

# Health and wellbeing in the workplace

Make yours a programme that works

**Monday 25 January 2010**

Venue: Cambridge University Hospitals, home to *Addenbrooke's Life*, the innovative staff health and wellbeing programme.

**Does your organisation need a healthier, happier and more productive workforce?**

This conference will give you practical skills and knowledge to develop and implement a successful health and wellbeing programme in your organisation.

## Presentations

**Dame Carol Black** – National Director for Health and Work  
*The importance of promoting health in the workplace*

**Andrew Lansley MP** – Shadow Secretary of State for Health  
*Mental health – prevention and inclusion in challenging times*

**Dr Steve Boorman** – Lead to the NHS Health and Wellbeing Review 2009 and  
Chief Medical Adviser to Royal Mail  
*NHS health and wellbeing review – the recommendations*

**Stephen Welfare** – Director of Workforce for NHS East of England  
*Gaining buy in from line managers and the board*

**Dr Catherine Kilfedder** – BT Group Health Adviser  
*Successfully evaluate your health and wellbeing programme*

## Interactive workshop sessions include:

- 'If they haven't heard it – you haven't said it' – communicating your programme
- Reducing staff muscular skeletal disorder absence through early intervention – the debate
- *Addenbrooke's Life* a successful case study
- Effective staff engagement



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## Attendees will receive a toolkit including:

- example health and wellbeing strategy
- example health and wellbeing pledge
- details of all tried and tested initiatives which have been successful with the *Addenbrooke's Life* programme
- ten-page intranet site template
- course outline for both our one day public health promotion training day and six week staff weight management course
- public health promotion – dates for your diary leaflet

## You will also ...

- gain practical skills, knowledge and confidence to help you launch or further develop your own programme
- participate in interactive afternoon break-out sessions
- network with colleagues
- learn about evaluating your programme
- gain new and innovative ideas in workplace health and wellbeing
- learn about communicating effectively with staff

## How to book

Earlybird price **£225 (book before 16 October 2009)**

Price thereafter **£275**

Fill in the booking form online at  
[www.cuh.org.uk/healthconference](http://www.cuh.org.uk/healthconference)

or

Contact **Bonnie Watson** for a booking form and course information

**Email:** [bonnie.watson@addenbrookes.nhs.uk](mailto:bonnie.watson@addenbrookes.nhs.uk)

**Tel:** 01223 257143

*Limited places available*



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