

# Conference Programme and Booking Information

5-6 March 2019, NEC, Birmingham

*The UK's leading event for occupational health, HR and other healthcare and management professionals responsible for improving the health, safety, wellbeing and performance of work-aged people.*

Register today at [www.healthwellbeingwork.co.uk](http://www.healthwellbeingwork.co.uk)



*13th successful year*



@HWatWork



Health and Wellbeing@Work

Organised by **Sterling Events**



CPD approved and certificates for all portfolios. Book early and attend both days for only £40 + VAT

## About Health and Wellbeing @ Work

Now in its 13th successful year, **Health and Wellbeing at Work** is all about improving the health and wellbeing of work-aged people. The conference and exhibition will provide you with exciting new ideas and resources to ensure your employees are engaged and motivated, healthy, return to work quickly following absence and stay in work. Profiling national developments, service innovations, examples of best practice and the latest research, it provides an unrivalled learning platform that will energise and inspire you.

**Register online today at [www.healthwellbeingwork.co.uk](http://www.healthwellbeingwork.co.uk)**

### Learn

Learn from success stories and examples of best practice

### Update

Update your skills with new tools, technology, innovations and ideas

### Network

Network with over 3500 like-minded professionals from the public, private and voluntary sectors

### Experience

Experience a vibrant learning platform where you can exchange ideas and sample the latest health and well being products

### Hands-on

Gain hands-on experience in one of three live demonstration theatres

### CPD

Meet your CPD requirements in a cost-effective way – certificates available for all portfolios

### New Ideas

Gain new ideas to take back to your work place – your colleagues will be inspired and impressed

### Save Money

Outstanding value for money – attend both days from just £40 + VAT – register early

## New This Year...

### NHS Workplace

Celebrating its 70th anniversary, we are profiling innovation and best practice within the NHS Workforce. As the UK's largest employer, looking after the health and wellbeing of its own staff is of paramount importance, especially given the highly pressurised and stressful environment in which staff work, and the positive effects that a healthy and motivated workforce can have on patient care. Look out for leading experts from NHS England, NHS Improvement and NHS Employers discussing the new NHS Health and Wellbeing Framework, plus successful strategies for reducing sickness absence, improving resilience, protecting workers and cultivating a culture of wellbeing.



## Follow the Theme...



# PROGRAMME – TUESDAY 5 MARCH

## Health and Wellbeing – National Policy and Initiatives

Chair: Dr Steven Boorman CBE, Chair, Council for Work and Health

8.00 **Registration**

8.45 **Exhibition and Workshop Theatres**

10.45 **Health and Work: Policy and Practice**

Dame Carol Black, Principal, Newnham College  
Cambridge and Expert Adviser on Health and Work to  
Public Health England and NHS Improvement

11.10 **Work and Health Unit - Policies and Priorities**

Tabitha Jay, Director, Joint Work and Health Unit,  
Department for Work and Pensions (DWP),  
Department for Health and Social Care (DHSC)

11.35 **National Public Health Role in Promoting Health and Wellbeing at Work**

Professor John Newton, Director of Health  
Improvement, Public Health England

12.00 **International Occupational Health: Challenges and Opportunities** Dr Will Ponsonby, President Elect,  
Society of Occupational Medicine and Independent  
Occupational Physician

12.25 **Q&A**

12.35 **Exhibition and Workshop Theatres**

2.05 **Domestic Abuse and The Employers' Initiative**

Elizabeth Filkin CBE, Chair, Employers'  
Initiative on Domestic Abuse

**BITC/PHE Domestic Abuse Toolkit for Employers**

Louise Aston, Wellbeing Director, Business  
in the Community

**Supporting Colleagues Affected by Domestic Abuse**

Lorraine Sears, Health & Safety Consultant, Santander

3.20 **Exhibition and Workshop Theatres**

3.50 **Women's Financial Wellbeing**

Chair: Dame Carol Black, Principal, Newnham College  
Cambridge and Expert Adviser on Health and Work to  
Public Health England and NHS Improvement

**Securing an Inclusive Financial Future for Women: The Life Moments That Matter**

Jane Portas, Partner, PwC

**Equality in Employment, the Gender Pay Gap**

Laura Lucking, Deputy Director, Equality and Human  
Rights Commission

5.00 **Conference Ends**

## Best Place to Work

Chairs: Dr Christian van Stolk, Vice President and  
Michael Whitmore, Research Leader, RAND Europe

8.00 **Registration**

9.15 **Global Best Practice in Workplace Health - Innovations and Persistent Gaps**

Stephen Bevan, Director of Employer Research  
& Consultancy, Institute for Employment Studies

9.50 **The Relationships Between Wellbeing and Productivity, Latest Insights from Britain's Healthiest Workplace**

Dr Christian van Stolk, Vice President, RAND Europe

10.20 **Exhibition and Workshop Theatres**

11.05 **Developing a Wellbeing Commitment for SMEs**

Superintendent Sean Russell, Director - Wellbeing  
and Radical Prevention, West Midlands Police  
and West Midlands Combined Authority

11.35 **Supporting a Healthy Workforce - A Case Study From Zurich**

Hayley Golden, UK Head of Wellbeing, Zurich  
Insurance Company Ltd

12.05 **Building a Culture That Places Health and Wellbeing at its Heart - Tideway's RightWay Culture**

Laura Redding, Health, Safety & Wellbeing  
(HSW) Engagement Lead and Rhoda Smith,  
HSW Training Lead, Tideway

12.35 **Exhibition and Workshop Theatres**

2.10 **Delivering Behaviour Change Through the Use of Incentives**

Greg Levine, Director of Corporate and  
Intermediate Business, VitalityHealth

2.40 **How to Make Workplaces More Age-Friendly - What Works** Patrick Thomson, Senior Programme  
Manager – Implementation, Centre for Ageing Better

3.15 **Exhibition and Workshop Theatres**

3.45 **Improving Health and Wellbeing in the NHS**

Caroline Corrigan, National Director of People  
Strategy and Louise Pratt, Project Lead - Health  
and Wellbeing, NHS Improvement

4.25 **Evidencing Outcomes in Workplace Wellbeing: Insights from a Promising Practice Review**

Michael Whitmore, Research Leader, RAND Europe

5.00 **Conference Ends**

## Employment Law

Chair: Simon Bond, Committee Member, Employment Law  
Committee, The Law Society and Partner, Higgs & Sons

8.00 **Registration**

9.15 **The Right to Work - Avoiding the Pitfalls**  
Owen Jones, Partner, Sheridans

