

Workplace Health and Wellbeing Conference 2018

Tuesday 4th December 2018

08:30 - 09:30	Registration, refreshments, exhibition and networking		
09:30 - 09:40	Opening remarks from chair		
09:40 – 10:00	Identifying distress in the workplace <i>Peter Kelly, Senior Psychologist, The Health and Safety Executive and Practitioner Chair, European Academy of Occupational Health Psychology</i> <ul style="list-style-type: none"> • New developments in workplace health for HSE • How to review your organization’s stress risk assessment tool 		
10:00 – 10:20	Changing culture and behaviour of employers and employees <ul style="list-style-type: none"> • How to create a culture where all members of staff become more aware of our own mental health, other people’s mental health and how to cope with our own and other people’s mental health when it fluctuates • The role of employers in creating a positive and supportive workplace culture, free from stigma • Coaching and Coaching Psychology 		
10:20 – 10:40	Case study slot		
10:40 – 11:00	Questions and discussion		
11:00 – 11:30	Refreshments, exhibition and networking		
11:30 – 11:55	Implementing mental health core standards in the workplace <ul style="list-style-type: none"> • How to spot signs of mental health deterioration and react appropriately • What are the core standards? • “Postvention” — strategies • The potential challenges in implementing these standards and how to overcome such challenges • Questions and discussion 		
11:55 – 12:05	Please make your way to your chosen room – 10 minute turnaround		
12:05 – 12:35	Seminar stream 1 – Assistive technology, Employee benefits, Mental health and wellbeing programmes, Software solutions / apps, Environment / working conditions		
SEMINAR A <i>Capita</i>	SEMINAR B <i>TBC</i>	SEMINAR C <i>TBC</i>	SEMINAR D <i>TBC</i>
12:35 – 13:35	Lunch, exhibition and networking		

13:35 – 14:00	<p>Workplace health and wellbeing: the changing landscape <i>KEYNOTE - Dr Steven Boorman CBE, Chair of Council for Work and Health and Director of Employee Health, Empactis (Confirmed)</i></p> <ul style="list-style-type: none"> • The Council for Work and Health and its role in moving the agenda forward • The evidence and drivers, supporting the business case, for prioritising workplace health and wellbeing • How does the government plan to support/encourage employers in safeguarding the health and wellbeing of their employees? • Questions and discussion
14:00 – 14:20	Case study slot
14:20 – 14:50	Refreshments, exhibition & networking
14:50 – 15:15	<p>Case study on mental wellbeing initiatives</p> <ul style="list-style-type: none"> • Establishing an employee wellbeing programme that addresses business and local needs, focusing on physical, social and mental health • Promoting an awareness of the issues associated with mental health and ways to support individuals managing low mental health • Questions and discussion
15:15 – 15:40	<p>Case study for return to work planning for someone experiencing mental health issues <i>Christine Parker, Senior Lecturer, University of Salford</i></p> <ul style="list-style-type: none"> • Using tools and plans, such as the AHP Fitness for Work Report to support the GP Fitnote • Considerations of the Equality Act: disclosure; and reasonable adjustments
15:40 – 15:50	Closing remarks from chair
	Close of conference