

## **North East and Yorkshire Regional Network Event**

**National Science Learning Centre, 24 June 2015, 10.00 – 15.00**

**Venue:** National Science Learning Centre, University of York, Heslington, York, YO10 5DD.  
For directions, please visit: <https://www.sciencelearningcentres.org.uk/consortia/national/finding-us/>

**Parking:** The nearest Pay and Display is the North Car Park - please note it is often full. We very strongly recommend that you use public transport to get to the Centre. Parking at the University is extremely limited. It is significantly easier to arrive by train and then take a bus/taxi. Car parking charges are £6 per day.

**Audience:** Technical Staff, Technical Managers, Technical Team Leaders and Staff Development Professionals from HEIs across the Region.

**Brief:** The Yorkshire HEaTED Regional Network provides a forum for discussion and communication between Technical Managers, Technical staff, and Staff Development/HR colleagues from across the Region. The Network promotes training events, the sharing of knowledge, skills and best practice amongst technical staff and increased awareness of the opportunities and facilities provided by HEaTED and member institutions. At this time of significant change in the HE environment maintaining a focus on high quality provision of services and taking staff forward through these changes becomes increasingly important.

**Outcomes/Objectives:** To enable technical managers and technical staff to meet and network with colleagues in other regional HEIs, to discuss current developments in Higher Education that are pertinent to technical staff, to share good practice and to undertake personal development.

**Theme:** Looking After You

### **Agenda:**

**10.00 – 10.30 Registration, networking and refreshments**

**10.30 – 10.45 Welcome and Introductions**

**10.45 – 12.30 Looking after you: coping with increasing demands**

Sally Rose, Manager from the Staff Counselling and Psychological Support Service at the University of Leeds, will share some of the concepts from the PhD she is currently doing on 'mindfulness'. What is this? How can you use it to help you cope with increasing demands on you in your everyday life?

**12.30 – 13.00 HEaTED Update** (James Nobes, HEaTED)

**13.00 – 14.00 Lunch and networking**

**14.00 - 15.00 Professional Registration at Newcastle University: our journey to date**

Mel Leitch, Technical Manager at Newcastle University, will share how Newcastle is focusing on professional registration and the benefits that individuals are experiencing as a result.

**15.00 Close**

### **The North East and Yorkshire HEaTED Online Community Groups**

The HEaTED Online Groups support the HEaTED Regional Networks. Please get involved, start a topic and contribute to a discussion before and after the Regional Network Event. Technical staff from HEaTED member



Institutions can access this facility for free, just register on the main [HEaTED website](#) and then the [Online Groups](#) if you have not done so already.

**\*\*This is a free event but you must complete the [booking form](#) on the HEaTED website to reserve your place. Refreshments and lunch will be provided\*\***