9.50 **Employment Status Update**  
Olivia-Faith Dobbie, Barrister, Cloisters Chambers

10.20 **Exhibition and Workshop Theatres**

11.05 **Managing the Menopause at Work - A Legal Perspective**  
Jog Hundle, Partner, Mills & Reeve LLP

11.35 **Dementia in the Workplace - A Legal Perspective**  
Susan Raftery, Trainer, Acas

12.05 **Legal Implications of Poor Psychological Safety Levels at Work**

Jamie Gamble, Partner - Employment Department,  
Ward Hadaway Law Firm

12.35 **Exhibition and Workshop Theatres**

2.05 **GDPR on an Employment Law Perspective**  
Adele Hayfield, Partner, Shoosmiths LLP

2.30 **Whistleblowing and Public Interest**

Simon Bond, Committee Member, Employment Law  
Committee, The Law Society and Partner, Higgs & Sons

2.55 **Staff Surveillance - What is Legal?**

Mark Landon, Employment Partner, Weightmans LLP

3.20 **Exhibition and Workshop Theatres**

3.55 **Remote Workers - Your Legal Responsibilities**  
Sean Elson, Partner, Pinsent Masons LLP

4.25 **Understanding Liability and Duty of Care for Employees Who Travel**

Matt Gatenby, Senior Partner, Travlaw

5.00 **Conference Ends**



Olivia-Faith  
Dobbie

Sean Elson

Jamie Gamble

Mark Landon

# PROGRAMME – TUESDAY 5 MARCH

## Mental Health

- Chair: Robert Manson, Head of Occupational Health and Wellbeing, RWV npower, Mental Health First Aid England 
- 8.00 **Registration**
- 9.20 **BITC Mental Health at Work 2018 Report**  
Louise Aston, Wellbeing Director, Business in the Community and Dr Wolfgang Seidl, Partner Workplace Health Consulting Leader UK & Europe, Mercer Marsh Benefits
- 9.55 **How to Measure the Impact of Mental Health First Aid in the Workplace**  
Professor Avril Drummond, Deputy Head of School (Research), University of Nottingham
- 10.25 **Exhibition and Workshop Theatres**
- 11.10 **#BreakTheStigma**  
Kate Fisher, Senior Director of People - Talent and Capability, Asda
- 11.40 **Driving Change - Implementing a Successful Strategy for Mental Health and Wellbeing at Ford**  
Debbie Francis, Manager, People and Organisation Planning EMEA and Diversity Europe, Ford Motor Company Limited 
- 12.10 **Mental Health in Safety Critical Roles**  
Dr Ludmila Musalova, Senior Consultant, Greenstreet Berman
- 12.40 **Exhibition and Workshop Theatres**
- 2.10 **Defence Mental Health: Multidisciplinary OH in Action**  
Dr Jeya Balakrishna, Consultant Psychiatrist, Defence Primary Healthcare, Ministry of Defence 
- 2.40 **Safer Highways, Learning Lessons from Jacobs**  
Tim Marsh, Chair, Safer Highways and Glen Ridgway, Global Head of SHE, Jacobs
- 3.15 **Exhibition and Workshop Theatres**
- 3.45 **The Mental Health of Veterinary Professionals - What Do We Know and What Can Be Done**  
Professor Neil Greenberg, Director, March on Stress and Professor of Defence Mental Health, King's College London 
- 4.20 **Auntie's Toolkit - Supporting Mental Health at The BBC** Susannah Robertson-Hart, Occupational Psychologist, SSR Specialist (Health), BBC and David Waddell, Senior Producer, BBC News 
- 4.55 **Conference Ends**

## Coaching and Coaching Psychology

- Chair: Professor Stephen Palmer, President, International Society for Coaching Psychology (ISCP) and President, International Stress Management Association (ISMA)<sup>UK</sup> 
- 8.00 **Registration**
- 9.20 **Psychological Flexibility and Coaching at Work**  
Dr Rachael Skews, Lecturer in Occupational Psychology, Institute of Management Studies, Goldsmiths
- 10.00 **Tackling Mental Health Issues Within a Coaching Context**    
Professor Stephen Palmer, President, International Society for Coaching Psychology (ISCP) and President, International Stress Management Association (ISMA)<sup>UK</sup>
- 10.35 **Exhibition and Workshop Theatres 8**
- 11.20 **The Use of Coaching as a Disability Adjustment**  
Dr Nancy Doyle, CEO, Genius Within CIC, British Psychological Society 
- 11.55 **Internal Coaching - Making Big Changes**  
Katherine Chowdry, Career Development and Talent Management Advisor, British Transport Police 
- 12.30 **Exhibition and Workshop Theatres**
- 2.10 **Enhancing Resilience in Senior Leaders in School Through Coach Training**  
Dr Annette Fillery-Travis, Head, Wales Institute for Work Based Learning, University of Wales Trinity Saint David
- 2.45 **Coaching at a Creative Institution: How We Build a Coaching Culture That Aligns With the University's Values and Teaching Ethos**  
Vilma Nikolaidou, Associate Director Human Resources and Andrea Farrell, Organisational Learning Manager, University of the Arts London
- 3.20 **Exhibition and Workshop Theatres, Hall 8**
- 3.50 **The Application of Positive Psychology Coaching Interventions on Workplace Wellbeing and Resilience; a Mini Case Study**  
Dr Yi-Ling Lai, Senior Lecturer, University of Portsmouth
- 4.25 **Developmental Coaching: Sustaining and Enhancing the Performance of an Ageing Workforce Through Coaching and Coaching Psychology**   
Dr Siobhain O'Riordan, Chair, International Society for Coaching Psychology
- 5.00 **Conference Ends**

