

# Conference Programme and Booking Information

**6-7 March 2012**

**National Exhibition Centre, Birmingham**

*Improving the health and wellbeing  
of work-aged people*

Join the Health and Wellbeing Network  
today to attend the event **free of charge**  
at [www.healthatwork2012.co.uk](http://www.healthatwork2012.co.uk)

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# ABOUT HEALTH AND WELLBEING @ WORK

**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 new ideas and resources to ensure your employees are fit and healthy, return to work quickly following absence and stay in work. It also looks at pioneering strategies for getting vulnerable people into the workplace and enabling them to fulfil their potential. 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.

## Why You Should Attend:

- Learn from success stories from both the private and public sector
- Gain new ideas, update your skills and meet your professional educational requirements
- Enhance your job role
- Network with colleagues from small, medium and large organisations
- Choose from 19 pick and mix conference programmes – you can attend multiple programmes
- Gain hands-on experience at the live Wellbeing Theatre
- See a wealth of new products and services with over 150 exhibiting organisations

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## Conference Format – Choose What's Right For You

**Case** Case study/best practice

**Leg** Legal update

**Dev** Emerging developments

**How** Practical how to guide

**Live** Live debate/discussion

**Dis** Disease profile

**health**  
and wellbeing  
network

## Join the Health and Wellbeing Network today and you can:

- Attend both days of the conference free of charge, saving up to £525
- Download speaker presentations following the event
- Receive a CPD certificate of attendance
- Receive regular health and wellbeing news updates and offers

**The cost of joining for a year is £25 + VAT (£30). You can join online at [www.healthatwork2012.co.uk](http://www.healthatwork2012.co.uk) and then automatically register for the event.**

**If you do not have internet access, please call the Health and Wellbeing at Work registration line on 0151 709 8979 to sign up.**

# EVENT HIGHLIGHTS

## What's New for 2012

This year we have introduced five new and exciting conference programmes:

- Management and leadership
- The Work Programme and sustainable employment
- Back care
- Trauma and critical incidents
- Addiction

If you would like a programme in a larger font size or more details about individual conference sessions, please visit [www.healthatwork2012.co.uk](http://www.healthatwork2012.co.uk)

## An Impressive Speaker Line Up

Nineteen outstanding conference programmes across the two days profiling national and local initiatives and plenty of ideas to take back to your workplace. Speakers include:



Dr Bill Gunnyeon CBE  
DWP



Prof. Dame Carol Black



Lord David Freud  
DWP



Prof. Ragnar Löfstedt  
King's College London



Dr Paul J Nicholson OBE  
Procter & Gamble



Prof. Sir Anthony  
Newman Taylor  
Imperial College



Andrew Kinder  
BACP Workplace  
and Atos Healthcare



Amanda Ariss  
Equality and  
Diversity Forum



Neal Stone  
British Safety Council



Christina Butterworth  
AOHP



Prof. Kim Burton OBE  
KendallBurton



Liz Sayce  
Radar



Nicola Hunter  
ACPOHE



Prof. Peter Buckle  
Institute of Ergonomics  
& Human Factors



Chris Ainslie



Dr Ursula Ferriday  
Health at Work Network



Lawrence Waterman  
Olympic Delivery  
Authority



Dr Ian Banks  
Mens Health Forum

## Health and Wellbeing – National Policy and Initiatives

Chair: Dr Paul Litchfield, Chief Medical Officer & Director of Health, Safety & Wellbeing, BT

8.00 **Registration, Hall 8**

9.10 **What Employers Want and Expect From Occupational Health**



Dr Olivia Carlton, President, Faculty of Occupational Medicine

9.45 **SEQOHS Accreditation – An Update**

Dr Sally Coomber, Consultant Occupational Physician, The Ipswich Hospital NHS Trust and Clinical Lead for SEQOHS, Royal College of Physicians London

10.15 **Exhibition and Workshop Theatres, Hall 8**

11.00 **Keynote Address: Dr Bill Gunnyeon CBE**

Director for Health, Work & Well-being and Chief Medical Adviser, Department for Work and Pensions



11.35 **Keynote Address: Professor Dame Carol Black**

12.10 **Keynote Address: Lord David Freud**

Minister for Welfare Reform and Parliamentary Under Secretary of State (Lords) for the Department for Work and Pensions

12.45 **Q&A**

1.00 **Exhibition and Workshop Theatres, Hall 8**

2.20 **How Can We Embed The Health and Wellbeing Agenda in a Global Market Place?**

How

Professor John Harrison, Clinical Director, Organisational Health and Wellbeing, Imperial College Healthcare NHS Trust and Suvi Lehtinen, Vice President/Chief, International Affairs, Finnish Institute of Occupational Health (invited)

3.20 **Exhibition and Workshop Theatres, Hall 8**

3.50 **Keynote Address: The Löfstedt Report**

Dev

Professor Ragnar Löfstedt, Director, King's Centre for Risk Management, King's College London

4.25 **The Löfstedt Report – Implications for Employers**

John Armitt, Olympic Delivery Authority (invited) Neal Stone, Director of Policy and Communications, British Safety Council Professor Ragnar Löfstedt, Director, King's Centre for Risk Management, King's College London

5.15 **Conference Ends**

## Employment Law

Chair: Simon Bond, Member, Employment Law Committee, The Law Society and Partner, Challinors

