Fire and Rescue Service (DSFRS) employs around 2400 staff and values the wellbeing of its staff. The results of an internal Staff Survey in 2009 highlighted that managing stress and achieving a worklife balance can be difficult. Following staff interest in this area, the well@work team was set up to raise awareness of stress and its causes and effects, removing the stigma attached to stress, and to promote wellbeing and permanent solutions for the management of stress, including creating a healthy work/life balance for employees of DSFRS. In this update, Alison will take you through how DSFRS are trying to promote wellbeing within a Service that has not traditionally talked about stress.

Alison Williams is employed by Devon and Somerset Fire and Rescue Service as an HR Officer. During her employment with the Service, she has taken an extended interest and responsibility within areas of wellbeing. She is the current Chair of the well@work team and is responsible for organising the information and events around wellbeing which the group promote, as well as presenting for strategic buy-in. Alison also has her own life coaching practice *Ever After Coaching* which focuses on coaching to improve wellbeing. Alison has done extended research into the impact of coaching for wellbeing and this is her area of particular interest for future development in the field of stress management.

Alison Williams



For more information about the day please contact

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ISMA South West Region Meeting programme
Saturday, 19th May 2012; 9.30 am to 3.45 pm
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- 9.30 am Registration and coffee
- 10.00 am Welcome, introductions and news from ISMA
- 10.30 am **Being a Mindful Employer – Richard Frost**
- 11.15 am Coffee/tea break
- 11.45 am **Case studies**
- 12.30 pm Lunch
- 1.30 pm **Well@Work at D & S Fire & Rescue Service – Alison Williams**
- 2.30 pm Break
- 2.45 pm **Well@Work continued**
- 3.30 pm Looking ahead
- 3.45 pm Close

Please complete the slip below and return it as soon as possible.

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Registration Form - Being a Mindful Employer
Saturday, 19th May 2012, ISMA South West Region Meeting
The Cleve Spa Hotel, Mantle Street, Wellington, Somerset TA21 8SN

Name:

E-mail:

Daytime phone no:

Please tick below as appropriate.

() I would like to reserve () tickets @ £40 Member (£50 non Member), for the above event and enclose a cheque, payable to ISMA for the amount of £ -

() I would like a receipt

() I would like a certificate of attendance

() I would like directions to the venue

Please let us know of any dietary requirements.

Please note that any payments made may not be refunded unless one week's full notice is given in writing prior to the event.

Please e-mail your interest to katie@porkessconsultancy.co.uk
and return registration slip to
Katie Porkess, ISMA, Higher Bowden House, TOTNES, Devon TQ9 7DU