## Disaster Preparedness, Resilience and Response

- Chair: Jo Dover, Vice Chair, National Human Aspects Group, Emergency Planning Society and Director, Jo Dover Consulting 
- 8.00 **Registration**
- 9.15 **Organisational Management of Traumatic Stress**  
Gavin Rogers, Operations Director, March on Stress 
- 9.50 **How to Manage the Psychosocial Aspects of an Emergency or Disaster**  
Dr Michael Drayton, Clinical Psychologist, Opus Performance and The Emergency Planning College
- 10.20 **Exhibition and Workshop Theatres** 
- 11.05 **How Resilient is Your Organisation?**  
Rob Doran, Director, Black Dog Crisis Management
- 11.35 **Duty of Care to Staff - Are You Doing Enough?**  
Richard C Pendry, CEO, RCP International
- 12.05 **Advising Business Travellers on Engagements to High and Extreme Risk Locations**  
Amy Clark, Security Operations Manager, PwC
- 12.35 **Exhibition and Workshop Theatres**
- 2.10 **What an Auschwitz Survivor Can Teach Us About Resilience**  
Dr Michael Drayton, Clinical Psychologist, Opus Performance and NHS England
- 2.45 **Building Resilience Following a Terrorist Attack**  
Jo Dover, Vice Chair, National Human Aspects Group, Emergency Planning Society and Director, Jo Dover Consulting 
- 3.20 **Exhibition and Workshop Theatres**
- 3.50 **Managing the Psychological Impact of Disasters on Aid Workers**  
Marilyn Hahn, Psychological Practitioner, British Red Cross
- 4.25 **Reacting to and Managing Media Post Disaster**  
Kate Betts, Director, Capital B Media; Associate, The Emergency Planning College; and Trainer, Chartered Institute of Public Relations   
- 5.00 **Conference Ends**

# PROGRAMME – TUESDAY 5 MARCH

## Long Term Conditions and Disability

Chair: Lucy Kenyon, Specialist Occupational Health Nurse Practitioner and President, iOH (formerly AOHNP)



- 8.00 **Registration**
- 9.15 **Advances in Occupational Lung Disease and Allergy**  
Professor Paul Cullinan, Professor and Hon. Consultant Respiratory Physician, Royal Brompton Hospital and National Heart & Lung Institute
- 9.45 **Managing Safety-Critical and Shift Workers With Diabetes - Experience From the Aviation Perspective**  
Dr Stuart Mitchell, Head of Aeromedical Safety Systems and Emerging Technologies, UK Civil Aviation Authority
- 10.15 **Exhibition and Workshop Theatres**
- 11.00 **Supporting the Working Age Population Affected by Cancer - Best Practice at the Home Office** Seonaid Webb, Home Office and Liz Egan, Working Through Cancer Programme Manager, Macmillan Cancer Support
- 11.30 **Society's Headache: The Socioeconomic Impact of Migraine**  
James Chandler, Policy Adviser, The Work Foundation
- 12.00 **Autistic Women in the Workplace**  
Caroline Hearst, Director, Autism Matters and AutAngel
- 12.30 **Exhibition and Workshop Theatres**
- 2.00 **Working Age Dementia - Early Signs and Management Strategies in the Workplace**  
Professor Amanda Griffiths, Professor of Occupational Health Psychology, University of Nottingham
- 2.30 **Old(er) But Not Forgotten: Being a Good Employer in a Multi-Generational Good Work Era**  
Angela Matthews, Head of Police and Advice, Business Disability Forum
- 2.55 **Interventions to Retain Employees with Disabilities and Long Term Conditions within SMEs**  
Mark Duddridge, Chair, Cornwall and Isles of Scilly Local Enterprise Partnership
- 3.25 **Exhibition and Workshop Theatres**
- 3.55 **Supporting Neurodiverse Colleagues on Multiple Employee Platforms**  
Lorraine Sears, Health & Safety Consultant, Santander
- 4.30 **How to Build Line Manager Confidence in Managing Employees with a Disability**  
Mike Adams OBE, Chief Executive Officer, Purple
- 5.00 **Conference Ends**

## Managing MSDs and Pain

Chairs: Professor Anthony D Woolf, Chair, ARMA (Arthritis and Musculoskeletal Alliance); Miles Atkinson, Hon. Chair, ACPOHE



- 8.00 **Registration**
- 9.15 **Where Are We Now With Musculoskeletal Disorders and Work and Where Are We Going?**  
Professor Karen Walker - Bone, Director, Arthritis Research UK/MRC Centre for Musculoskeletal Health and Work
- 9.45 **The Interaction Between Mental Health and Musculoskeletal Problems**  
Dr Sarah Burlinson, Consultant Liaison Psychiatrist, Pennine Care NHS Foundation Trust
- 10.15 **Exhibition and Workshop Theatres**
- 11.00 **Assessing Fitness for Work - How Well Do We Do It? A Review of the ACPOHE Guidelines on Using Functional Capacity Evaluation**  
Glyn Smyth, Chartered Physiotherapist and Chartered Ergonomist, Work Fit, ACPOHE
- 11.30 **Functional Restoration Programme on the Phone! How Can That Work?** Nicola Suckley, Clinical Director (MSK), Working to Wellbeing
- 12.00 **My Healthspan: A Workforce Health Awareness Programme** Dr Julie Denning, Partner and Head Psychologist, W2W and Kate Thompson, Head of Organisational Development, Arthritis Research UK
- 12.30 **Exhibition and Workshop Theatres**
- 2.10 **Preventive Approaches to MSDs in the Construction Industry** Ian Strudley, Occupational Health and Hygiene Specialist, Balfour Beatty
- 2.45 **Reducing Presenteeism and Absences Related to MSDs in the Civil Nuclear Constabulary**  
Emma Aldred, Head of Occupational Health & Wellbeing; Dan Armstrong, Wellbeing & Fitness Manager; Dr Thomas Policarp, Occupational Health Physician, Civil Nuclear Constabulary
- 3.20 **Exhibition and Workshop Theatres**
- 3.50 **Effect of Postural Fitness Class on Shoulder, Thoracic and Neck Symptoms in OH** Kathryn Langman, Senior MSK Physiotherapist and Manual Handling Advisor, South Tees Hospitals NHS Foundation Trust
- 4.25 **Yoga in the Workplace for Preventing Back Pain and Improving Wellbeing**  
Ned Hartfield, Research Officer, Bangor University
- 5.00 **Conference Ends**

## Health Checks, Promotion and Fitness

Chair: Dr Rob Hampton, GP and Occupational Physician, GPwSI Drug Alcohol & Musculoskeletal and PHE Medical Champion Work & Health