8.00 **Registration, Hall 8**

9.15 **The Right to Request Flexible Working**

Edward Benson, Partner, Browne Jacobson LLP

10.00 **The Modern Workplace: Creating a Flexible Working Policy**

Esther Smith, Partner, Thomas Eggar LLP

10.35 **Exhibition and Workshop Theatres, Hall 8**

11.20 **Treating Agency Workers Equally**

Rob Eldridge, Partner, Berwin Leighton Paisner LLP

12.05 **Managing the Minefield of Equal Pay Claims**

Shirley Wright, Solicitor and Partner, Eversheds LLP

12.50 **Exhibition and Workshop Theatres, Hall 8**

2.20 **New Employer Duties - Pensions and Auto-Enrolment**

Jeremy Harris, Partner, DLA Piper

3.00 **Abolition of the Default Retirement Age – How to Manage the Aftermath**

James Davies, Joint Head of Department and Partner, Lewis Silkin LLP

3.35 **Exhibition and Workshop Theatres, Hall 8**

4.00 **Managing Poor Performance and Ill Health – Keeping Within the Legal Parameters**

Andrew Davidson, Partner, Capsticks Solicitors LLP

4.35 **How to Deal with the Underperforming Older Worker**

How

David Whincup, Partner, Squire Sanders Hammonds

5.10 **Conference Ends**



Simon Bond



Shirley Wright



Rob Eldridge

## Mental Health

Chair: Professor Bob Grove, Senior Professional Adviser, Centre for Mental Health



8.00 **Registration, Hall 8**

9.20 **How to Encourage Employees to Disclose a Mental Health Problem**

How

Liz Griffiths, Course Leader, Brunel University

10.00 **Working with a Mental Health Condition – A Patient Perspective**

Yasmin Miller, Performance and Risk Reporting Manager, Skills Funding Agency and Trustee, Certitude Support

10.40 **Exhibition and Workshop Theatres, Hall 8**

11.25 **Employees with Bipolar Disease – Considerations and Advice for Employers**

Dr Debbie Cohen, Senior Medical Research Fellow, Cardiff University

12.00 **Suicide at Work: Prevention and Response**

Andrew Kinder, Chief Psychologist, Atos Healthcare; Vice Chair, EAPA, and Executive Committee Member, BACP Workplace Division



12.35 **Helping Employees Through Depression**

Ruth Philips, Assistant Director Operations - Thames Region, Richmond Fellowship

1.10 **Exhibition and Workshop Theatres, Hall 8**

2.40 **Supported Employment for People with Mental Health – Case Study**

Case

Robert Elston, Vice President, European Union of Supported Employment and Chief Executive and Elaine Fidler, Employment Consultant, Status Employment

3.15 **IAPT – Early Intervention in Mental Health, Finding and Retaining Employment**

Martin Cooke, Employment Manager, Lambeth IAPT and Chair, London Employment Leads Network

3.40 **Exhibition and Workshop Theatres, Hall 8**

4.10 **Adult ADHD – How to Manage it in the Workplace**

Dr Ovais Badat, Consultant Psychiatrist specialising in Adult ADHD, Avon and Wiltshire Mental Health Partnership NHS Trust

4.40 **Mental Health and the Management of Medically Unexplained Symptoms**

Dr Anand J Chitnis, GP, Solihull NHS PCT (invited)

5.15 **Conference Ends**

## Employee Assistance and Addiction

David Smith, Chair, EAPA



8.00 **Registration, Hall 8**

9.10 **Choosing the Perfect EAP Programme**  
Eugene Farrell, Business Manager, AXA ICAS

9.45 **Implementing a Successful EAP as Part of the Health Management Jigsaw**  
**How** Richard Hopkins, Lead Consultant, Plaudex Health Management Consultants and Hon. President, EAEF

10.20 **Exhibition and Workshop Theatres, Hall 8**

### Counselling

11.05 **Effective Outcome Measurement in Counselling**  
Dirk Hansen, Clinical Services Director, Workplace Options

11.35 **Managing Complex Personal Issues – Best Practice**  
**Case** Libby Payne, Clinical Director, CiC Employee Assistance and Executive Committee Member, EAPA

12.05 **Counselling for Bereavement, Loss and Adjustment**  
Dr Vee Freir, Consultant Clinical Psychologist, The Keil Centre/NHS Education for Scotland

12.35 **Exhibition and Workshop Theatres, Hall 8**

### Addiction

2.00 **Workplace Drug Testing - Against My Human Rights?**  
Richard Evers, Laboratory Manager, Synergy Health Laboratory Services

2.25 **Working with Employees with Drink Problems**  
Edmund Tirbutt, Author, Beat the Booze

2.50 **Innovative Psychological Interventions for Addiction – What's New on the Horizon**  
**Dev** Dr Jane Marshall, Consultant Psychiatrist, South London and Maudsley NHS Foundation Trust

3.15 **Exhibition and Workshop Theatres, Hall 8**

3.40 **Addiction – Your Legal Obligations**  
**Leg** David Whincup, Partner, Squire Sanders Hammonds

4.05 **Successful Workplace Interventions for Gambling Addiction**  
Dr Henrietta Bowden-Jones, Director and Consultant Psychiatrist, NHS National Problem Gambling Clinic

4.35 **Excessive Internet Use and Depression – Spotting the Signs and Managing the Problem**  
Dr Catriona Morrison, Senior Lecturer in Experimental Psychology, University of Leeds

5.15 **Conference Ends**

## Human Factors: Safety and Accident Prevention

Chair: Neal Stone, Director of Policy and Communications, British Safety Council



8.00 **Registration, Hall 8**

9.10 **The Lord Young Review – A Follow Up**  
**Dev** James Wolfe, Deputy Director, Health & Safety, DWP

9.50 **What Makes People Violate Safety Procedures and Rules**  
Professor Dianne Parker, Visiting Professor, University of Manchester and Director, Safety Culture Associates

