



305th Meeting of the IOSH Thames Valley
Branch held on 16th November 2020 via Zoom

Members present:

David Armstrong, Amanda Bennett, Martin Botha, Jane Brown, Vince Butler, Bosco Tsz Yan Chan, Natalia Christensen, Renee Clarke, Karen Colley, Tony Connell, Edel Corrigan, Mark Cummins, Simon Cutmore, Colin Daly, Howard De Silva, James Ford, Kate Forster, Ross Glen, David Heath, Lynda Jones, Nicholas Jones, Myra Kelly, Paula Kennedy, Angela Kinnane, Bridget Leathley, Subash Ludhra, Debbie Mayneord, Laurence McCammick, Stephen Moore, Nathalie Muller, Richard Mumford, Ciaran Nugent, Tracy O'Brien, Shirley Parsons, Tyrone Partridge, Michael Pitfield, Andrew Price, Jim Prowse, Steve Pulling, Sian Roberts, Steve Rogers, Karen Shea, Gina Siebler, Andrea Smyth, Gordon Spence, Chris Stops, Leeroy Thompson, David Weekly, Chris Williamson, Tom Wilson, Thomas Young.

Apologies : Nick Bathurst, Laura Graure.

Branch matters

Members are reminded that any member suffering hardship can apply for financial support from the IOSH benevolent fund.

IOSH have set up a career hub on the website for those members seeking employment and also to advertise if you have a H&S vacancy.

Branch presentation

Karen Shea gave a zoom presentation on 'Well-being during Covid 19 '

Her slides are on the Thames Valley branch website under 'recent events'

<https://iosh.com/membership/our-membership-network/our-branches/thames-valley-branch/>

Members Questions to Karen

Will the slides be made available following the presentation?

[See above and they will be issued by Nathalie with the feedback survey](#)

Are you aware of cases of tinnitus, giddiness as a result of increased number of zoom/team's meetings?

[There is an article stating an increase in headaches is being noted from constant use of head phones.](#)

Currently we contact home workers weekly, do you have any key questions I could use to ensure wellbeing of these employees?

[Use comfort questions i.e. equipment What are they missing? i.e from their job How are you feeling? Are you feeling lonely?](#)

You mentioned the importance of exercise. A commute via train and underground involves some natural exercise which is not needed when commuting to your dining table. We also tend to walk around in the workplace - to meetings, or the canteen or to get a coffee. It's not far from my kitchen to my coffee machine. Do you know of any evidence that more sedentary patterns of homeworking is leading to more reports of musculoskeletal aches and pains?

[I'm not aware of any articles.](#)

Reply to: David Heath, Branch Secretary

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