- 8.00 **Registration**
- 9.10 **How Menopause-Friendly is Your Organisation?**  
Deborah Garlick, Menopause Educator, MD and Founder, Henpicked.net and Menopause in the Workplace and Juliet Saimbi, Learning and Development Manager, Severn Trent
- 9.45 **Levelling the Playing Field: What Great Female Health in the Workplace Looks Like**  
Alaana Linney, Director, Health Services, Bupa
- 10.20 **Exhibition and Workshop Theatres**
- 11.05 **Wellbeing in Practice: Supporting Customer Support Centre Employees**  
Tara Lochery, Head of HR and Development, Subfero and Emily Hutchinson, Occupational Psychologist, EJH Consulting
- 11.35 **Open Plan Working - Is It Good for Your Health?**  
Dr Nikki Cordell, Managing Director, Cordell Health
- 12.05 **Reinforcing Health Messages for Men - Challenges and Outcomes**  
Joel Forrath, Health and Safety Lead, Skansa UK/CSJV
- 12.35 **Exhibition and Workshop Theatres**
- 2.15 **Using Cutting Edge Fitness Tech to Gamify and Reward Wellbeing**  
Keshav Trowell, Group Head of Corporate Responsibility, Dixons Carphone
- 2.55 **Employee Health Surveillance and Risk - The Role of Personalisation**  
Dr Davina Deniszczyk, Charity and Medical Director - Primary Care, Nuffield Health
- 3.25 **Exhibition and Workshop Theatres**
- 3.55 **Nutrition for Positive Ageing in the Workforce**  
Sue Baic, Registered Dietitian and Steering Group Member, BDA Work Ready Programme
- 4.25 **Good Mood Food - The Evidence for How Good Eating Habits Can Support Mental Health in the Workplace**  
Dr Megan Whelan, Dietitian, BDA Work Ready Programme
- 5.00 **Conference Ends**

# TUESDAY 5 MARCH

## Human Factors, Safety and Risk Management

Chair: Professor Andrew Sharman, President-Elect, IOSH and Chief Executive, RMS

### 8.00 Registration

9.15 **Development and Application of ISO 45001 to Improve Health and Safety in the Workplace**  
David A Smith, Director, IMS Risk Solutions

9.50 **ISO 45001 Occupational Health and Safety Management - Where Does OH Fit In?**  
Susanna Everton, Occupational Health Nurse and Chartered Safety Practitioner

### 10.15 Exhibition and Workshop Theatres

11.00 **Effective Risk Management - Transcending All Aspects of Business**  
David Snowball, Director of Regulation, Health and Safety Executive

11.30 **Naked Safety - Stripping Back the Mystery Surrounding Safety Culture to Drive Sustainable High Performance**  
Professor Andrew Sharman, President-Elect, IOSH and Chairman of the Board, Institute of Leadership & Management

12.00 **Assessing and Managing Pilot Medical Risk as Part of Aviation Safety Management Systems**  
Dr Stuart Mitchell, Head of Aeromedical Safety Systems and Emerging Technologies, UK Civil Aviation Authority

### 12.30 Exhibition and Workshop Theatres

2.10 **Hand Dermatitis - Latest Trends and Triggers**  
Dr Ira Madan, Consultant Occupational Physician, Guy's & St Thomas' NHS Foundation Trust

2.45 **Sun Safety Knowledge, Attitude and Behaviour Change in Outdoor Workers**  
Dr Jonathan Houdmont, Assistant Professor of Occupational Health Psychology, University of Nottingham

### 3.20 Exhibition and Workshop Theatres

3.50 **Monitoring Behaviour in Safety Critical Roles**  
Dr Alan Scott, Consultant Occupational Health Physician, Optima Health

4.25 **Driving Safety and Medication**  
Dr Inigo Perez, Medical Adviser, DVLA

### 5.00 Conference Ends



# WEDNESDAY 6 MARCH

## Human Factors, Safety and Worker Protection

Chair: Professor Sir Anthony Newman-Taylor, Professor of Occupational and Environmental Medicine, President's Envoy for Health, Imperial College London and Chair, WHEC (HSE Workplace Health Expert Committee)

### 8.00 Registration

9.10 **Introduction to WHEC Forum Breast Cancer and Nighttime Shift Work**  
Professor Sir Anthony Newman-Taylor, Professor of Occupational and Environmental Medicine, President's Envoy for Health, Imperial College London and Chair, WHEC

9.35 **Sedentary Work and Health**  
Professor Peter Buckle, Principal Research Fellow, Imperial College London and Visiting Professor, University of Nottingham

9.55 **Diesel Engine Emission Exposures and Risk of Lung Cancer in the UK**  
Professor Martie van Tongeren, Professor of Occupational and Environmental Health, University of Manchester

### 10.15 WHEC Forum Open Discussion

### 10.40 Exhibition and Workshop Theatres

11.25 **Psychological Health and Safety in the Workplace**  
Ivan Williams Jimenez, Research and Development Advisor, IOSH

11.50 **How Psychologically Safe is Your Team?**  
Hamish Moore, Chief Executive, Wellbeing Works

12.15 **Implementing Psychological Safety in London's Most Demanding Emergency Care Department**  
Dr Malik Ramadhan, Chair, Board of Emergency Care and Trauma and Lead Clinical Director of A&E, Bart's NHS Trust London

### 12.45 Exhibition and Workshop Theatres

2.25 **A Holistic Approach to Alertness and Engagement**  
Professor Tim Marsh, Managing Director, Anker and Marsh

3.05 **It's Not About the Fall It's About the Bounce**  
Jason Anker MBE, Chairman, Anker and Marsh

### 3.45 Conference Ends



## Human Factors and Ergonomics

Chair: Professor Peter Buckle, Principal Research Fellow, Imperial College London



### 8.00 Registration

9.10 **Factors to be Considered When Selecting a DSE Programme**  
Martina Clooney, EHS Specialist (Ergonomics), GSK

9.45 **Fatigue and Shiftwork - Ergonomic Assessment and Interventions**  
Richard Scaife, Director, Occupational Psychologist & Chartered Ergonomics and Human Factors Specialist, The Keil Centre (invited)

### 10.20 Exhibition and Workshop Theatres

11.05 **Applying Ergonomics: What Really Works and What Really Doesn't**  
Professor Peter Buckle, Principal Research Fellow, Imperial College London  
Jon Berman, Technical Director, Greenstreet Berman  
Dr Ian Randle, Managing Director, Hu-Tech Human Factors Ergonomics

### 12.10 Q&A and Discussion

### 12.25 Exhibition and Workshop Theatres

2.05 **Toyota Motor Europe - Ergonomic Systems and Processes to Maintain a Highly Motivated, Healthy Workforce in a Lean Manufacturing Environment**  
Stuart Bassford, Ergonomics Senior Specialist, Toyota Motor Europe

2.35 **How Can We Help Mobile Workers?**  
Ed Milnes, Ergonomics Consultant, Guildford Ergonomics

