Healthy Workplace Conference & Award Ceremony

Programme of the Day

08:45  Registration with refreshments

09:00  Welcome – Mike Thomas; Strategic Director of Cornwall Sports Partnership

09:05  Setting the Scene – Steve Brown; Interim Deputy Director of Public Health and Service Director for Wellbeing and Public Health

09:15  Keynote Address – Professor Dame Carol Black; Expert Adviser on Health at Work

09:55  Beacon Project – Clare Harris; Senior Skills Officer, Cornwall and Isles of Scilly LEP

10.00  **25 minute Workshops – Choice 1**

- Changing the culture on Domestic Abuse  Elizabeth Filkin CBE, Employers Initiative on Domestic Abuse
- Presenteeism or just present?  Allye Brown, Healthy Cornwall
- Resilience & Sleep  Kevin Simpson, Clinical Psychologist & CEO Outlook South West
- Suicide Postvention Plan  Penn Petchey, Suicide Liaison Service

10:30  Refreshments

10:45  Physical Activity in the Workplace – Ben Harris and Craig Manclark; Healthy Cornwall

11.00  **Five Minutes of Fame**

- Proper Cornish & Furniss
- Ocean Housing
- Angel Fulfilment Services

11.25  **25 minute Workshops – Choice 2**

- Changing the culture on Domestic Abuse  Elizabeth Filkin CBE, Employers Initiative on Domestic Abuse
- Presenteeism or just present?  Allye Brown, Healthy Cornwall
- Resilience & Sleep  Kevin Simpson, Clinical Psychologist & CEO Outlook South West
- Suicide Postvention Plan  Penn Petchey, Suicide Liaison Service

11:55  **Official Award Presentations**

12.50  Cornwall Healthy Workplace Programme Update – Natasha Howard; Healthy Workplace Lead

13:00  Lunch & Networking

13:30  Daily Mile (15 minutes)

14:00  Close