



What's on

memos from the editor

Need A Stress-Buster?

June	
7	Regatta (joining with IoD Berks) Port Solent, Portsmouth All day event
8	HertY Breakfast Warren Evans Sopwell House, St Albans 8-10 am
22	Networking Breakfast Welwyn 7.15-9.15 am
July	
13	Networking Breakfast Welwyn 7.15-9.15 am
August	
17	Networking Breakfast Welwyn 7.15-9.15 am
September	
14	HertY Breakfast Ian Berry Sopwell House, St Albans 8-10 am
28	Networking Breakfast Welwyn 7.15-9.15 am
October	
19	Networking Breakfast Welwyn 7.15-9.15 am
26	HertY Breakfast Ian Woodall Sopwell House, St Albans 8-10 am

Our lifestyles have become faster and trying to pack in as much as we can into a day with less and less leisure time seems to be the norm. At one time I used to suffer very badly from migraine and so one of the things that I now enjoy is a regular massage and sometimes acupuncture on a Friday afternoon to remove the stresses of the job and bring the working week to a close.

Stress affects people in many ways: Digestive problems, headaches, insomnia and the British Medical Journal even reports that stress can cause heart disease and diabetes. The results can be poor performance, increased absence, higher employee turnover, accidents and so on. We need to consider this because under the HSE regulations 1999, companies have an obligation to their staff and must assess threats

to health and safety at work and this includes risks of stress related illness.

Covent Garden Acupuncture offers a simple, cost effective way to reduce and transform stress and stress related problems and assist with pain from backache or RSI. They are now offering a regular on-site service in your office or at their Covent Garden Clinic, 8 Hops Gardens, St Martins Lane when visiting London and it's a short walk from the IOD. Contact John Philbin or Jessica Blandy on 07769 660173 or www.coventgardenacupuncture.com.

I can only speak of the results I've enjoyed and since beginning regular treatment I haven't had an incapacitating migraine for over seven years. They even offer a Stop Smoking treatment!

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Full details of these and other events now in the planning stage will be posted on the Branch website as they become available. To book both Networking and HertY breakfasts, contact **01707 398383** or email iod@businesslinkeast.org.uk. For all other events and any additional information contact the Branch Administrator on **01438 312884**.

Keeping in touch!

There have been changes to the way in which we can contact you by email. Because of new regulations, we cannot email you without your permission. Herts IoD would like to be able to send information and reminders about events. To opt-in for this information go to www.iod.com/signup and register your email details.