3.00 **Upper Limb Disorders: Risk Assessment of Repetitive Tasks**  
Margaret Hanson, Chartered Ergonomist, WorksOut

### 3.25 Exhibition and Workshop Theatres

3.55 **The New MAC Tool Changes**  
Matthew Birtles, Principal Ergonomist, HSE

4.25 **Ergonomics Approach to Reducing MSD Risk in Manual Work**  
Zaheer Osman, Senior Ergonomist, Adept Ergonomics

### 5.00 Conference Ends



# PROGRAMME – WEDNESDAY 6 MARCH

## Management and Leadership

Chair: *Dr Anne de Bono, President, Faculty of Occupational Medicine*



8.00 **Registration**

9.20 **Ethical and Legal Perspectives in OH Practice**

*Professor Anne Harriss, Course Director and Professor of Occupational Health, London South Bank University*

9.55 **GDPR One Year On**

*Dr Lucy Wright, Chief Medical Officer, Optima Health*

10.25 **Exhibition and Workshop Theatres**

11.10 **Should the Provision of OH Services Be a National Requirement?**



*Dr Anne Raynal, Independent Specialist Occupational Physician, British Medical Association's Occupational Medical Committee*

11.40 **Enhancing the Occupational Health Brand**

*Nick Pahl, CEO, Society of Occupational Medicine*



12.10 **The Place of Occupational Medicine in the Health and Work Landscape**

*Dr Anne de Bono, President, Faculty of Occupational Medicine*



12.40 **Exhibition and Workshop Theatres**

2.10 **Driving Excellence in Health and Safety Leadership**

*Victoria Whitehouse, Senior Occupational Psychologist, Health and Safety Executive*



2.35 **Leading and Lagging Indicators in Health and Wellbeing, What You Need to Know**

*Duncan Spencer, Head of Information and Intelligence, IOSH*



3.00 **Sleeping on the Job - The Impact of Poor Sleep on Leadership**

*Professor Vicki Culpin, Professor of Organisational Behaviour, Ashridge Executive Education, Hult International Business School*



3.30 **Exhibition and Workshop Theatres**

4.00 **Career and Development for OH Nurses**

*Christina Butterworth, COO, FOHN*



4.30 **Personal Resilience: Can This Help OH Practitioners to Thrive and Survive?**

*Carol J Sanders, Director of Research and Development, IOH*



5.00 **Conference Ends**

## Employment Law

Chair: *Michael Hibbs, Partner, Shakespeare Martineau and Chair, Employment Law Committee, Birmingham Law Society*

8.00 **Registration**

9.10 **Discrimination and the GIG Economy - Issues and Challenges**

*Michael Hibbs, Partner, Shakespeare Martineau and Chair, Employment Law Committee, Birmingham Law Society*

9.45 **Employing Interns - What You Need to Know to Keep it Legal**



*Adam Pennington, Associate Solicitor, Stephensons Solicitors LLP*

10.20 **Exhibition and Workshop Theatres**

11.05 **Domestic Abuse - Legal Responsibilities for Employers**



*Emma Pearmaine, Managing Director – Family & Matrimonial, Ridley & Hall Solicitors and Vice Chair and Family and Legal Lead, Corporate Alliance Against Domestic Violence*

11.35 **Relationships at Work v. Sexual Harassment; Avoiding the Pitfalls**

*David Whincup, Partner, London Head of Employment, Squire Patton Boggs*

12.05 **Making Reasonable Adjustments for Employees with Post Natal Depression**



*Anita Vadgama, Solicitor, Didlaw Limited*

12.35 **Exhibition and Workshop Theatres**

2.10 **How Reasonable is an Adjustment - Support for Disabled Employees in the Workplace**

*Andrew Davidson, Head of Employment - North, Hempsons*

2.40 **Hidden Disabilities - Approaching an Employee Who You Believe Has a Hidden Disability and Keeping it Legal**

*Paula Rome, Partner, Shoosmiths*

3.10 **Exhibition and Workshop Theatres**

3.40 **Managing Gender Identity in the Workplace - An Employer's Guide**



*Andrew Davidson, Head of Employment - North, Hempsons*

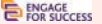
4.15 **Protecting the Rights of Parents and Carers**

*Linda Jones, Partner and Head of Employment and Reward, Pinsent Masons LLP*

4.55 **Conference Ends**

## Employee Engagement and Motivation

Chair: *Jo Dodds, Employee Engagement Consultant, Counterpoint Matters and Engage for Success*



8.00 **Registration**

9.10 **Flourishing Staff: Making the Most of Strengths-Based Approaches**

*Martin Galpin and Michelle Deeks, Chartered Psychologists, Work Positive*

9.45 **How to Engage Staff in Multinational, Complex Organisations Undergoing Significant Change**

*Faran Johnson, Managing Director, Engage for Success*



10.15 **Exhibition and Workshop Theatres**

11.00 **Creating a Culture of Engagement and Growth**

*Lara Morgan, Owner, Scentered*



11.30 **Role of Internal Communications: How to Get the Best Access on a Low Budget**

*David Bowles, Assistant Director Public Affairs, RSPCA*

12.00 **Thriving People, Thriving Business, Thriving Communities - Case Study from HEINEKEN**

*Jane Brydon, HR Director, HEINEKEN UK*



12.30 **Exhibition and Workshop Theatres**

2.10 **Rules of Engagement for a Multigenerational Era**

*Jo Moffatt, Engage for Success Core Team Member and Radio Show Co-Host and Founder and Managing Director, Woodreed*



2.45 **Speaking to Engage and Influence**

*Carole Spiers, Chair, The International Stress Management Association (ISMA<sup>UK</sup>) and CEO, Carole Spiers International*



3.20 **Exhibition and Workshop Theatres**

3.50 **Engaging Apprentices and Young Workers in a Health and Wellbeing Culture**



*Kathryn Porter, Director of Youth Strategy EMEA, Hilton*



4.25 **Engaging Trans People in the Workplace**



*Debbie Rotchell, Senior Associate, Employers Network for Equality & Inclusion (enei) and Joe Dunn, Member, Gender Identity Research and Education Society*

5.00 **Conference Ends**



# PROGRAMME – WEDNESDAY 6 MARCH

## Emotional Wellbeing and Resilience

Chair: Ann McCracken, Senior Consultant, AMC Consultancy and Vice President, ISMA<sup>UK</sup>