10.25 **Exhibition and Workshop Theatres, Hall 8**

11.10 **The New Risks in Health & Safety – The Importance of Setting the Right Tone at the Top and Practical Tips to Reduce Exposure to Criminal Prosecution**  
Simon Joyston-Bechal, Partner, Pinsent Masons LLP

11.45 **HAVs – Risk Assessment and Management**  
Dr Steven Sadhra, Director, Education for Occupational Health, Institute of Occupational and Environmental Medicine, University of Birmingham

12.20 **Reducing the Risk of Visual Fatigue in the Workplace**  
Dr Peter Howarth, Lecturer, Loughborough University

12.50 **Exhibition and Workshop Theatres, Hall 8**

2.10 **Effective Techniques for Accident Investigation – Best Practice**  
**Case** Richard Scaife, Director, The Keil Centre and Martin Slack, Director, Helix Safety Limited

2.50 **Preparing for and Surviving an Inquest**  
Geraint Williams, HM Coroner, County of Worcestershire

3.20 **Exhibition and Workshop Theatres, Hall 8**

3.50 **Keynote Address: The Löfstedt Report**  
**Dev** Professor Ragnar Löfstedt, Director, King's Centre for Risk Management, King's College London

4.25 **The Löfstedt Report – Implications for Employers**  
John Armit, Olympic Delivery Authority (invited)  
Neal Stone, Director of Policy and Communications, British Safety Council  
Professor Ragnar Löfstedt, Director, King's Centre for Risk Management, King's College London

5.15 **Conference Ends**

## Occupational Hygiene and Environmental Health

Chair: Alan Higgins, Past President and Council Member, Chartered Institute of Environmental Health

8.00 **Registration, Hall 8**

9.30 **Occupational Hygiene: Good Practice and Misconceptions**  
**Case** Christina Butterworth, President, AOHNP (UK)



10.05 **Innovative Occupational Hygiene Tools at Olympic Park and Athletes' Village**  
**Case** Lawrence Waterman, Head of Health and Safety, Olympic Delivery Authority; Karen Baxter, Director, Sypol; Claire Tyers, Director, Research Partners and Principal Associate, Institute for Employment Studies; and Ian Strudley, Head of Health Risk Management Unit, Construction, HSE

10.45 **Exhibition and Workshop Theatres, Hall 8**

11.30 **How to Investigate an Outbreak of Industrial Lung Disease**  
**How** Professor Sir Anthony Newman Taylor, Principal, Faculty of Medicine, Imperial College London

12.00 **Employment Consequences of Chronic Respiratory Disease and Symptoms**  
Dr Joanna Szram, Consultant in Occupational Lung Disease and Asthma and Hon. Senior Lecturer, Royal Brompton Hospital and Imperial College London

12.30 **Effective Health Risk Communication**  
Dr Paul J Nicholson OBE, Associate Medical Director, Procter & Gamble

1.00 **Exhibition and Workshop Theatres, Hall 8**

2.30 **Mesothelioma – Managing the Risks and Legal Consequences**  
**Dis** Daniel Easton, Partner, Leigh Day & Co

3.05 **Benzene – Monitoring, Managing and Reducing the Risk**  
**Dis** Dr John Cherrie, Research Director, Institute of Occupational Medicine

3.40 **Exhibition and Workshop Theatres, Hall 8**

4.10 **How to Manage an Outbreak of Chicken Pox in the Workplace**  
**How** Dr Gayatri Amirthalingam, Consultant Epidemiologist, Health Protection Agency

4.40 **Is TB Still a Threat?**  
Dr Blandina Blackburn, Consultant and Clinical Lead Occupational Medicine, Royal Berkshire NHS Foundation Trust

5.10 **Conference Ends**

# TUESDAY 6 MARCH

## Managing MSDs in the Workplace

Chair: Nicola Hunter, Chair, ACPoHE (Association of Chartered Physiotherapists in Occupational Health and Ergonomics) and Clinical Director, RehabWorks



8.00 **Registration, Hall 8**

9.15 **Assessing Fitness to Work – What Tools to Use?**

**Case** Timothy Wright, Director, Optima-Life and Spire Healthcare and CSP Champion, Move for Health



9.55 **Early Intervention and Remote Management Approaches for MSK Conditions**

Marc Holl, Clinical Lead Physiotherapist, IPRS

10.25 **Exhibition and Workshop Theatres, Hall 8**

11.10 **Repetitive Strain Injury – Innovations in Prevention and Treatment**

**Case** Tony Kochhar, Consultant Orthopaedic Surgeon and Head, RSI Clinic, South London Healthcare NHS Trust

11.50 **Management of Traumatic Hand Injuries**

Zoe Clift, Extended Scope Practitioner, Guy's and St Thomas' NHS Foundation Trust

12.30 **Exhibition and Workshop Theatres, Hall 8**

2.00 **Rheumatoid Arthritis (RA) - Improving Symptoms and Maximising Performance in the Workplace**

**Dis** Dr John Searle OBE, Physician, Body Active

2.40 **Getting the Elbow Back to Work**

Val Jones, Physiotherapy Practitioner, Sheffield Shoulder and Elbow Unit, Northern General Hospital

3.15 **Exhibition and Workshop Theatres, Hall 8**

3.45 **Overcoming Barriers to Pain in the Workplace**

Wendy Feltrup, Physiotherapist specialising in Pain and Occupational Health, Sheffield and South Yorkshire NHS Trust (invited)

4.20 **Strategies to Overcome Return to Work Barriers for Employees with Chronic MSK Pain**

Christine Bott, Clinical Specialist Occupational Therapist, Bath Centre For Pain Services

5.00 **Conference Ends**

## Managing Disability in the Workplace

Chair: Liz Sayce, Chief Executive, Radar (Royal Association for Disability Rights)



