

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

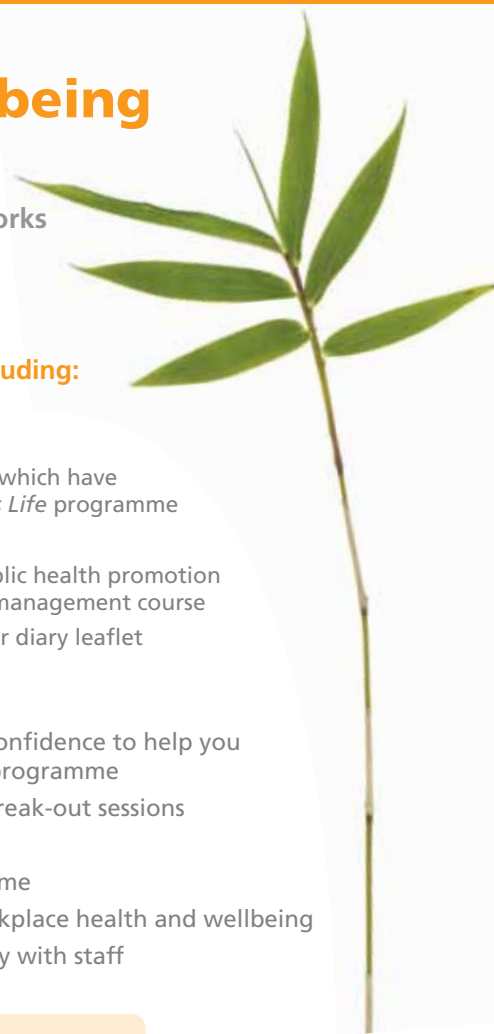
or

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

Email: bonnie.watson@addenbrookes.nhs.uk

Tel: 01223 257143

Limited places available



Organised by
Addenbrooke's
Life