8.00 **Registration**

9.10 **The Metropolitan Police - Wellbeing in the Line of Fire**

Clare Davies, HR Director, Metropolitan Police and Andrew Kinder, Professional Head of Mental Health Services, Optima Health

9.50 **Mindfulness in the Military**

Dr Alison Cater, Principal Research Fellow, Institute for Employment Studies

10.20 **Exhibition and Workshop Theatres**

11.05 **Managing the Financial Wellbeing of Young Workers**

Rosemary Lemon, Group Head of Reward, Hays Plc

11.35 **The Impact That Informal Caregiving Has on Carers' Employment, Financial and Health Outcomes and What Employers Can Do About It**

Lesley Giles, Director, The Work Foundation

12.05 **To Be Met as a Person At Work - Attachment Theory in Action** Nicola Neath, Psychotherapist - Senior Staff Counsellor, Trainer and Mentor, University of Leeds and Chair, BACP Workplace

12.30 **Exhibition and Workshop Theatres**

2.15 **Combating Workplace Loneliness**

Amy Perrin, Founder, CEO and Occupational Therapist, Marmalade Trust

2.50 **Bereavement, Loss and Grief Within the Workplace**

Andrew Kinder, Professional Head of Mental Health Services, Optima Health

3.20 **Exhibition and Workshop Theatres**

3.50 **Taking Positive Steps Towards Measuring Stress Injury in the Workplace**

Ann McCracken, Senior Consultant, AMC Consultancy

4.20 **Waking Up to Sleep - Two Organisational Stories of the Impact of Sleep Interventions**

Caroline Brown, Associate Director, Atkins - SNC Lavalin; Tara Lochery, Head of HR and Development, Subfero; and Emily Hutchinson, Occupational Psychologist, EJM Consulting

5.00 **Conference Ends**



## Mental Health

Chair: Sally Evans, UK Wellbeing Lead, PwC, Mental Health First Aid England

8.00 **Registration**

9.15 **Making Reasonable Adjustments for Mental Health Conditions**

Dr Steven Boorman CBE, Chair, Council for Work and Health and Director, Employee Health, Empactis

9.50 **Working With My Mental Illness**

Jessica Carmody, Principal Advisor, KPMG

10.20 **Exhibition and Workshop Theatres**

11.05 **How Can Occupational Health and Employee Assistance Programmes Respond to the New NICE Guidelines for Depression?**

Neil Mountford, Chair, UK EAPA; Jane Muston, Clinical Director Mental Health, RehabWorks; Dr Naomi Moller, Research Consultant, BACP; and Tracey Paxton, Clinical Mental Health Nurse, Amian

12.05 **Remote Working and Mental Health - Best Practice in Supporting Employees**

Kamile Stankute, Parliamentary Affairs Officer, Institute of Directors

12.35 **Exhibition and Workshop Theatres**

2.05 **From Mental Health to Intellectual Health**

Dr Mark Simpson, Chief Medical Officer, Health Management

2.35 **Dementia and Employment**

Karyn Davies, Senior Lecturer, Mental Health, University of South Wales

3.05 **Chronic Embitterment - the Nameless Source of Employee Underperformance**

Clare Price, Head of Psychological Therapy and Clinical Services Manager, CBT Clinics

3.30 **Exhibition and Workshop Theatres**

4.00 **Men's Mental Health - Now There's an Issue**

Dr Shaun Davis, Global Director of Safety, Health, Wellbeing & Sustainability, Royal Mail and Andrew Kinder, Head of Mental Health Services, Optima Health

4.30 **Winning Together: Creating an Environment Where Everybody Thrives**

Helen Richardson-Walsh OLY MBE, Former GB Olympian

5.00 **Conference Ends**



## Occupational Psychology and Organisational Behaviour

Chair: Professor Kevin Daniels, Professor of Organisational Behaviour, Norwich Business School, University of East Anglia

8.00 **Registration**

9.10 **Guidelines for Workplace Health and Wellbeing Interventions - Manager Behaviours and Job Design (Leadership and Job Quality)** Dr Bridget Juniper, Director, Work and Well-Being and Sharon De Mascia, Director, Cognoscenti Business Psychologists

9.45 **56 Shades of Grey - Bright Side, Dark Side and Inside Personality Characteristics Underpinning Performance, Wellbeing and Leadership Derailment**

Dr Rainer Hermann Kurz, Managing Consultant, Cubiks

10.15 **Exhibition and Workshop Theatres**

11.00 **Job Crafting: How to Take a Proactive Approach to Work Tasks** Dr Roxane L Gervais, Senior Psychologist

11.30 **Can We Really Make Ourselves Happier? A Journey Through Positive Psychology** Sharon De Mascia, Director, Cognoscenti Business Psychologists

12.00 **The Dynamics and Practicalities of Where Mainstream Training Becomes Screening Becomes Referral**

Karen Royle, Occupational Psychologist, Anker and Marsh

12.30 **Exhibition and Workshop Theatres**

2.10 **Guidelines for Workplace Health and Wellbeing Interventions - The Individual (Social Relationships, Help for Workers with Illness, Health and Wellbeing)**

Karen Royle, Occupational Psychologist, Ways to Work and Dr Sheena Johnson, Occupational Psychologist and Senior Lecturer, Manchester Business School

2.40 **Supporting Working Mothers: Considering the Impact of Motherhood on Women's Identity and Wellbeing in the Workplace**

Susie Phillips-Baker, Organisational Psychologist and Executive Coach, SPB Work Psychology

3.10 **Exhibition and Workshop Theatres**

3.40 **Precarious Work and Psychological Trauma**

Dr Joanna Wilde, Consultant Organisational Psychologist, WHEC

4.15 **ACT Intervention for the Workplace**

Ross McIntosh, Researcher, ACT Practitioner and Hon. Visiting Lecturer, City, University of London

4.50 **Conference Ends**





# PROGRAMME – WEDNESDAY 6 MARCH

## Health Surveillance and Travel Health

Chair: Dr Blandina Blackburn, Chair, ANHOPS and Consultant OH Physician, Royal Berkshire Hospital



8.00 **Registration**

9.15 **Measles and Travel** Dr Dipti Patel, Director, National Travel Health Network and Centre (NaTHNac)



9.50 **Malaria - Latest News** Hilary Simons, Senior Specialist Nurse (Travel Health), NaTHNac

10.20 **Exhibition and Workshop Theatres**

11.10 **How to Sleep - 7 Solutions for Successful Slumber**

Professor Andrew Sharman, Chief Executive and Hari Kalymnios, Senior Consultant, RMS

