

# 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 – **Caroline Court**; Acting Director of Public Health
- 09:10** Keynote Address – **Professor Dame Carol Black**; Expert Adviser on Health at Work
- 09:50** **25 minute Workshops – Choice 1**
- **Physical Activity in the Workplace** **Natasha Howard**; Cornwall Sports Partnership
  - **Sleep** **Indra Herbert**; Health Promotion Service
  - **Sugar Smart** **Vera Zakharov**; Sustain
  - **Suicide Prevention Toolkit (BiTC/PHE)** **Martin R White**; Public Health England South West
- 10:20** Refreshments & Health Stands
- 10:35** Musculoskeletal Health in the Workplace – **Professor Anthony D Woolf**; Chair of the Arthritis and Musculoskeletal Alliance
- 10:55** Heads & Tails - **Mike Thomas**
- 11.00** **Five Minutes of Fame**
- **Environment Agency** **Steve Marks**
  - **Frugi Organic Cotton Clothes** **Janine Laity**
  - **St Austell Brewery** **Chris Knight**
- 11.25** **25 minute Workshops – Choice 2**
- **Physical Activity in the Workplace** **Natasha Howard**; Cornwall Sports Partnership
  - **Sleep** **Indra Herbert**; Health Promotion Service
  - **Sugar Smart** **Vera Zakharov**; Sustain
  - **Suicide Prevention Toolkit (BiTC/PHE)** **Martin R White**; Public Health England South West
- 11:55** Cornwall Healthy Workplace Programme Update – **Rachel Faulkner**; Healthy Workplace Coordinator
- 12.05** **Official Award Presentations**
- 13:00** Lunch, Health Stands & Networking
- 13:30** Daily Mile (15 minutes)
- 14:00** Close