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NORTH WEST WALES HEALTH & SAFETY GROUP

Wednesday 4th November, 2.00pm – 5.00pm

Main Lecture Theatre, Ground Floor, School of Electronic Engineering, Dean Street

Physiology
'Fizzyology is fun!!'

Dr Chris Shinn, Force Medical Officer

West Yorkshire Police

THE SPEAKER

Dr Shinn is currently employed as Force Medical Officer by West Yorkshire Police. In this position he has made a significant contribution to the establishment of one of the first dedicated Occupational Health Units in the British Police Service.

Previously Chris worked in general practice where he pioneered a counseling service working alongside a consulting psychologist. Early in his career, in addition to the usual hospital roles, he held the newly established post of Registrar in Neurological Rehabilitation. This was at Pinderfields Hospital, a recognised centre for the care of head and spinal injuries.

He also holds an honorary post as Senior Clinical Lecturer to Leeds University Medical School.

In addition Chris runs presentations promoting health within the workplace, emphasising the role of healthiness in the prevention of stress. He has recently contributed to conferences representing such diverse organisations as health, banking, emergency planning, social services and industrial safety.

THE TALK

Will be an interactive and engaging presentation including practical demonstrations with audience participation to cover:

- An interactive illustration of what happens in the body chemistry to produce the symptoms of stress
- A simple mechanical model to demonstrate the nature of stress
- Balancing pressure and performance, what it means and how we can create positivity to enjoy life
- Some hints as to how to put the 'fizz' back in your 'ology'
- Some thoughts and ideas to promote well-being and effectiveness in the workplace

The Talk will be of interest to anyone who has an interest in their own personal well being and performance and / or the well being and performance of their workforce, colleagues and family. Health and Safety professionals, HR Managers, General Managers, Trade Union representatives, indeed 'everyone' is sure to benefit from this very entertaining, engaging and informative workshop!!

We look forward to seeing you at the Talk.

Refreshments will be provided from 2.00pm. Talk starts at 2.15pm.



INFORMATION



VENUE FOR 4TH NOVEMBER 2009

The Main Lecture Theatre is on the ground floor of Bangor University's School of Electronic Engineering Building, which is located on Dean Street in Bangor – this building is also referred to as 'Informatics'. The Lecture room is accessible via the main entrance and then follow the directional signs on display.

The University is signposted from the A5/55 Expressway. A location map for the building can be found via the University's Homepage on: www.bangor.ac.uk. See: www.eng.bangor.ac.uk/LocationMap.pdf - School of Electronic Engineering, Location 74.

CAR PARKING

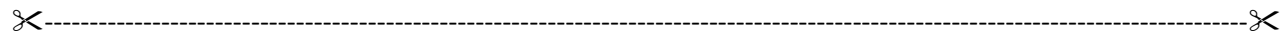
Please be aware that you can access the University Dean Street Car Park by entering the following PIN number: **5192** at the Barrier. It is noted that this **PIN number** will only work for this Car Park and only on the afternoon of the Talk.

Coming from Garth Road onto Dean Street, the entrance to the Car park is the second access road (unmarked – enters into University premises) on the left opposite the new NCP car park.

Please ensure you park within designated car parking spaces and display your Permit. The Car Parking Permit is printed at the bottom of this Flyer and must be displayed in the front windscreen. The University operates strict *Parking Regulations* and your vehicle may be towed-away immediately if blocking access or pedestrian routes or otherwise causing a health and safety hazard. Vehicles parked without a valid Permit may be immobilized and a cost is associated with its release.

FURTHER INFORMATION

For further Information on the Group please contact Bangor University 'Health and Safety Services' on 01248 383847 or visit the Website at <http://hsgroup.bangor.ac.uk>. A warm welcome is extended to all with an interest in this subject, non-members especially welcomed.



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The North West Wales Health & Safety Group, Bangor University, College Road, Bangor. LL57 2DG. Tel 01248 383847, email: l.fowlie@bangor.ac.uk or gareth.w.jones@bangor.ac.uk

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