The meeting was opened by Steve Bergiers (SB) (Branch Chairman), who welcomed everyone to the Wales Branch Meeting of IIRSM. He introduced Haydn Brittain (HB) (Branch Secretary) and Phillip Pearson (Chief Executive Officer) IIRSM. The introductory process then was passed around the table.

Members:
John O’Malley (Branch Treasurer)  Dave Thomas  Gethin Bateman
Steve Bergiers (Chairman)  Haydn Brittain (Secretary)  Phillip Pearson (IIRSM)
Pete Judge (Guest Speaker)  Mark Littlejohns  Mal Lilburn (Communications Officer)

Apologies were read out for those members who were unable to attend.

Guest Speaker: Pete Judge – Stress Awareness

Topics discussed

1. Phillip Pearson delivered an informative and engaging update from the IIRSM.

Engaging members

2. Philip Pearson asked that we all take part and vote for the IIRSM council before the next AGM on the 9th December, Information was sent out by email but you can find the Proxy Vote paper on the website.

AOB

3. Stress Awareness delivered by Pete Judge. This presentation was engaging and advised the steps to take when you recognise symptoms of stress developing. These are summarised below:

- Attend your occupational health department, (if you have one available)
- Undertake a stress management course
- Stress Counselling sessions
- Visit your doctor
- Use the employee assistance programme (EAP)

Another useful source of help is with www.mind.co.uk

Future meetings
4. Planned meetings are to be arranged for February 2015 and May 2015. Haydn Brittain (Branch Secretary) is to establish local groups meeting dates, as to avoid meeting clashes.

The meeting was closed by the Chairman who thanked everyone for their contribution.