8.00 **Registration, Hall 8**

9.15 **Getting the Recruitment Process Right**

Tracey Abbott, Recruitment Advisor, The Employer's Forum on Disability

9.55 **Managing Disability Disclosure - More Than Just a Tick Box, Best Practice Approach**

Rick Williams, Managing Director, Freaney Williams Ltd

10.30 **Exhibition and Workshop Theatres, Hall 8**

11.15 **Successful Strategies for Getting People with Disabilities into the Workplace**

Liz Turner, Employment Support Officer, Kent Supported Employment

12.00 **Reasonable Adjustments at the V&A**

Barry Ginley, Head of Disability and Social Inclusion, Victoria & Albert Museum

12.45 **Exhibition and Workshop Theatres, Hall 8**

2.15 **How to Leverage the Potential that Exists Amongst Disabled Employees**

**How** Helen Cooke, Director, My Plus Consulting

2.50 **Encouraging Leadership and Career Advancement**

David Stocks, Head of Leadership and Empowerment, Radar

3.25 **Exhibition and Workshop Theatres, Hall 8**

3.55 **Living with Aspergers Syndrome – Wellbeing and Performance in the Workplace**

Barbara McIntosh, Head of Children and Young People's Programme, The Mental Health Foundation

4.30 **Autism: One White Collar Experience – Funnily Serious Problems to Successes**

Professor Marie Harder, Professor of Sustainable Waste Management, University of Brighton

5.05 **Conference Ends**

## The Work Programme and Sustainable Employment

Chair: Dave Simmonds OBE, Chief Executive, Centre for Economic & Social Inclusion



8.00 **Registration, Hall 8**

9.10 **Enabling People With Disabilities to Work**

Mary Dunleavy, National Access to Work Team, Jobcentre Plus

9.45 **The Work Programme: Sustainable Work for People with Heart Conditions**

Chris Blackwell, Chief Operating Officer, Ingeus

10.15 **Exhibition and Workshop Theatres, Hall 8**

11.00 **Keynote Address: Dr Bill Gunnyeon CBE**

Director for Health, Work & Well-being and Chief Medical Adviser, Department for Work and Pensions



11.35 **Keynote Address: Professor Dame Carol Black**

12.10 **Keynote Address: Lord David Freud**

Minister for Welfare Reform and Parliamentary Under Secretary of State (Lords) for the Department for Work and Pensions

12.45 **Q&A**

1.00 **Exhibition and Workshop Theatres, Hall 8**

2.20 **Partnership Working to Deliver Specific Interventions – Successful Case Studies**

**Case** Eve Askey-Bridge, DWP Account Manager, A4e

2.55 **A Fresh Start, Supporting Offenders – Overcoming their Health Needs and Finding Sustainable Employment**

Debbie Ryan, Director Justice Services, Working Lives

3.30 **Exhibition and Workshop Theatres, Hall 8**

4.00 **Job Brokerage, Knowledge Bank and In-Work Partners**

Sean Williams, Managing Director, G4S Welfare to Work

4.35 **Social Enterprise in the Making – Profiling the York Disabled Workers Cooperative**

John Wilson, Senior Coordinator, York Disabled Workers Cooperative

5.10 **Conference Ends**

## Health Screening and Health Promotion

Chair: Greta Thornbory, Occupational Health Education and Healthcare Consultant

- 8.00 **Registration, Hall 8**
- 9.10 **NICE Workplace Guidance on Health Promotion**  
Professor Mike Kelly, Director, Centre for Public Health, NICE
- 9.50 **How Technology is Transforming Health and Wellbeing in the Workplace**  
**Dev** Dr Peter Mills, Director, Glasslyn Health Solutions
- 10.20 **Exhibition and Workshop Theatres, Hall 8**
- 11.05 **Smoking Cessation – Innovative Workplace Strategies**  
**Case** Lesley Colley, Specialist Stop Smoking Advisor and Andrew Wilson, Performance Analyst, Specialist Stop Smoking Service, South Tees Hospitals NHS Foundation Trust
- 11.35 **Screening for Obesity in the Workplace – Raising the Issue** Dr Alexandra Johnstone, Senior Research Scientist, University of Aberdeen Rowett Institute of Nutrition and Health
- 12.05 **How Much Exercise Do We Really Need? Latest Research and Recommendations**  
Dr John Buckley, Exercise Physiologist and Senior Lecturer, University of Chester
- 12.35 **Exhibition and Workshop Theatres, Hall 8**
- 2.05 **Occupational Health and the Overseas Worker**  
Dr Dipti Patel, Director of Clinical Services, MASTA (Medical Advisory Service for Travellers Abroad) and Consultant Occupational Health Physician, Foreign and Commonwealth Office
- 2.40 **Health Surveillance for Immigrant and Seasonal Workers** Mark Edwards, Operations Risk Manager, Speedibake – A division of ABF Grain Products Ltd
- 3.15 **Exhibition and Workshop Theatres, Hall 8**
- 3.45 **Motivating and Maintaining Employee Fitness**  
**Case** Valerie Bertram, Health and Wellbeing Manager UK & Ireland, Unilever UK and Ireland
- 4.20 **Workplace Interventions to Improve Health and Wellbeing Across the Lifespan**  
Professor Cheryl Haslam, Professor of Health Psychology, Loughborough University
- 5.00 **Conference Ends**