11.40 **Obstructive Sleep Apnoea - Assessing Drivers**

Tanya Stacey, Occupational Health Manager, East Midlands Trains

12.10 **Drug Testing - The Latest Drugs to Look Out For**

Helen Vangikar, Independent Toxicology Consultant

12.40 **Exhibition and Workshop Theatres**

## Sickness Absence Management

Chair: Terry Woolmer, Head of Health and Safety Policy, EEF - the manufacturers' organisation



2.00 **Legal Aspects of Occupational Health Reports to Managers About Sickness Absence**

Professor Diana Kloss MBE, Barrister, St John's Buildings and Hon. President, Council for Work and Health



2.25 **Vocational Clinics in GP Surgeries**

Genevieve Smyth, Professional Advisor, Royal College of Occupational Therapists



2.50 **Mental Health and MSK for a Diverse Workforce - Reducing Sickness Absence**

Jon Hill, Lead Occupational Health and Wellbeing Partner and Victoria Sloan, Internal Communications Business Partner, Anglian Water



3.20 **Exhibition and Workshop Theatres**

3.45 **Presenteeism, What's the Issue?**

Dr Lucy Wright, Chief Medical Officer, Optima Health

4.10 **Leavism and the Workplace**

Dr Ian Hesketh, Wellbeing Lead, College of Policing

4.35 **Measuring the Impact of Counselling on Managing Sickness Absence: What Workplaces Need to Know**

Nick Wood, Head of Employee Counselling, Gloucestershire County Council, BACP Workplace



5.00 **Conference Ends**

## NHS Workplace

Chair: David Maslen-Jones, Vice Chair, NHS Health@Work Network and Assistant Director, Health and Wellbeing, Dorset Healthcare NHS Foundation Trust



Health at Work Network

8.00 **Registration**

9.00 **The Health and Wellbeing Framework; its Practical Application to Enable Informed Decision Making**

Jessica Watts, Head of People Strategy, NHS Improvement; Kate Winstanley, Workstream Lead - Service Transformation, NHS England; and Jennifer Gardner, Assistant Director of Development and Employment, NHS Employers



10.15 **Exhibition and Workshop Theatres**

11.00 **An Analysis of NHS Staff Surveys and Mental Health Related Sickness Absence**



Masood Aga, Consultant in Occupational Medicine, Sandwell and West Birmingham Hospitals NHS Trust and member, ANHOPS

11.25 **Mental Health - Reducing Sickness Absence Due to Stress, Anxiety and Depression**

Kim Nurse, Executive Director of Workforce and Organisational Development, West Midlands Ambulance Service University NHS Foundation Trust

11.50 **Reducing Stress, Cutting Absence: A Stress Management Programme Within the NHS**

Phil Waterworth, Occupational Health Manager, North West Boroughs Healthcare NHS Foundation Trust

12.15 **Exhibition and Workshop Theatres**

2.00 **Fitness Assessment and Adjustments in Healthcare Workers**

Dr Ali Hashtroudi, Clinical Director of OHS, Guy's and St Thomas' NHS Foundation Trust and Member, Ethics Committee, Faculty of Occupational Medicine



2.40 **Experiences of LGBT People in Healthcare**



Serena Sidaway, Client Account Manager, Stonewall

3.05 **Exhibition and Workshop Theatres**

3.35 **Preventative Health and Wellbeing Programme in the NHS**

Hilary Winch, Head of Workplace Health, Safety & Wellbeing and Nicola Stroud, Health & Wellbeing Practitioner, Norfolk and Norwich University Hospitals NHS Foundation Trust

4.00 **Protecting Lone Workers - Best Practice**



Chris Shaw, Head of Health and Safety, North East London NHS Foundation Trust

4.25 **The Event in the Tent - Our Inaugural Staff Engagement Event!**

Jacob Prichard, Communications Manager; Sam Holden, Head of Communications and Engagement; and Kate Jarman, Director of Corporate Affairs, Milton Keynes University Hospital NHS Foundation Trust

5.00 **Conference Ends**

## Conference Active

Watch out for our pop-up workouts during conference sessions to keep you active, energised and alert. We have also introduced official standing areas within some of the conference rooms. It's a good idea to bring a bottle of water with you to the event and comfortable shoes for walking around the exhibition.



Running alongside the conference is an impressive showcase offering the latest products and services that will bring value to you and your organisation. Exhibitors include:

Alcoholics Anonymous. Amplivox Ltd. Ascenti Health Ltd. At My Best. Awaken Coaching. AXA-PPP Healthcare. Back Care Solutions Ltd. Bakker Elkhuisen. BDA Work Ready Programme. **Benenden**. BHIB Insurance Brokers. BHSF Occupational Health. Bio-Kult (Probiotics International Ltd). Birmingham Mind. Black and Banton. British Psychological Society - Division of Occupational Psychology. British Red Cross. Bupa B2B Health Services. Business Disability Forum. Cardiff Metropolitan University. CBT Clinics. CIEHF. Cohort Software. COHPA. Connect Health. Contour Design. Council for Work and Health. Crossbow Visual Stress Solutions. DocHQ and Symbiotics. Drinkaware. Drs. Direct Ltd. DRU UK. Duradiamond Healthcare. ELAS Occupational Health. Ergonomic Café. Ergotron Europe. Eurofins. Faculty of Occupational Medicine. Fellowes. FirstCare. Fortis Therapy. Fresh Air Fridays. Genius Within CIC. Greys Specialist Occupational Health. Headtorch. **Health Management Ltd**. The Healthy Employee. Healthy Mind Services. HeartMath UK. Hippius N.V. High and Mighty Office Seating. i-act for Positive Mental Health & Wellbeing. The IBS Network. Institution of Occupational Safety and Health (IOSH). iOH formerly AOHNP - Association of Occupational Health Nurse Practitioners. IPRS Health. Jay Financial. Just OH. Key People. Leeds Trinity University. Lexxic. Lifestyle Checkpoint. Living Streets. Lynx Medical. Macmillan at Work. MASTA. Medgate UK Ltd. Medical Solutions UK. **Medigold Health**. Mental Health First Aid England. Mind. Mind Matters Training. Mindful Employer. The Money Charity. Mousertrapper. National Autistic Society. NRK Medical. **Nuffield Health**. Occupational Health Recruitment. Occupational Health Staffing. Occupational Health & Wellbeing. OH Medical Recruitment. **Optima Health**. Oral Health Foundation. Orchid Cancer Appeal. OrchidLive.com. Osmond Ergonomics. Overland Health. P & A Medical Ltd. Pancreatic Cancer Action. Physio Med Ltd. PhysioMedics. Pluss CIC. Posturite Ltd. Precision Healthcare. Psychology Wales. Public Health England. Purosearch. QDP Services. Raisly Health. RehabWorks. Resilient People. Royal College of Occupational Therapists. RPS Occupational Health. SafeHaven CISM. Scentered. Score, Seats to Suit. SiSU Wellness. Slimming World. Society of Occupational Medicine. Sugarman Occupational Health. Swedish Posture. Trident Medical Services. Validium. **VitalityHealth**. Vitalograph Ltd. Warwick International. Wellbeing People. Wellbeing Works. Wellpoint Group. Work Positive. Xsens.

