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Dear Delegate,

**2016 Annual Healthy Workplace Awards – Monday 29<sup>th</sup> February 2016.  
The Pavilion, Royal Cornwall Showground, Wadebridge, Cornwall PL27  
7JE.**

We are pleased to confirm your place at this year's annual conference.

Please arrive at 8.45am for registration. The conference will start at 09:00am and finish at 13:00pm.

Please find information overleaf regarding workshops, market stalls and travel information.

If you are not able to take up this place please contact us as soon as possible.

We look forward to seeing you on Monday 29<sup>th</sup> February 2016.

Yours sincerely

Rachel & Amy  
Workplace Health Team

## Programme of the Day



- 08:45** Registration with refreshments
- 09:05** Welcome – Mike Thomas, Strategic Director of Cornwall Sports Partnership
- 09:10** Setting the Scene – Caroline Court, Acting Director of Public Health
- 09:15** Keynote Address – Dame Carol Black, Expert Adviser on Health and Work
- 10:00** 25 minute Workshops – Choice 1 (**Booked in advance, highlighted on name badges**)
- **Physical Activity with Tempus Leisure – Sam Bennett (Pencarrow & Trewithen)**
  - **Healthy Weight in the Workplace – Ashton Tregoning & Chris Wood (Anthony)**
  - **Resilience in the Workplace – Karen Oldham-Waring (Main Hall)**
  - **MSK in the Workplace – Jo Erwin (Lower Lounge )**
- 10:30** Refreshments & Market Place
- 10:45** Mindfulness
- 10:50** Five Minutes of Fame
- 11.15** 25 minute Workshops – Choice 2 (**Booked in advance, highlighted on name badges**)
- **Physical Activity with Tempus Leisure – Sam Bennett (Pencarrow & Trewithen)**
  - **Healthy Weight in the Workplace – Ashton Tregoning & Chris Wood (Anthony)**
  - **Resilience in the Workplace – Karen Oldham-Waring (Main Hall)**
  - **MSK in the Workplace – Jo Erwin (Lower Lounge )**
- 11:45** Healthy Workplace Programme Update – Rachel Faulkner
- 12:00** Award Presentations
- 12:30** Lunch, Market Place and Networking
- 13:00** Close

**Travel Information to:** Pavilion Centre, Royal Cornwall Showground, Wadebridge, Cornwall. PL27 7JE.

### **TRAIN**

The nearest train station to the Pavilion Centre is Bodmin Parkway, 12 miles away. Visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) for train times/routes.

You can then take the bus from Bodmin Parkway to the Pavillion Centre, which takes around 30 mins (see below).

### **BUS**

Bus services 555 and 594 stop right outside the Pavillion Centre (Royal Cornwall Showground). For bus times/routes go to [www.westerngreyhound.com](http://www.westerngreyhound.com)

### **CYCLE**

You can cycle along the traffic-free Camel Trail from Padstow to Wadebridge (5 miles) or from Bodmin to Wadebridge (5.8 miles).

The Pavillion Centre is only 1.5 miles out of Wadebridge and there are plenty of areas to store your bike at the Pavillion Centre.

For more details about the Camel Trail visit [www.ncdc.gov.uk](http://www.ncdc.gov.uk)

### **CAR**

The Pavilion Centre, Royal Cornwall Showground is located on the A39 just 1.5 miles out of Wadebridge and is well signposted from every direction. Car Parking is free.

Other useful alternative transport websites;

- [www.carsharecornwall.com](http://www.carsharecornwall.com)
- [www.travelinesw.com](http://www.travelinesw.com)
- [www.transportdirect.info](http://www.transportdirect.info)