## Management and Leadership

Chair: Noel O'Reilly, Editor, XpertHR, RBI UK

- 8.00 **Registration, Hall 8**
- 9.10 **Innovations in OH Service Delivery**  
Dr Ursula Ferriday, Head of Occupational Health, Worcestershire Acute Hospital Trust and Chair of NHS Health at Work Network Board, NHS Plus
- 9.45 **Linking Management to Employee Wellbeing**  
**How** Dr Rachel Lewis, Occupational Psychologist and Senior Lecturer in Occupational/Business Psychology, Kingston University
- 10.20 **Exhibition and Theatre Workshops, Hall 8**
- 11.05 **Budget and Resource Planning in Occupational Health**  
Patricia Southworth, Director, Robens Centre for Occupational Health & Safety
- 11.45 **Contracting in Occupational Health**  
Susanna Everton, Head of Occupational Health, Safety and Welfare, City of London Police
- 12.25 **Exhibition and Workshop Theatres, Hall 8**
- 1.55 **The Wellness Roadmap for Business Leaders – Top Tips to Up Your Corporate Game**  
Tim Bean, Executive Longevity Specialist, Institute of Physique Management and The Hard Edge
- 2.45 **Empowering Engagement at Work**  
Caroline D'ay, Managing Director, Hot Frog Indicator
- 3.25 **Exhibition and Workshop Theatres, Hall 8**
- 3.55 **How to Measure Quality in Occupational Health Practice**  
**How** Christina Butterworth, President, AOHP (UK)
- 4.30 **Gaining SEQOHS Accreditation**  
**How** Sarah O'Hara, Director, AOHP (UK)
- 5.05 **Conference Ends**



Tim Bean

Caroline D'ay

## Sickness Absence Management

Chair: Bashyr Aziz, Senior Teaching Fellow, Warwick Medical School, Visiting Lecturer, University of Wolverhampton and Consulting Adjudicator, RoSPA

- 8.00 **Registration, Hall 8**
- 9.00 **The Independent Sickness Absence Review**  
**Dev** Professor Dame Carol Black
- 9.40 **The Benefits of Case Management in Managing Long Term Sickness**  
Jerrot Sawden, Head of Operations, FirstAssist Services Limited
- 10.20 **Exhibition and Workshop Theatres, Hall 8**
- 11.05 **The Three Step Approach to Reducing Sickness**  
**Case** Glenn Laming, Employer Services Director, Legal & General
- 11.45 **Attendance Management Strategy – A Practice that Works**  
**Case** John Robinson, Senior HR Manager, Humberside Police
- 12.15 **Managing Attendance Levels Using Nurse Led Call Centres**  
Elaine Taylor, Head of HR and Learning, Rochdale Boroughwide Housing
- 12.45 **Exhibition and Workshop Theatres, Hall 8**
- 2.15 **The Role of Depression in Employees Returning to Work Following Sickness Absence**  
Dr Fehmidah Munir, Senior Lecturer in Psychology, Loughborough University
- 2.50 **Occupational Implications of Abnormal Illness Behaviour**  
Dr Christopher Bass, Consultant in Liaison Psychiatry, John Radcliffe Hospital, Oxford
- 3.25 **Exhibition and Workshop Theatres, Hall 8**
- 3.55 **Using CBT, Motivational Interviewing and Mediation Skills in Managing Sickness Absence**  
Alan Dovey, Consultant Cognitive Behavioural Psychotherapist and Carolyn Graham, Mediator and Trainer, on behalf of The At Work Partnership
- 4.30 **Using Absence Management to Drive Employee Engagement**  
Sarah Coop, Head of Engagement, Health & Wellbeing, and Helen Knight, National Wellbeing Manager, British Gas
- 5.10 **Conference Ends**

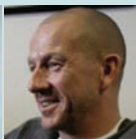


## Stress Management and Emotional Wellbeing

Chair: Ann McCracken, Chair, ISMA and Director, AMC<sup>2</sup>



- 8.00 **Registration, Hall 8**
- 9.10 **Work-related Stress – Separating Myth From Reality**  
Michael O'Donnell, Chief Medical Officer, Atos Healthcare and Hon. Visiting Professor, School of Life & Environmental Sciences, Salford University
- 9.50 **A Guide to Stress Risk Management** Ken Gray, Director, Occupational Psychologist, The Keil Centre
- 10.25 **Exhibition and Workshop Theatres, Hall 8**
- 11.10 **Crying in the Workplace**  
Professor Gail Kinman, Professor of Occupational Health Psychology, University of Bedfordshire
- 11.45 **The Influence of Attitude on Work Motivation**  
Professor Derek Mowbray, Founder/Director, The Working Well Group, The Management Advisory Service and The Resilience Training Company
- 12.25 **Exhibition and Workshop Theatres, Hall 8**
- 1.55 **Technology – Cause or Cure?**  
Luca Palmili, Implementation Manager and Doctoral Researcher, CCBT
- 2.35 **Building Emotional Resilience in a Stressful Working Environment** Professor Ivan Robertson, Professor of Organisational Psychology, University of Leeds and Director, Robertson Cooper
- 3.05 **Exhibition and Workshop Theatres, Hall 8**
- 3.35 **How to Recognise, Understand and Respond to Physical Signs of Stress**  
Mike Beard, CEO, Naming Elephants
- 4.15 **Anxious Nation**  
Ann McCracken, Chair, ISMA and Director, AMC<sup>2</sup>
- 5.00 **Conference Ends**



