Minutes

1. 2pm – IIRSM Regional Branch Meeting (Essex): arrival, coffee, refreshments
   a. Attendees: Karen Hoskins, Stuart Packard, Ken Parker, Tony Simpson, Ian Green, Mark Edmonds, David Bailey, Jason Jiggins, Daniel Psaila, Jan Bishop, Paula Carrol, Terry Box, Ben Hoskins, Ian Fitchen, Russ Bower.
   b. Apologies: Dave Jocy, Peter Collins and Andy Fraser

2. 2.00pm – Welcome
   a. The meeting was hosted by Family Mosaic, Rowan House, 33 Sheepen Road, Colchester, Essex
   b. Chaired by Karen Hoskins. Karen welcomed the members to the fifth IIRSM Essex Branch meeting. Housekeeping and emergency arrangements for the premises were explained by our host Russ Bowers from Family Mosaic.
   c. Karen Hoskins gave a brief overview of the meeting Agenda. Two speakers have been scheduled for today on the subjects of Mental Wellbeing and Stress Risk Management as the main speaker, with a secondary presentation providing an overview of Mobility and Accessibility equipment (with practical demonstration) to support to IIRSM free online resource: 'Mobility & Accessibility' http://www.iirsmtraining.co.uk/training/mobility-and-accessibility/. Some key elements of the IIRSM website were highlighted to attendees including areas such as Membership, highlighting Fellowship, Corporate Membership, Online Training (including the free resources), and Training Accreditation.
   d. IIRSM Essex branch is looking for suitable venues in the local area to support the group. If you are a member and would like to host a Branch meeting at your own premises, please contact Karen Hoskins, Chairman, IIRSM Essex Branch.
3.00pm – Speaker Peter Wingrave of AAT (GB) Ltd
Topic Emergency Evacuation Solutions.

A variety of different emergency evacuations chairs and methods of evacuation for mobility impaired workers or members of the public were demonstrated.

The main issue with evacuation chairs is the risk of injury to the passengers and the carers or lifters due to manual handling injury or tipping of the chair. (falls)

A variety of chairs and methods were demonstrated that could be used to reduce this risk and automate the load. Some discussion was had on case law with regard to, if equipment is available to be used it should be purchased to prevent the risk of injury to workers and patients/passengers.

A practical demonstration took place in the stairs of Rowan house and the various safety features, fail safe devices and lifting technique was demonstrated and discussed.

Usage was discussed of lifting equipment for other industries NHS, Hospitals, care homes, funeral business etc.

3.00pm – Key Speaker Steve Scott, CSP Coaching, also Director of Plymouth Chambers of Commerce and a Director of Plymouth MIND
Topic Mental Wellbeing at Work and Stress risk management.

The presentation given by the Speaker was a brief overview of the two online courses authored by the speaker, available via the IIRSM website:
http://www.iirsmtraining.co.uk/training/mental-well-being-at-work/

The importance of staff as a key asset of any business was discussed.

The importance of looking after both staff physical and mental well being was discussed to make a more successful and productive organization.

Very often it is the physical aspect of health and safety that are focussed on and not the workforces overall mental health and well being.
The various types of issues and causes of mental health issues were discussed along with good management techniques to deal with these issues.

The applicable legislation was discussed including, various legal cases and compensation costs for failure to deal with stress and mental health issues in the workplace.

Organizations that have a good track record with looking after employees very often have a good reputation and are successful employers and businesses.

**Open forum**

The attendees where keen to get home due to adverse weather conditions in Colchester.

4.30pm - opportunity for general discussion / networking
5pm – close

**Date and venue of next meeting:**

*The next Branch meeting to be held on Tuesday venue to be confirmed*

**Date:** Tuesday 21st May 2013

**Location:** TBA.

**Future Branch Meeting Dates:**

Tuesday 17th September 2013

2014

21st January 2014

End