

# From stress to success

NUJ LONDON Freelance Branch is pleased to present a one-day practical workshop to enable participants to learn about stress, how to manage it and how to insulate against it. It will be a very pragmatic, interactive day with a lot of participation and exercises. It will not be “lectures” to disseminate facts or contacts – it will concentrate on practical “skills” that we can all use and benefit from in our everyday lives.

Today people are experiencing job burnout and stress in epidemic proportions – in different areas of their lives. Many people feel that work de-

mands, combined with the demands of home, have become “too much to handle”. This one-day workshop explores how the mind works, what holds us back, the causes of stress and suggests general and specific stress management strategies that people can use every day – in work and play. We will:

- Understand that stress is a positive, unavoidable part of everybody's life
- Recognise the symptoms that tell you when you have chronic stress overload
- Identify those situations in your

life that cause you the greatest stress

- Identify those actions which add to your stress
- Change the situations and actions that can be changed
- Deal better with situations and actions that can't be changed
- Plan for work, home and play to help reduce and manage stress.

The event is on **18 October** from 09:00 to 17:30 in the King's Cross area of London. It costs £10 for NUJ members and £25 for non-members. To book, and for further details, see [www.londonfreelance.org/fl/1409stre.html](http://www.londonfreelance.org/fl/1409stre.html)

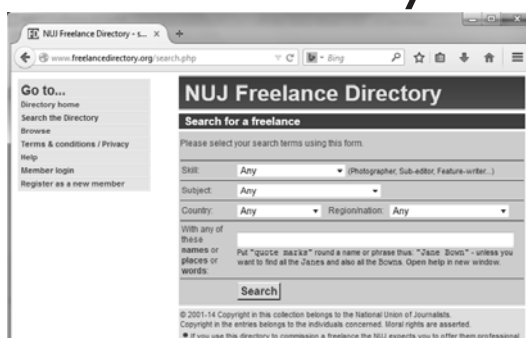
## Training time

Courses offered by the NUJ in the near future include “how to become a good video journalist” (**Tuesday 7 October**) and a guide to court reporting (**Tuesday 21 October**). They're at the NUJ's HQ at Headland House, 308 Gray's Inn Rd, London WC1X 8DB and details are at [www.nuj.org.uk/work/training](http://www.nuj.org.uk/work/training) – to book, email [training@nuj.org.uk](mailto:training@nuj.org.uk). For NUJ training in Wales see [www.nujtrainingwales.org](http://www.nujtrainingwales.org) and for NUJ Scotland training see [www.nujtrainingscotland.com](http://www.nujtrainingscotland.com) and for FEU Training courses – free to NUJ members – on the “business side” of being self-employed, and on strategies for coping with a working alone lifestyle, see [www.feustraining.org](http://www.feustraining.org)

## We direct you to the Freelance Directory

AN NUJ activist received an enquiry from a member on whether anyone had actually paid £50 per year for a listing on the [journalism.co.uk](http://journalism.co.uk) website. The replies they received included one from a journalist saying they didn't even know there was an NUJ freelance directory, and that they would start taking advantage of their membership more. Another respondent, also not previously aware, found that such listings do show up on search engines.

Just to alert you, too: the NUJ's Freelance Directory offers free listings to all paid-up freelance members at [www.freelancedirectory.org](http://www.freelancedirectory.org) and it is open to both full and temporary members.



## Editorial election for the *Journalist*

A NEW editor for the *Journalist* – the magazine of the NUJ nationally – or an insert mailed out with the print edition of the completely different publication the *Freelance*, as one NUJ member quipped – is to be elected by members this autumn.

Nominations closed back on

Wednesday 10 September. The *Freelance* understands that freelance journalist Tim Dawson, NUJ Vice President, recent chair of Freelance Industrial Council and co-founder of the New Model Journalism blog [newmodeljournalism.com](http://newmodeljournalism.com) has announced his candidacy.

NUJ members should receive their ballots to vote to select the new *Journalist* editor election by post around the beginning of October: they need to be returned by **Tuesday 11 November**. If you do not receive a ballot paper please contact [membership@nuj.org.uk](mailto:membership@nuj.org.uk)

## The one per cent subs rule stays

THE ONE PER CENT rate is still in place. If your taxable income is less than £12,000 (€13,800) a year you can apply for a reduced subscription rate of 1 per cent of that income. You apply for this in the normal way by supplying proof of your last year's earnings to the union's Finance & Membership Department.

Members on reduced subscrip-

tions have to reapply for the reduction at the beginning of each year. Members who do not get their application in on time are put onto the standard rate for their sector (usually grade 2 for freelances) but have the 1 per cent restored as soon as they get their application in and suffer no financial loss as a result.

This year, due to the wide-ranging

nature of the subs reform proposals put to DM, the renewal date for reduced subscriptions was put back. Members who believe they are entitled to the 1 per cent rate should get their application and proof of income into the Finance & Membership Department as soon as possible.

**Barry McCall**

Chair, NUJ Finance Committee

### SUBSCRIPTIONS from p1

year, £7 / €8.05 in the second and £8.50 / €9.77 in the third.

The mainstream (not reduced) rates affecting freelances, which are determined by what you do rather than what you earn, are now:

- Grade 2 – £18 / €23 per month (up from £17.08 / €22.95) for all freelances excluding those working mainly for “regional media organisations”; and
- Grade 1 – £15 / €18 per month (up from £13.49 / €18.04) for freelances working mainly for “regional media organisations”.

NUJ Head Office sent an email to members in August attempting to explain, but its introductory paragraph caused more confusion. Further down it did clarify that the “absolute minimum” is £5 / €6 per month, as explained above.

All this is a result of democratic decisions (and democratic accidents). So if any of it seems unwieldy, unfair, or unfeasible, it's up to us to get really thought-through proposals discussed and ready to roll to the next DM, in April 2016.

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We show the guilty creatures: delegates line up to speak on the subscription motion at the NUJ's Delegate Meeting earlier in 2014

Image © **Matt Salusbury**

