



Mid Shires Branch

Minutes of the Branch Meeting held 14th September 2017
at Dunchurch Park Hotel, Dunchurch nr Rugby, CV22 6QW

- **Minutes of previous meeting:** The minutes of the previous meeting held on 13th July 2017 have been published on the IOSH Mid Shires web page.
- **Attendance:** There were 34 members present, including three new members.
- **Apologies:** Sally Davidson

News, Events & Meetings

- **CPD Sessions at the Branch meetings** - A reminder that we can provide brief CPD sessions at the start of each Branch Meeting – come at 6pm to work with a member of the committee. To book a session email the secretary: secretary-midshires@ioshnetworks.co.uk. CPD cards are now available at the Branch meetings to record your attendance.
- **CPD/IPD. Workshops** - There are two held each year, in October and April at Dunchurch. This will require members to bring their own device, password and membership card and use the hotel internet. The event will be from 6.30 to 8.00 with a buffet provided. The next one will be on 25 October 2017. Please contact the secretary at e-mail: secretary-midshires@ioshnetworks.co.uk to book a place.
- **Next Committee Meeting** - The next committee meeting will be held on 16th October 2017.
- **Questions and Answer Session** – members can either put questions on the Q&A board or speak to one of the committee members at the start of each meeting. These will then be ‘put to the floor’ during the meeting. There were no questions at this meeting.
- **Announcement: IOSH Event: Hear, then See - tackling the wet, windy and explosive.** Date: Tue 3 Oct 2017; Venue: Strawberry Bank Hotel & Restaurant, 72 Main Road Meriden, Coventry, West Midlands, CV7 7NF Waste from building and sewage, wind farms H&S issues environment street collections site visits to environment and waste plant transfer. Information on the IOSH Events website. **Update: This event has since been cancelled.**
- **Next Branch Meeting**– 12th October 2017

Presentation This Meeting :-

Date	14 th September 2017
Venue	Dunchurch Park Hotel, Rugby Road, Dunchurch, Rugby CV22 6QW
Time	1800 – 2100
Presentation	How to Get Back your MOJO.
Presenter	Ann McCracken Hutley, Vice President ISMAUK



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What you learnt from attending this presentation	<p>This presentation was based on the recent book of the same name by scientist Ann McCracken. It introduced the unique concept of a <i>Health Gremlin</i> which lives inside everyone and feeds on their emotions. This raised the importance and relevance of emotions in the human body, which is very current in Neuroscientific research at the moment. Emotions are the primer for an individual's response to any situation and Ann took you on a Self Awareness adventure to discover the effects of your emotions and how you can control or change them to create positive outcomes for both health and relationships.</p> <p>Delegates learnt about:</p> <ul style="list-style-type: none">• The Health Gremlin Concept[®]• The definition of MOJO• The neuroscience behind the concept• Increased self-awareness• The effects of technology and other experiences• Tips to sooth your Gremlin and feel GREAT!
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Following the talk, there was a lively Q&A session. Andrew then presented Ann with a framed certificate and thanked her for her excellent presentation. Ann then signed copies of her books for members.

Presentation Next Meeting:-

Date	12 th October 2017
Venue	Dunchurch Park Hotel, Rugby Road, Dunchurch, Rugby CV22 6QW
Time	1800 – 2100
Presentation	Occupational Road Risk
Presenter	Nick Lloyd, ROSPA
Profile	Nick Lloyd is the Road Safety Manager for England RoSPA (Royal Society for the Prevention of Accidents). He has over 25 years of road safety experience, previously Head of Road Safety at Staffordshire County Council, and he has worked extensively with businesses to support them in introducing and monitoring Occupational Road Safety policies and practices.
What you will learn from attending this presentation	<p>Members will gain an overview of:</p> <ul style="list-style-type: none">• The current situation with work based road risk• The key risks and how to manage them• Putting together policies and procedures and evaluating their impact• Support that is available to help them• Using technology to reduce the risks associated with work based road safety

What you need to know	<p>There is ample free parking at the Dunchurch venue and an IOSH banner will be on display to indicate the meeting location – normally the Garden Room Suite. Members and guests will be welcomed by the 'meet and greet' team. A hot buffet</p>
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Mid Shires Branch

	<p>is available at 18:00 and networking until 19:00 when the meeting commences. We aim to finish the around 20:30 but questions may run on for a short while. Queries can be sent to: secretary-midshires@ioshnetworks.co.uk</p>
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Andrew Butler, CMIOSH, Chairman, Mid Shires Branch.