Luca Palmili

Mike Beard

Prof. Gail Kinman

## Trauma and Critical Incidents

Chair: Kevin Friery, BACP Workplace



- 8.00 **Registration, Hall 8**
- 9.20 **Legal Considerations Immediately Following a Trauma**  
Siobhan Donnelly, Solicitor, SRT Donnelly & Associates, Northern Ireland and Board Member, IIRSM
- Leg**
- 10.00 **How to Identify and Train the Right Staff to Deal with Critical Incidents**  
Mandy Rutter, Clinical Consultant Business Manager, Specialist Services, Healthy Business, AXA ICAS and Executive Member, BACP Workplace
- How**
- 10.35 **Exhibition and Workshop Theatres, Hall 8**
- 11.20 **Trauma Support for Rescuers and Helpers**  
Laura Lawrence, Welfare Officer and George Barber, ADC Co-ordinator, Tyne and Wear Fire and Rescue Service
- 12.00 **Post Trauma Interventions to Enhance Wellbeing and Buffer Stress**  
Viv Brunsden, Principal Lecturer in Psychology, Head of Emergency Services Research Unit and Member, Psychological Wellbeing & Mental Health Research Group, Nottingham Trent University
- 12.30 **The Organisational Management of Traumatic Events – What Works and What Doesn't**  
Professor Neil Greenberg, Professor of Mental Health, King's College London
- 1.05 **Exhibition and Workshop Theatres, Hall 8**
- 2.35 **Managing the Health and Wellbeing of Employees Working with Offenders**  
Professor Craig Jackson, Professor of Occupational Health Psychology, Birmingham City University
- 3.15 **Supporting Staff Working with Vulnerable Client Groups – Practical Strategies**  
Kate Nowlan, CEO, CiC Employee Assistance and President Elect, EAEF
- Case**
- 3.45 **Exhibition and Workshop Theatres, Hall 8**
- 4.15 **Decision Making in Crisis Situations**  
Ian Moore, Director, Treepax Ltd
- 4.40 **Social Recovery After a Major Workplace Disaster**  
Dr Jeff Goatcher, Senior Lecturer in Social Theory and Member, Emergency Services Research Unit, Nottingham Trent University
- 5.00 **Conference Ends**

## Vocational Rehabilitation and Case Management

Chair: Joy Redmond, Trustee, Vocational Rehabilitation Association of the UK



- 8.00 **Registration, Hall 8**
- 9.15 **Creating a Return to Work Plan**  
Deborah Thornhill, Occupational Health Physiotherapist, Bury Physiotherapy Clinic
- 9.55 **Job Demands Analysis (JDA) in Vocational Rehabilitation – How to Facilitate Successful Return to Work**  
Anne Byrne, Clinical Director, Obair Associates Ltd
- 10.35 **Exhibition and Workshop Theatres, Hall 8**
- 11.20 **Early Rehab is Smarter Rehab**  
Professor Kim Burton OBE, Occupational Health Consultant, University of Huddersfield and Kendall/Burton
- 12.00 **Vocational Rehabilitation for People with Cancer**  
Katharine McDonald, Policy Analyst, Macmillan Cancer Support
- 12.40 **Exhibition and Workshop Theatres, Hall 8**
- 2.10 **Identifying and Retraining Uncontrolled Movement in People with Amputation**  
Professor Rajiv Hanspal, Consultant in Rehabilitation Medicine, Royal National Orthopaedic Hospital (invited)
- 2.45 **Rehabilitation to Help Survivors of Severe Traumatic Brain Injury Return to Work**  
Professor Barbara A Wilson, Senior Scientist, MRC Cognition & Brain Sciences Unit and Hon. Clinical Neuropsychologist, The Oliver Zangwill Centre for Neuropsychological Rehabilitation
- 3.20 **Exhibition and Workshop Theatres, Hall 8**
- 3.50 **Vocational Rehabilitation Following Brain Injury – Best Practice**  
Robin Pickard, Rehabilitation Counsellor/Director, Obair Associates and Committee Member, CMSUK
- 4.30 **Managing Psychological and Behavioural Problems Following Acquired Brain Injury**  
Dr Michael Dille, Consultant Neuropsychiatrist, South London & Maudsley NHS Foundation Trust
- 5.10 **Conference Ends**

## Back Care

Jacqui Smith, Consultant Occupational Physiotherapist and Ergonomist, Director, Workfit

8.00 **Registration, Hall 8**

9.20 **Enhancing Postural Awareness in the Workplace**  
Stuart Paterson, Director, Fit for Work

10.00 **Working Towards National Standards for all Aspects of Moving and Handling**  
David Couzens-Howard, Back Care Advisor, Hertfordshire Partnership NHS Foundation Trust

10.40 **Exhibition and Workshop Theatres, Hall 8**

11.25 **Cauda Equina Syndrome: Why is it Missed?**  
Stuart Fraser, Senior Physiotherapist, Southampton General Hospital and Wessex Neurological Centre

12.05 **Office Workers with Lower Back Pain: The Role of Exercise**  
Elaine Buchanan, Consultant Physiotherapist in Spinal Pain and Rehabilitation, Oxford University Hospitals NHS Trust

12.45 **Exhibition and Workshop Theatres, Hall 8**

2.15 **Using Combined Movement Theory to Treat Thoracic/Lumbar & Sacral Spine Injuries**  
Ioannis Paneris, Extended Scope Physiotherapist, Central Manchester University Hospitals NHS Foundation Trust

2.50 **The Management of Patients After Spinal Surgery**  
Professor Alison McGregor, Professor of Musculoskeletal Biodynamics, Imperial College London

3.25 **Exhibition and Theatre Workshops, Hall 8**

3.55 **Rehabilitation for Chronic Back Pain Using Acupuncture**  
Andrew Deeming, Physiotherapist and Managing Director, Physio Scope

4.30 **Psychological Strategies to Improve Back Pain in the Workplace**  
Dr Mark Griffiths, Consultant Clinical Psychologist, BMI Sefton Hospital Liverpool

