



# North Somerset Healthy Workplaces Celebratory Event

Tuesday 18 November 2025, 10am-3:30pm

## Programme

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| <p><b>10-10:30am</b> Doors open, registration and marketplace</p> <p><b>10:30-10:40am</b> Welcome and Why Healthy Workplaces Matter<br/><b>Matt Lenny</b>, Director of Healthy and Sustainable Communities, North Somerset Council</p> <p><b>10:40-11am</b> From Awareness to Action: Building Neuroinclusive Workplaces<br/><b>Lucy Smith</b>, Inclusive Change</p> | <p><b>1:30-1:50pm</b> How WorkWell West Supports Healthier Workplaces<br/><b>Ilona Marciniak</b>, WorkWell West</p> <p><b>1:50-2:10pm</b> Alcohol and the workplace: Opening the Conversation<br/><b>Luke Radice</b>, Alcohol Change UK</p> <p><b>2:10-2:20pm</b> North Somerset Healthy Workplaces Programme Update<br/><b>Naomi Greaves</b>, Health Improvement Specialist: Food, Nutrition &amp; Workplace Health</p> |
| <p><b>11:00-11:05am</b> Movement break<br/><b>Kirsty Brown</b>, Wesport</p>  | <p><b>2:20-2:35pm</b> Tea and coffee break</p>   |
| <p><b>11:05-11:25am</b> How are you? Out of 10?<br/><b>Steve Barnard</b>, Talk Club</p> <p><b>11:25-11:45am</b> Prevention in Practice: Insights from the North Somerset Health Check Programme<br/><b>Dr Mavin Kashyap</b>, Academic GP</p>   | <p><b>2:35-2:45pm</b> Member Story – Going for Gold Highlights<br/>Elborough Care Services Team</p> <p><b>2:45-2:55pm</b> Member Story – Support Networks for a Healthier Workplace<br/><b>Amy Badman</b>, Pelican Business Services</p> <p><b>2:55-3pm</b> Healthy Workplaces in Action – The Story in Pictures</p>   |
| <p><b>11:45am-12pm</b> Tea, coffee and fruit break</p>   | <p><b>3:00-3:05am</b> Movement break<br/><b>Kirsty Brown</b>, Wesport</p>  |
| <p><b>12-12:20pm</b> Fuel Your Day: Smart Eating for Energy and Focus at Work<br/><b>Lydia Leighton</b>, Nutrition and Wellbeing</p> <p><b>12:20-12:40pm</b> The Power of Movement in Workplaces<br/><b>Becca Stathers</b>, Health Improvement Service Leader, North Somerset Council</p>  | <p><b>3:05-3:25pm</b> Healthy Workplaces Awards Presentation<br/><b>Councillor Jenna Ho Marris</b>, Executive Member for Homes, Health and Equalities, North Somerset Council</p> <p><b>3:25-3:30pm</b> Wrap-Up<br/><b>Matt Lenny</b>, Director of Healthy and Sustainable Communities, North Somerset Council</p>   |
| <p><b>12:40-1:30pm</b> Lunch and Wellbeing Walk<br/>please meet outside main entrance at 1pm for the wellbeing walk</p>  | <p><b>3:30pm</b> Event close</p>   |

# Thanks to all our contributors

Alcohol Change UK



Inclusive Change



North Somerset  
Parent Carers  
Working Together



Sustainable Travel



Bristol Menopause  
and Wellwoman  
Clinic



Infant Feeding  
Team



Oral Health  
Promotion



Talk Club



Broadway Lodge



Lesley Waldon  
Health Coaching



Pelican Business  
Services



Westcountry  
Savings & Loans



Department for  
Work and Pensions



Lydia Leighton  
Nutrition and  
Wellbeing



Physical Activity  
Team



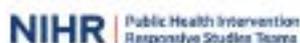
With You

withyou

Elborough Care  
Services



NIHR Public Health  
Intervention  
Responsive Studies  
Team



Smokefree Team



WorkWell West



## Keep in touch

Healthyworkplaces@  
n-somerset.co.uk

Please join our mailing  
list to keep updated with  
all our events, resources  
and more:

More info on our  
website

Congratulations to all  
our Members