## Supporting Partners



*"I have attended the Conference for the last few years. CPD is really important to me and I attend a range of conferences covering health and wellbeing – but so often health and wellbeing is covered with a presentation at an HR or H&S conference, rather than in a dedicated space. What I like about this event is that it is a dedicated conference where I can meet up with friends and contacts from a range of disciplines across health and wellbeing, and learn about and exchange ideas. The balance of practical practitioner case studies, medical expertise and academic research is fantastic, with medics, ergonomists, psychologists, health promotion specialists, HR and H&S professionals coming together with suppliers and many others for two full days. I can't recommend it more highly. See you there!"*

**Dr Judith Grant,**  
Director of Health and Wellbeing, Mace Group



*"I am the HR Director at TACT, a National Children's Charity. Together with my colleague, I attended the Health and Wellbeing Conference in 2018 in order to build on health and wellbeing initiatives we were wanting to develop and it certainly exceeded our expectations. We gained lots of creative ideas for improving wellbeing on a small budget and made links with various organisations that we are currently working with to improve our wellbeing initiatives. We were also able to benchmark what other organisations were doing in different sectors. It was a great opportunity for personal development, with such a variety of seminars and workshops that benefitted us and our organisation."*

**Daniella Jackson**  
HR Director, TACT

# HOW TO REGISTER

Register online today at [www.healthwellbeingwork.co.uk](http://www.healthwellbeingwork.co.uk)  
If you do not have internet access, please call +44 (0)151 709 8979

**We believe in delivering quality content at affordable prices!**

**Book before 15 January**      **£40.00 + VAT = £48.00**  
**Book from 16 January**      **£65.00 + VAT = £78.00**

*This is the cost for attending one or two days*

## SCENTERED

RESTORING LIFESTYLE BALANCE NATURALLY

Pre-register and attend and you will be entered into a prize draw to win a luxurious hamper of Scentered products. With their elegant and unique range of mood therapy balms and candles, you will be able to de-stress, focus, feel happy and sleep well.



## Admissions Policy

Media companies or anyone selling or promoting their products and services are not permitted entry to any part of the event and we reserve the right to refuse entry at any time. People under the age of 18 are also not permitted entry.

If you would like a programme in a larger font size or more details about individual conference sessions, please visit [www.healthwellbeingwork.co.uk](http://www.healthwellbeingwork.co.uk)

## Exhibition Open Hours

**Tuesday 5 March**  
**8.45am-4.30pm**

**Wednesday 6 March**  
**8.45am-4.00pm**

*See conference programme for individual session times*



## Association Meetings During the Event

**ioH formerly AOHP (UK)**  
**Tuesday 5th @ 7.00pm**  
**Crowne Plaza Hotel**



2019 Ruth Alston Memorial Lecture and Dinner  
Further details and booking [admin@aohnp.co.uk](mailto:admin@aohnp.co.uk), open to members and non-members

**UK EAPA AGM**  
**Tuesday 5th @ 5.15pm**  
Annual General Meeting, NEC



**International Society for Coaching Psychology Study Day**  
**Tuesday 5th**



Study Day run in association with Sterling Events

**DOP/BPS Study Day**  
**Wednesday 6th**  
Study Day run in association with Sterling Events



**Workplace Health Expert Committee (WHEC) Forum**  
**Wednesday 6th**  
Forum discussing new and emerging workplace health issues



**NHS Improvement Collaborative Network**  
**Wednesday 6th**  
Network with colleagues involved in the NHS Improvement Workforce Hub



If you would like to run your association event in conjunction with Health and Wellbeing at Work, please email [ben@sterlingevents.co.uk](mailto:ben@sterlingevents.co.uk)

For further visitor information including special requirements, transport, accommodation, terms and conditions, please visit [healthwellbeingwork.co.uk](http://healthwellbeingwork.co.uk)



*'My interest in health and work started in 2006, when it was a very poorly populated canvas. This has changed completely, and the battle has largely been won to persuade employers, individuals and the State that (good) work is good for health, and also good for the economy and society in general. Government now views the health and work agenda as a priority. Our Conference this year reflects the richness of the current landscape, and some of our priority topics will be young workers, remote workers, financial wellbeing, sleep, fatigue, and shift work and the NHS. I always look forward with great anticipation to the Conference and to seeing so many good friends and colleagues.'*

**Dame Carol Black,**  
Principal, Newnham College Cambridge and Expert Adviser  
on Health and Work to Public Health England and NHS Improvement

## Programmes Include:

- Best place to work
- Coaching and coaching psychology
- Disaster preparedness, resilience and response
- Emotional wellbeing, resilience and stress management
- Employee engagement and motivation
- Employment law – **runs both days**
- Ergonomics
- Health checks, promotion and fitness
- Health surveillance and travel health
- Health and wellbeing – national policy and initiatives
- Human factors, safety, risk management and worker protection – **runs both days**
- Long term conditions and disability
- Management and leadership
- Managing MSDs and pain
- Mental health - **runs both days**
- NHS workforce - **new this year**
- Occupational psychology & organisational behaviour
- Sickness absence management

## Supporting the Conference



## Keep in touch

@HWatWork

Health and Wellbeing@Work



Sterling Events

Organised by Sterling Events Ltd, the UK's leading healthcare event management company organising national and international conferences, exhibitions and events.

62 Hope Street, Liverpool L1 9BZ UK | T: +44 (0)151 709 8979 | E: [healthatwork@sterlingevents.co.uk](mailto:healthatwork@sterlingevents.co.uk)

[www.healthwellbeingwork.co.uk](http://www.healthwellbeingwork.co.uk) [www.sterlingevents.co.uk](http://www.sterlingevents.co.uk)