5.10 **Conference Ends**

## Long Term Conditions

Chair: Dr Tok Hussain, Consultant Occupational Physician, Healthwork Ltd

8.00 **Registration, Hall 8**

9.15 **Stress and High Blood Pressure**  
Cate Burke, Trainer, The Stroke Association

9.55 **Employees with Diabetes – Assessing the Risk**  
Dr N Sivayoganathan, Director, Occupational Health Service, Mid Essex Hospitals NHS Trust

10.25 **Exhibition and Workshop Theatres, Hall 8**

11.10 **NICE Occupational Health Guidance on Long Term Sickness** Professor Mike Kelly, Director, Centre for Public Health, NICE

11.40 **Managing Men's Health Issues in the Workplace – Prostate Cancer**  
Dr Ian Banks, President, Mens Health Forum

12.10 **Supporting Employees Through Cancer – How Small Adjustments Can Make a Big Difference**  
Tony Jackson, Head of HR, Macmillan

12.40 **Exhibition and Workshop Theatres, Hall 8**

2.10 **Occupational Asthma Guidelines – The Evidence**  
Professor Paul Cullinan, Professor of Occupational and Environmental Lung Disease, Imperial College and Royal Brompton Hospital

2.35 **Occupational Asthma Standards of Care**  
Professor David Fishwick, Consultant Respiratory Physician and Hon. Professor of Occupational & Environmental Respiratory Medicine, Sheffield Teaching Hospitals NHS Foundation Trust, University of Sheffield and HSL

3.00 **Standardisation of Spirometry**  
Dr Paul J Nicholson OBE, Associate Medical Director, Procter & Gamble

3.25 **Exhibition and Workshop Theatres, Hall 8**

3.55 **Anaphylaxis – Managing Adverse Reactions at Work**  
Sue Clarke, Nurse Advisor, Anaphylaxis Campaign and Clinical Lecturer, Education for Health

4.20 **Skin Related Allergies – What Employers Need to Know**  
Dr John English, Consultant Dermatologist, Nottingham University Hospital

5.15 **Conference Ends**

## Human Factors: Ergonomics

Chair: Professor Peter Buckle, Director, Robens Institute and Visiting Professor, University of Nottingham

8.00 **Registration, Hall 8**

9.15 **How to Develop Ergonomics in Your Organisation**  
Professor Peter Buckle, Director, Robens Institute and Visiting Professor, University of Nottingham

9.50 **How to Improve Ergonomic Compliance**  
Nicola Jane Whiteley, Occupational Health Nurse Specialist, GlaxoSmithKline

10.25 **Exhibition and Workshop Theatres, Hall 8**

11.10 **Psychosocial Risk Factors for Call Centre Employees**  
Dr Christine A Sprigg, Lecturer in Occupational Psychology & Occupational Psychologist, University of Sheffield

11.45 **Managing the Risk of Mobile Working**  
Catherine Albert, Ergonomist and Occupational Physiotherapist, WorkFuture Ltd

12.30 **Exhibition and Workshop Theatres, Hall 8**

2.00 **Workplace Design and Older Workers – Improving Productivity and Performance**  
Professor Roger Haslam, Professor of Ergonomics, Loughborough University

2.40 **Innovations in Patient Handling Interventions**  
Dr Mike Fray, Research Fellow, Loughborough Design School, Loughborough University

3.20 **Exhibition and Workshop Theatres, Hall 8**

3.50 **Ergonomic Solutions for Employees with Dyslexia – What's New on the Horizon?**  
Andy Fell, Director, Renard Associates Ltd

4.30 **Improving Job Design for Employees with Visual Impairments**  
Kathy Lewis, Chartered Physiotherapist specialising in Occupational Health and Ergonomics, Working-Health Physiotherapy and Ergonomics

5.10 **Conference Ends**

# WEDNESDAY 7 MARCH

## Equality, Diversity and Flexible Working

Chair: Amanda Ariss, Chief Executive,  
Equality and Diversity Forum



8.00 **Registration, Hall 8**

9.15 **The Equality Act: Positive Action v.  
Positive Discrimination**

**Leg** *Wie-Men Ho, Associate, Eversheds LLP*

9.55 **Inclusive Wellbeing**

*Sandra Kerr, National Campaign Director,  
Race for Opportunity (Business in the Community)*

10.30 **Exhibition and Workshop Theatres, Hall 8**

11.15 **Part-Time Workers – Obstacles and Opportunities**

*Emma Stewart MBE, Director, Women Like Us*

11.55 **Addressing the Issue of Female Leadership –**

**Case** *Sarah Churchman, Head of Diversity and Inclusion,  
PricewaterhouseCoopers*

12.45 **Exhibition and Workshop Theatres, Hall 8**

2.15 **Are you Serious? A Four Day Week! A Compelling  
Business Case for Flexible Working**

*Chris Ainslie, Independent Consultant and former  
Vice President, BT Global Services*

2.50 **Working Late: Strategies to Enhance Productive  
and Healthy Environments for the Older Workforce**

*Aadil Kazi, Researcher, Work & Health Research Centre,  
Loughborough University*

3.25 **Exhibition and Workshop Theatres, Hall 8**

3.55 **How to Tackle Racism in the Workplace**

**How** *Steve Jefferys, Director, Working Lives Research Institute,  
London Metropolitan University (invited)*

4.25 **Beyond Religion – Where the Law is Taking Us  
with Regard to Respecting Beliefs**

**Leg** *Shah Qureshi, Partner and Head of Employment Law,  
Bindmans LLP*

5.00 **Conference Ends**

**Running alongside the conference is an impressive showcase of over 150 exhibitors offering the latest products and services that will bring value to you and your organisation.**

