



North Lincolnshire Health and Safety Group

NLHSG

**AGM and Free to Attend - Group Event:
Thursday 30th May 2024**

Mental Health & Stress Management Standards



Mental Health Awareness is vital in increasing the understanding of mental health and how mental health problems can be prevented. After years of being ignored, hidden away, and not being spoken about, raising Mental Health Awareness ensures that mental health remains at the centre of everyone's minds.

Stress Management Standards are demands such as workload, work patterns, the work environment, and controlling how much say a person has in the way they do their work. Support for stress management includes encouragement, sponsorship, and resources provided by their organisation, line management and colleagues.

The North Lincolnshire Health and Safety Group are pleased to invite you to our next group event on Thursday 30th May 2024 to cover these topics

Event Schedule

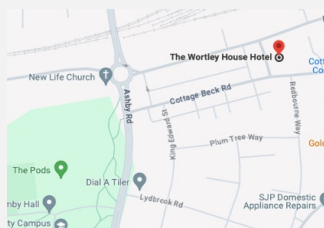
- 11.15am – 11.45am: Annual General Meeting
- 11.45am – 12noon: Arrival for Bimonthly meeting
- 12 Noon – 12.45pm: Light lunch
- 12.45am – 1pm: Rob Knowles Group Chairman welcome and introduction
- 1pm – 2pm: Guest Speaker Emma Wilkinson
- 2pm – 2.30pm: Networking and Close



The committee look forward to welcoming you to this event. If you are unable to attend, please forward the details to your colleague who may find this topic of benefit.

Please confirm your attendance so that lunch can be provided, please e-mail office@portalsafety.co.uk by Thursday 23rd May 2024.

The Wortley House Hotel
The Rolling Mill Suite
Rowland Rd
Scunthorpe
DN16 1SU



Want to know more?
We would love to hear from you
You can contact the group in one of the following ways...



E-mail: office@portalsafety.co.uk
Telephone: 07476 398549
Web: www.nlhsg.org.uk