**Exhibitors include:**

Advanced Health & Care. Action for M.E. Al-Anon Family Group. Alcoholics Anonymous. Amplivox. AOHNP (UK). The Association of Registered Colon Hydrotherapists. Atos Healthcare. Atos Healthcare Recruitment. The AtWork Partnership. Beating Bowel Cancer. BHSF. Boots Opticians – Corporate Eyecare. Bowel Cancer UK. British Heart Foundation. Care Psychiatry. CBT Clinics. The Centre for the Mental Health. Chartered Society of Physiotherapy. Cheviot Recruitment. CHI UK Ltd. COHPA – The Commercial Occupational Health Providers Association. Compass. Corazon Health. Dauphin Human Design Group. Department for Work & Pensions. Detox 5. Dooleaf. Drs. Direct. EAPA. Enviroderm Services. Faculty of Occupational Medicine. FirstAssist Services. FitBack. Fitness First. GamCare. HandShoe Mouse. Healthcare RM. The Health Equation. Healthtext. Health Professions Council. Hot Frog Indicator. Impact on Depression. IOSH. Iansyst. IPRS. ISMA. Key People. Keytools. Knowledge Dock. Legal & General Assurance Society. LifeLogix Inc. Living Streets. Macmillan Cancer Support. Manage Health. MASTA. Medgate. Medicecks.com. Mediracer. Mind. MindWorks Training. MOHS Workplace Health. MYZONE. National Back Exchange. NHS Plus. Nordic Walking. Nottingham Trent University. Occupational Health Recruitment. Occupational Health Staffing. Optima-life. Orchid Occupational Health Software. Ovarian Cancer Action. P & A Medical. Pensions, Disability & Carers Service. Physio Med. Physioworld. Posturite. PS Health. RBLI. The RealHealth Institute. Raise Mental Health. RH Chairs. RNID. Salli Systems. Samaritans. Workplace Training. See for Miles. Sheffield Hallam University. Simply Hormones. Slimming World. Society of Occupational Medicine. Specsavers Corporate Eyecare. Spinal Dynamics International. sportEX. Sportwise. Synergy Health Laboratory Services. Target Ovarian Cancer. Tempus Software. University of Birmingham, College of Medical and Dental Sciences. University of East London (UEL). Validum Group. Vision Express (UK). Vocational Rehabilitation Association. Warwick Evans Optical Co. Warwick International Computing Systems. Warwick Medical School. Weight Watchers. WellbeingSport. Western Counselling. World Cancer Research Fund. Wyvern Business Systems.



# How to Register

## Go Green

Sterling Events is committed to environmental issues and have therefore adopted a Go Green registration policy. We would therefore prefer you to register online at [www.healthatwork2012.co.uk](http://www.healthatwork2012.co.uk) and for you to collect your badge when you arrive at the event. Your confirmation and news updates will be sent to you electronically. **If you do not have internet access, please call us on 0151 709 8979 and we will register you over the phone.**

## Options for Registration

### Option 1: Health and Wellbeing Network Member

Sign up today as a Health and Wellbeing Network Member for £25 + VAT and you can attend any part of the event free of charge. You can do this online at [www.healthatwork2012.co.uk](http://www.healthatwork2012.co.uk) and you will then be automatically registered for the entire event.

### Option 2: Attend the Conference as a Non-Member of the Network

- 1 day conference and exhibition rate £295
- 2 day conference and exhibition rate £525

**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.**

**For further visitor information including special requirements, transport, accommodation and terms and conditions, please visit [www.healthatwork2012.co.uk](http://www.healthatwork2012.co.uk)**

**Register online at [www.healthatwork2012.co.uk](http://www.healthatwork2012.co.uk) and use the event website for checking any programme updates.**

## Exhibition Open Hours

### Tuesday 6 March

**8.45am-4.30pm**

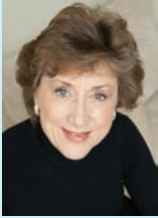
### Wednesday 7 March

**8.45am-4.00pm**

*See conference programme for individual session times*

## Cancellation Policy

If you are unable to attend, please let us know to enable others to attend the busy conference sessions. Network membership fees are non-refundable but if you have paid the non-member conference fee of either £525 or £295 and cancel in writing by emailing [laurab@sterlingevents.co.uk](mailto:laurab@sterlingevents.co.uk) by 20 February 2012, we will refund 50% of your fee. Any cancellations after 21 February 2012 are non-refundable. If the event is cancelled for whatever reason, we are unable to refund any hotel, travel or associated attendance costs.



"Increasing employment and supporting people into work are key elements of the Government's aims for public health, welfare reform and business and the economy. To minimise demands upon a precarious economy, it has become even more important to keep people fit and in work and so reduce the social and economic burdens of sickness - especially long-term sickness - and loss of work and loss of productivity. With an ageing population we also recognise the need to enable people to work longer than has previously been the case. The dual concepts of the health promoting workplace and of early and appropriate intervention to restore fitness are central to maintaining the health and wellbeing of the working age population. I urge colleagues whose responsibilities and actions have a part in influencing workplace health to attend and contribute to this established annual conference." *Professor Dame Carol Black*

## Programmes Include:

- Health and wellbeing – national policy and initiatives
- Health screening and health promotion
- Employment law
- Management and leadership
- Equality, diversity and flexible working
- Employee assistance and addiction
- Sickness absence management
- The Work Programme and sustainable employment
- Stress management and emotional wellbeing
- Mental health
- Managing MSDs in the workplace
- Back care
- Vocational rehabilitation and case management
- Human factors: ergonomics
- Human factors: safety and accident prevention
- Trauma and critical incidents
- Managing disability in the workplace
- Long term conditions
- Occupational hygiene and environmental health

## Supporting the Conference



Source code: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z Z Z



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